

Can't stop acquiring more things?  
Throwing things out is torture?  
Home or office overflowing with piles of stuff?  
Family or landlord making threats about your accumulation?



and *The Anstendig Institute* present

# OVERCOME HOARDING *AND TRANSFORM YOUR LIFE!*

**Hoarding is not like cluttering and needs very different solutions. This workshop series provides insights, practices, tools, support, and resources to enable people with chronic hoarding issues to understand their behavior, change thinking, emotions, habits, and living conditions, and prevent relapse.**

|  |                  |
|--|------------------|
| UNDERSTANDING HOARDING                         | Sept. 7          |
| UNDERSTANDING HOARDING HAZARDS                 | Sept. 14         |
| UNDERSTANDING CHANGE                           | Sept. 21         |
| TRANSFORMING THOUGHTS THAT PERPETUATE HOARDING | Sept. 28 & Oct 5 |
| TRANSFORMING EMOTIONS THAT PERPETUATE HOARDING | Oct. 12 & 19     |
| TRANSFORMING YOUR SPACE                        | Oct. 26 & Nov. 2 |
| MAINTAINING YOUR GAINS AND PREVENTING RELAPSE  | Nov. 16          |

Ten Saturdays from 9 AM to noon, beginning Sept. 7 to Nov. 16, 2013 at 88-4<sup>th</sup> St. \$150 for series if pre-registered one week before first session; \$165 after or at the door. \$30.00 for workbook, payable to instructor at first session. Sessions may not be taken individually.

**Homework is essential to learning.** For more information on the course or book, go to [www.optimalorganizations.com](http://www.optimalorganizations.com)

With over 40 years experience, Gloria Valoris has worked with many people struggling with hoarding to help them understand their problem and make meaningful changes.

---

## CCSF Continuing Education      REGISTRATION FORM

**Pre-registration begins the second week of July. To Pre-register by mail:**

Use this form. Be sure to enclose your check or money order for the full amount - Payable to **CCSF**

**Mail to:** Continuing Education, Fort Mason Art Campus, Laguna & Marina Blvd, Building B, San Francisco, CA 94123

**FAX to:** 415-561-1849

**Office:** 415-561-1860

**For workshop:** *PE 270*

Please include Name, Address, Phone # for each person enrolling

Name \_\_\_\_\_ ID# (if known) \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone (H) \_\_\_\_\_ (W) \_\_\_\_\_

Email address \_\_\_\_\_ (please print clearly)

\_\_\_ New \_\_\_ Returning Student(s)      No. of Persons Enrolling \_\_\_\_\_ | Total \_\_\_\_\_

Payment method:  Check  VISA or  MasterCard

Credit Card # \_\_\_\_\_ Expiration Date \_\_\_\_\_

You can also pre-register by going to [http://www.ccsf.edu/Services/Continuing\\_Education/](http://www.ccsf.edu/Services/Continuing_Education/)

Approved for CCSF posting