



Greetings from The Shulman Center!

*The Shulman Center July 2015
Compulsive Theft, Spending & Hoarding Newsletter
Happy Independence Day!*

In This Issue

Featured Article
Quotes of the Month
Stats of the Month
Person of the Month
Book of the Month
Film of the Month
Here we go...
2015 Events Calendar

***Serving People
Since 1992!***

Quotes of the Month

*Those who expect to
reap the blessings of
freedom, must, like men,
undergo the fatigue of
supporting it. ~ Thomas
Paine*

*Liberty is always
dangerous, but it is the
safest thing we have.
~Harry Emerson Fosdick*

*Those who deny freedom
to others deserve it not
for themselves. ~
Abraham Lincoln*

*Liberty also means
responsibility. That's why
most men dread it. --*

The Shulman Center on the move and in the news...

Sunday July 19, 2015--Mr. Shulman presents on "Living a Spiritual Life in a Material World" at the Northwest Unitarian Universalist Church in Southfield, MI from 10-11am. Free

Tuesday 21, 2015--Mr. Shulman presents on hoarding disorder at The Berkley, Michigan Public Library 6:30-8pm. Free

Friday July 24, 2015--Mr. Shulman will present on social worker ethics from 9am 12noon and on cultivating honesty and integrity in our children from 12:30- 3:30pm at Jewish Family Services in West Bloomfield, MI. Either 3 CEU seminar\$45 registration; both for \$90 (6 CEU hrs credit / includes lunch). Must reserve.

Friday August 21, 2015--Mr. Shulman will present on understanding and treating hoarding disorder with emphasis on treatment from 9:00am - 3:30pm at Jewish Family Services in West Bloomfield, MI. (6 CEU seminar \$99 registration, includes lunch). Must reserve.

Friday October 2, 2015--Mr. Shulman will present on "Exploring the Man Cave: Understanding and Treating Men's Issues in Therapy and Recovery" from 9:00am - 12noon at Jewish Family Services in West Bloomfield, MI. (3 CEU seminar \$49 registration, includes continental breakfast). Must reserve.

Friday October 30, 2015--Mr. Shulman will present on cultivating honesty and integrity in our children at the Annual Michigan Association of School Social Workers conference in Lansing, MI. Must register.

December 5-12, 2015--Mr. Shulman will be on a 1-week Norwegian Cruise with In Recovery Magazine to Mexico, Belize and Honduras.

George Bernard Shaw

You have to love a nation that celebrates its independence every July 4, not with a parade of guns, tanks, and soldiers who file by the White House in a show of strength and muscle, but with family picnics where kids throw frisbees, the potato salad gets iffy, and the flies die from happiness. You think you overate but it's patriotism
~ Erma Bombeck

Freedom has its life in the hearts, the actions, the spirit of men and so it must be daily earned and refreshed - else like a flower cut from its life-giving roots, it will wither and die. -- Dwight D. Eisenhower

In the truest sense, freedom cannot be bestowed; it must be achieved. ~ Franklin D. Roosevelt

Freedom is never free. -- Anonymous

Stats / Facts of the Month

A Sparefoot.com survey of 1,000 U.S. adults, done in May 2015 found:

52% of Americans say they know someone--a coworker, friend, neighbor, or relative -- who's a hoarder.

7% identify themselves as hoarders (The APA estimates that between 2-5% of Americans are actual hoarders).

Only 4 percent of Americans correctly

Monday May 2, 2016--Mr. Shulman presents on hoarding disorder at The Livonia, Michigan Public Library 7-8:30pm. Free

Please Follow us on Twitter @terrenceshulman or @TheShulmanCenter and Facebook at The Shulman Center.

NOTE: If you're a therapist, please consider contacting us to enroll in our brief, affordable local or virtual training to become more proficient at assessing and treating compulsive stealing, spending & hoarding disorders. See [Shulman Center Training](#)

ON TURNING 50 by Terry Shulman

Well, I made it. I reached 50 years of age on June 27th. Thanks to all of you who communicated well wishes. I am pleased to report I successfully survived the various introspections and celebrations of the past month. Finally, my hair (which has been slowly graying for the last twenty years) matches my decade. 50 feels both like an end and a beginning of my journey toward elderhood. I hope to increasingly and more easily be able to tap into and rely on my five decades of life experience and wisdom. I also hope to hold on to the awareness and feeling of gratitude... just for being alive. I hope to embrace my aging with relative grace and grok letting go of control more as well as experiencing more joy, peace, spontaneity and new adventures! In a sense, growing old may be a bit like a Benjamin Button journey--gradually returning to a child-like state in which independence and physical/emotional fortitude peaks and inches toward increasing reliance on others. The more we learn, the more we learn how much there still is to learn (and unlearn).

