



**Sydney Metro | Wollondilly | Wingecarribee | Nowra  
The Blue Mountains | Illawarra | Goulburn**



## **SUPPORTING PEOPLE TO LIVE A LIFE LESS CLUTTERED**

Inside Out Recovery specialises in the provision of support to people living in a hoarded and or squalid environment. Our support staff have extensive experience working with people to assist them to restore functionality across their psychological, emotional, environmental, and physical health. We provide a holistic wrap-a-round model of care that is underpinned by trauma-informed practice and support staff that have a combined experience of over 60 years of working with and providing support to people with lived experience of a psychosocial disability.

**Counselling**

**Psychosocial  
De-clutter  
Coaching**

**Specialised  
Cleaning Crew**

**Yard  
Maintenance**

**Recovery  
Coaching**

**Peer to Peer  
Support &  
Therapy Groups**

**Community  
Support**

**Sector Support  
Training**



[www.insideoutrecovery.com.au](http://www.insideoutrecovery.com.au)



0499 326 192



[debbie@insideoutrecovery.com.au](mailto:debbie@insideoutrecovery.com.au)



## OUR TRAINING COURSES

*Training is a big part of what we do. We provide consumer peer-led training, therapy groups and professional development training for the sector.*

### **BURIED IN TREASURE**

A 15-week consumer program for people living in a hoarded or very cluttered environment that aims to increase someone's understanding of hoarding. BIT explores barriers to sorting and discarding and provides strategies to equip people to do the work of decluttering.

### **HOW TO EAT THE ELEPHANT**

A 7-week consumer program that focuses on therapy in a group environment. It uses a combination approach of DBT and CBT, helping a participant understand emotional regulation and the *Window of Tolerance*. The program aims to explore anxiety, providing opportunities for skill-building to raise awareness of hoarding behaviours.

### **UNPACKING THE COMPLEXITY OF HOARDING DISORDER AND SEVERE DOMESTIC SQUALOR**

This is professional development training for the sector delivered across two days. This training provides an in-depth understanding of hoarding and the impacts on the individual, the community, children and animals.

The learning objectives are:

- Understand Hoarding Disorder (HD) and Severe Domestic Squalor (SDS)
- Understand the behaviours, psychology and emotional experience of people with HD and SDS
- Effectively identify the presence of HD & or SDS
- Identify appropriate intervention strategies – what works / what doesn't
- Effectively use Assessment tools

### **THE WINDOW OF TOLERANCE (WOT)**

A 4-hour professional development workshop aimed at providing a better understanding of how being taken out of our WoT impacts our ability to function, thrive and maintain our emotional regulation.

The learning outcomes are:

- Understand the Window of Tolerance (WoT) and its relation to client work
- Increased ability to identify when someone is outside their WoT
- Understand its connection to emotional dysregulation.
- Ability to use grounding techniques to help widen the WoT and increase a person's ability to emotionally regulate

### **TAILORED TRAINING**

Are you after a specific training package for your group or organisation? We offer custom training starting at 4 hour workshops. Contact us at [debbie@insideoutrecovery.com.au](mailto:debbie@insideoutrecovery.com.au) to discuss your requirements.

