

Cognitive Behavioral Therapy (CBT) Class for Hoarding Disorder



Join our evidence-based declutter class

- For adults (age 18+) who have problematic clutter and difficulty parting with objects
- Taught by Dr. Blaise Worden, an expert in helping people with excessive clutter
- Meets weekly for 16 consecutive weeks beginning Spring 2025 at the Institute of Living campus in Hartford

Participants will learn strategies to:

- make decisions effectively about keeping or letting go of possessions
- how to manage strong emotions that get in the way of decluttering
- reduce acquiring
- reduce clutter in their home

To register and for class dates:

Call 860.545.7685

Visit instituteofliving.org/programs-services/anxiety-disorders-center

Billable to most commercial insurance plans, including Medicaid/Husky, and Medicare.

Do you have a difficult time letting go of possessions?

Are you frustrated with too much clutter in your home?

Would you like to learn how to let go of your possessions and reduce your clutter?

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Hartford HealthCare 
Behavioral Health Network