I feel fairly satisfied with the degree to which I was able to let go of control of my friend and family birthday celebrations and receive the bounty of caring and love showered upon me. I'm grateful I didn't sabotage this momentous time of my life and was able to appreciate how far I've come and much I've accomplished while also recognizing I am by no means a finished product.

Time will tell if there's any looming mid-life crises I must face. I do know that I'd like to feel less pressure and stress (most of it self-induced) and, instead of pushing through life, allow life to push through me.

The say age is just a number. That may be true. Still, if I start to feel "old" now and then, I can always remember: at least I'm not 51 yet.

HOW TO RUIN YOUR LIFE Without Even Noticing It by

Bianca Sparachino (November 2014)

identify hoarding as a mental disorder.

46 percent of Americans describe hoarders as "packrats."

14 percent of Americans view hoarders as bad, dirty, greedy, messy or selfish.

Highlights from this highly anticipated annual theft survey include:

Participants: 25 large retail companies with 23,250 stores and over \$700 billion in retail sales (2014).

Apprehensions: 1,272,560 shoplifters and dishonest employees were apprehended in 2014, up 7.1% from 2013.

Recovery Dollars: Over \$225 million was recovered from apprehended shoplifters and dishonest employees in 2014, up 10.4% from 2013.

Shoplifter Apprehensions 1,192,194 shoplifters were apprehended in 2014, up 7.4% from 2013.

Shoplifter Recovery Dollars: Over \$159 million was recovered from apprehended shoplifters in 2014, an increase of 7.5% from 2013. An additional \$82.5 million was recovered from shoplifters where no apprehension was made, up a significant 15.2% from 2013.

Employee Apprehensions 80,366 dishonest employees were apprehended in 2014, up 1.7% from 2013.

Understand that life is not a straight line. Life is not a set timeline of milestones. It is okay if you don't finish school, get married, find a job that supports you, have a family, make money, and live comfortably all by this age, or that age. It's okay if you do, as long as you understand that if you're not married by 25, or a Vice President by 30 - or even happy, for that matter - the world isn't going to condemn you. You are allowed to backtrack. You are allowed to figure out what inspires you. You are allowed time, and I think we often forget that. We choose a program right out of high school because the proper thing to do is to go straight to University. We choose a job right out of University, even if we didn't love our program, because we just invested time into it. We go to that job every morning because we feel the need to support ourselves abundantly. We take the next step, and the next step, and the next step, thinking that we are fulfilling some checklist for life, and one day we wake up depressed. We wake up stressed out. We feel pressured and don't know why. *That is how you ruin your life.*

You ruin your life by choosing the wrong person. What is it with our need to fast-track relationships? Why are we so enamored with the idea of first becoming somebody's rather than somebodies? Trust me when I say that a love bred out of convenience, a love that blossoms from the need to sleep beside someone, a love that caters to our need for attention rather than passion, is a love that will not inspire you at 6am when you roll over and embrace it. Strive to discover foundational love, the kind of relationship that motivates you to be a better man or woman, the kind of intimacy that is rare rather than right there. "But I don't want to be alone," we often exclaim. Be alone. Eat alone, take yourself on dates, sleep alone. In the midst of this you will learn about yourself. You will grow, you will figure out what inspires you, you will curate your own dreams, your own beliefs, your own stunning clarity, and when you do meet the person who makes your cells dance, you will be sure of it, because you are sure of yourself. Wait for it. Please, I urge you to wait for it, to fight for it, to make an effort for it if you have already found it, because it is the most beautiful thing your heart will experience.

You ruin your life by letting your past govern it. It is common for certain things in life to happen to you. There will be heartbreak, confusion, days where you feel like you aren't special or purposeful. There are moments that will stay with you, words that will stick. You cannot let these define you - they were simply moments, they were simply words. If you allow for every negative event in your life to outline how you view yourself, you will view the world around you negatively. You will miss out on opportunities because you didn't get that promotion five years ago, convincing yourself that you were stupid. You will miss out on affection because you assumed your past love left you because you weren't good enough, and now you don't believe the man or the woman who urges you to believe you are. This is a cyclic, self-fulfilling prophecy. If you don't allow yourself to move past what

Employee Recovery Dollars: Over \$66 million was recovered from employee apprehensions in 2014, up 18.1% from 2013.

