



BLACK SWAN
HEALTH LTD

BURIED IN TREASURES WORKSHOP

A self-help and support group for people who have too much stuff.

Would you like to learn tips on how to de-clutter?

Would you like to stop over-acquiring with people who know what it's like?

Join us for this group created by and for people who are ready to live a life less-cluttered! Each week we'll discuss a skill from the book, Buried in Treasures, and complete challenging and rewarding exercises. We'll also check-in with our individual progress, challenges, successes, and goals.



Date: 25 January 2017

Duration: 2 hours per week for 15 weeks

Time: 1.30pm to 3.45pm

Location: Joondalup Library – Meeting Room 2

Cost: A gold coin contribution (for finale celebratory lunch)

Arrangements can be made to help overcome transport barriers!

If you are interested, please complete an expression of interest form and email it to Nadia Bamasri at nadia.bamasri@blackswanhealth.com.au

Should you need further discussion, please contact Nadia at **9208 9587** or **0419 948 203**

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Registration of Interest

What is Partners in Recovery?

Partners in Recovery (PIR) is a program where we work alongside individuals who experience ongoing mental health problems that significantly impact on their lives. We work with local support services and help services work together so individuals do not fall through the gaps. PIR Perth North Metro is currently recruiting consumers who are keen to be part of the Buried in Treasures Group.

What is Buried in Treasures?

Buried in Treasures is a self-help book written by Drs. Tolin, Frost and Steketee, who are among the world's leading experts in the study and treatment of hoarding disorder. The book outlines a program of skill-building, learning to think about possessions in a different way and gradual challenges to help people manage their clutter and their lives (Tolin, Frost, Steketee, 2014).

Who will be the facilitators?

The group will be facilitated by experienced mental health workers and/or consumer representatives.

What will the commitment involve?

There will be a total of 15 sessions over 20 weeks and each session will last for 2 hours. Light refreshments will be provided for all participants. The group will commence on 25th January 2017. Participants will be encouraged to make a gold coin contribution. Proceeds from the contribution will be put towards the finale celebratory lunch. Participants are expected to commit to attending all the sessions as well as to participate actively. Arrangements will be made on a needs basis to help participants overcome their transport barriers.

Who can apply?

Participants from PIR and PHaMs are strongly encouraged to apply. Alternatively, you might want to discuss with your worker or clinical team if you are keen to be involved. You may require support from your worker or clinical team as you go through the workshops hence it might be good to keep your worker updated on your wellbeing.

How to Apply?

If you are interested in taking part in the Buried in Treasures workshop, please fill out the registration of interest. We have a total of 12 spaces available for each group that we run however don't worry if there is not enough spaces this time, there will be further opportunities.

For more details, please call Nadia Bamasri at 9208 9587 or 0419 948 203

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Note: Expressions of Interests submissions can be submitted anytime during the year. Do ensure all fields on the form are completed prior to submission.

Name:		DOB:
Address:		
Phone:	Email:	
Gender:	Ethnicity:	
Are you a PIR or PHaMs Participant? YES / NO Support Facilitator:		
Are you linked to a Case Manager or Support Worker? YES / NO		
Worker Name:	Contact No:	
Do you consent for us to contact your worker? YES / NO		
Where did you hear about the workshop?		
Do you identify as having hoarding behaviours? YES / NO / MAYBE		
Why do you want to attend this workshop?		
What do you hope to achieve by attending the BIT Workshop?		
On a scale of 1 to 10 how motivated are you to change these behaviours? (Circle the number)		
1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10		
Peer participation is a key factor in the workshop being successful. Are you confident in your ability to attend on a weekly basis for up to 15 weeks? YES / NO		
If not, is there something you support facilitator can help with to improve your capacity to attend?		
The workshop will be held at a premise within Perth North Metro. Would you require transport assistance in order to attend the workshop? YES / NO		
Signature:	Date:	