One out of every 38 employees was apprehended for theft from their employer in 2014. (Based on over 3.0 million employees.)

On a per case average, dishonest employees steal over 6 times the amount stolen by shoplifters (\$825.36 vs \$133.80).

Persons of the Month:

The Charleston 9, Jim Obergefell and Civil/LGBT Activists

Whatever your politics, it would be hard to deny that last week was an historic week for social, political, and legal change. The horrific hate crime murder of 9 African-Americans by a 21-year old alleged white supremacist at the A.M.E Church in Charleston S.C. brought on a sea change about racism and the confederate flag. We also saw a coming together of people of all backgrounds and politics in this increasingly polarized society.

The relatives of the victims forgave the shooter in court and turned what could have been a race riot into an opportunity for grace and healing.

happened, what was said, what was felt, you will look at your future with that lens, and nothing will be able to breach that judgment. You will keep on justifying, reliving, and fueling a perception that shouldn't have existed in the first place.

You ruin your life when you compare yourself to others. The amount of Instagram followers you have does not decrease or increase your value. The amount of money in your bank account will not influence your compassion, your intelligence, or your happiness. The person who has two times more possessions than you does not have double the bliss, or double the merit. We get caught up in what our friends are liking, who our significant others are following, and at the end of the day this not only ruins our lives, but it also ruins us. It creates within us this need to feel important, and in many cases we often put others down to achieve that.

You ruin your life by desensitizing yourself. We are all afraid to say too much, to feel too deeply, to let people know what they mean to us. Caring is not synonymous with crazy. Expressing to someone how special they are to you will make you vulnerable. There is no denying that. However, that is nothing to be ashamed of. There is something breathtakingly beautiful in the moments of smaller magic that occur when you strip down and are honest with those who are important to you. Let that girl know that she inspires you. Tell your mother you love her in front of your friends. Express, express, express. Open yourself up, do not harden yourself to the world, and be bold in who, and how, you love. There is courage in that.

You ruin your life by tolerating it. At the end of the day you should be excited to be alive. When you settle for anything less than what you innately desire, you destroy the possibility that lives inside of you, and in that way you cheat both yourself and the world of your potential. The next Michelangelo could be sitting behind a Macbook right now writing an invoice for paperclips, because it pays the bills, or because it is comfortable, or because he can tolerate it. Do not let this happen to you. Do not ruin your life this way. Life and work, and life and love, are not irrespective of each other. They are intrinsically linked. We have to strive to do extraordinary work, we have to strive to find extraordinary love. Only then will we tap into an extraordinarily blissful life.

See article online at: [How to Ruin Your Life](#)

NEW NON-PROFIT "UNSTEAL.ORG" Has Successful Launch Party!

*by
Terry Shulman*

I feel privileged to have attended the "launch party" of a new non-

President Obama spoke (and sang) eloquently at the eulogy of the slain pastor on the same day the Supreme Court declared by a 5-4 vote that marriage between gay and lesbian partners cannot be denied under the U.S. Constitution.

It was an interesting juxtaposition, however, given that most black churches--including the A.M.E. Church--still believe homosexuality is a sin and that LGBT folks should not be granted "equal status and protection under the law."

It will be interesting to see how much really changes in terms of prejudice & discrimination despite the Supreme Court rulings and the taking down of the flags. Still, the hard work of peaceful and nonviolent protest and advocacy shows that progress can be achieved in time.

Book of the Month:

A Curious Mind:
***The Secret to a
Bigger Life***

by

***Brian Glazer and
Charles Fishman***

(2015, Simon/Schuster)

My youngest brother gave me this book for my recent 50th birthday. I am only a few pages into it but love it already. I hope to finish it soon but wanted to publicize it....

From the inside cover...

profit organization called Unsteal.org on Saturday June 6th in Buena Park, California. We had about 30 enthusiastic attendees--mostly friends and colleagues of Unsteal.org's founder and CEO--Pawel Gwizdala--with whom I'm on Unsteal.org's Board of Directors. I'm also happy to call Pawel a new friend! And while I'm almost twice his age, he reminds me of myself--pioneering a new, important, and controversial cause. I'm honored to be involved with Unsteal.org

The purpose of Unsteal is to offer retribution for any past theft by collecting money and returning it to the victims. Initially, we are using a website to host actual transactions but we plan to launch a mobile app. for iTunes and Google Play soon. To ensure the safety of our users we're cooperating with retailers at a corporate level, along with local officials, to protect users from prosecution as a result of an Unsteal transaction. Similar to the police's "no questions asked" gun collection drives to reduce overall crime, we will gain support from law enforcement to give the public a chance to return something stolen with no fear of punishment.

How You Could Be of Help...

Besides donating to the cause, we are looking for reputable people who have some connection to the issues of theft reduction to offer some preliminary opinions/quotes about our project and mission. Please see one example below and email me if you feel willing to offer a positive statement or quote and if we can use your name and position. If so, please email me at: terrenceshulman@theshulmancenter.com. See: [Opinions](#)

STEALING HURTS: BLUES GUITARIST ANA POPOVIC'S TOUR VAN STOLEN

My wife, brother, two friends and I went to a music concert this week in Ann Arbor at The Ark. We saw the fabulously beautiful and talented rock/blues guitarist Ana Popovic. She and her 3-piece band performed a blistering 90+ minute set. Toward the end of the concert, she casually shouted out a thank you for allowing her and her band to use someone else's equipment. I thought it was a bit odd--why did they need to borrow equipment; didn't they have their own? And, boy, they sure played well for not using their own.

I went online to Ana's website at www.anapopovic.com and read that the band's tour bus had been stolen a couple days before! Wow, that hurts. But the band went on and made me even more impressed with them that they could show such poise and joy and passion. But stealing hurts. Here's their announcement on their website:

Last night STOLEN from the 'Best Western Plus' Chicago

I have no special talents. I am only passionately curious. --Albert Einstein

From Academy Award-winning producer Brian Grazer and acclaimed business journalist Charles Fishman comes the New York Times bestselling, brilliantly entertaining peek into the weekly "curiosity conversations" that have inspired Grazer to create some of America's favorite and iconic movies and television shows-from 24 to A Beautiful Mind.

For decades, film and TV producer Brian Grazer has scheduled a weekly "curiosity conversation" with an accomplished stranger. From scientists to spies, and adventurers to business leaders, Grazer has met with anyone willing to answer his questions for a few hours. These informal discussions sparked the creative inspiration behind many of Grazer's movies and TV shows, including Splash, 24, A Beautiful Mind, Apollo 13, Arrested Development, 8 Mile, J. Edgar, Empire, and many others.

A Curious Mind is a brilliantly entertaining, fascinating, and inspiring homage to the power of inquisitiveness and the ways in which it deepens and improves us. Whether you're looking to improve your management style at work or you want to become a better romantic partner, this book-and its lessons on the power of curiosity-can change your life.

Southland parking-lot (4375 Frontage Road Oak Forest, IL 60452) My 2009 white FORD 15 pass. ECONOLINE with ALL our backline ('65 Fender Super Reverb Black face, Mesa Boogie Mark4 head, TAMA Starclassic BB drumkit incl. all hardware (bass drum pedal, TAMA Iron Cobra) and stands. Drum Metronome, Snare drum Brass Starclassic, complete Cymbals MEINI SET, Drum Throne, Eden WTX500 head, SWR Goliath 2 cabinet Bassamp and piano stand.) my Trailer Trash pedalboard incl. original Ibanez tube screamer (rare!), English flag Wah Wah (rare!), Delay, Line6 and Chorus pedal, clothes, shoes,

SURVEY: HALF OF AMERICANS KNOW A HOARDER

Sparefoot.com 6/16/15

by
Jay MacDonald

I Reality TV shows like Lifetime's "Hoarders: Family Secrets" have given millions of viewers a glimpse into the lives of extreme hoarders, yet a new survey shows that many Americans have a skewed sense of hoarding.

Over half (52 percent) of Americans say they know someone-a coworker, friend, neighbor or relative-who's a hoarder, while 7 percent identify themselves as hoarders, according to the survey, conducted for SpareFoot by Princeton Survey Research Associates International. Just 2 percent to 5 percent of Americans are classified as hoarders, according to the American Psychiatric Association.

Matt Paxton, one of the stars of the "Hoarders" franchise, said he thinks 52 percent actually is too low. "I think we all know someone who's a hoarder-it's just that we may not be aware of it," Paxton told [The SpareFoot Blog](#).

Perspectives on Hoarding

Still, that doesn't mean that everyone who's pegged as a hoarder really is a hoarder.

"Partly because of the shows that have been on TV, people tend to use the term 'hoarding' very loosely," said Linda Samuels, president of the Institute for Challenging Disorganization, which offers resources on chronic disorganization. "A lot of it has to do with perspective."

Paxton agrees that the word "hoarding" is overused, "but the point that it's even being overused means that our awareness of hoarding is much higher."

The survey of 1,000 U.S. adults, done in May 2015, also found:

*Only 4 percent of Americans correctly identify hoarding as a

Film of the Month:

Inside Out
(2015)
Pixar, Directed by
Pete Docter

When a young girl named Riley is uprooted from her Midwestern lifestyle and moves to the busy and chaotic San Francisco, her emotions; Anger, Sadness, Disgust, Fear, and (her most important emotion) Joy, start to disagree on how to deal with this dramatic change, which causes problems up in Headquarters, the central living and working place for the five emotions.

Like most kids' movies these days, this one is great for adults, too. A clever film which illustrates the importance of all emotions--not just joy-- but sadness, anger, disgust, fear, etc.

mental disorder.

*46 percent of Americans describe hoarders as "packrats."

*14 percent of Americans view hoarders as bad, dirty, greedy, messy or selfish.

It's common for people who don't understand hoarding disorder to negatively label those who suffer from it, said social worker **Terry Shulman**, founder of **The Shulman Center for Compulsive Theft, Spending & Hoarding**. "There's a lot of judgment and misunderstanding," he said.

Packrat or Hoarder?

Elspeth Bell, a Maryland psychologist who specializes in treating people with hoarding disorder, said many people wrongly equate clutter with hoarding.

In reality, hoarding isn't just an accumulation of stuff. A big hallmark of the disorder is tremendous difficulty parting with objects-even things most people would consider worthless, like expired coupons, old newspapers and rotten food, Shulman said.

A person can be coping with a lot of clutter at home without having hoarding disorder. For example, a person who lives in the same house for 60 years easily can amass a lot of stuff but not be a hoarder, Bell said.

Also, people with other problems, such as ADHD, anxiety disorder or chronic depression, might accumulate clutter for various reasons, said professional organizer Regina Lark, owner of A Clear Path in California.

"Let It Go"

For example, Samuels once worked with a client who had grappled with severe depression, leaving her unable to deal with tasks like sorting through mail or tidying up her home. The house looked like a hoarder live there, but this client had no problem throwing out stuff that she deemed trash, Samuels said.

"Someone's home might be a mess, with every surface covered," Lark said. "But if they say, 'This is all junk, let's let it go,' then I know I'm not dealing with full-blown hoarding disorder."

Sometimes, the misperception happens in reverse, too, Shulman said. Fans of shows like Lifetime's "Hoarders: Family Secrets" or TLC's "Hoarding: Buried Alive" might assume that if a home doesn't look as terrible as the ones on TV, there's no problem, Shulman said. However, hoarded stuff might be in the basement, in a rental house nearby or in three storage units down the street, Shulman said.

"The home doesn't have to be a disaster area," he said.

Not a Character Flaw

Most Americans have no idea that hoarding is a mental disorder. Instead, many think of hoarding as being a packrat, having a cluttered home or even being a bad person, according to the SpareFoot survey.

"Many people think all you have to do is get motivated or hire a moving company," Shulman said.

Even mental health professionals still are learning about hoarding. In fact, hoarding wasn't even classified as a mental disorder until 2013, when the fifth edition of the American Psychiatric Association's Diagnostic and Statistical Manual of Mental Disorders (DSM-5) came out, according to Lark.

"Look how long it took the psychiatric community," said Lark, adding that it's no surprise the general public remains in the dark about hoarding as a mental health issue.

Shedding Light on a Dark Subject

Now, however, information about hoarding is being brought into the light through websites, books, support groups and therapy, Shulman said. "So, people are beginning to understand this is a disorder," he said.

Still, almost 15 percent of Americans questioned in the SpareFoot survey dismiss hoarders as dirty, greedy, lazy, selfish or even just plain bad. "Those terms are unfair and not true," Shulman said. "But people do judge."

All kinds of people wrestle with hoarding disorder, including people you'd describe as artistic, creative, talented, interesting, warm or social, Samuels said. "It's a challenge they have, a very deep-seated challenge," she said. "But it doesn't define who they are."

Getting Help for Hoarding

Many people with hoarding issues don't realize they've got a problem, so they might not seek help unless they're facing serious consequences like eviction, Samuels said.

Getting treatment for hoarding disorder typically requires help from a team of people—such as a therapist and a professional organizer—with deep experience in and knowledge of hoarding disorder, Samuels said.

However, there's a misperception that any professional organizer can just waltz in and fix a hoarding situation, she said. An organizer without training and experience in hoarding disorder can do or say the wrong things and even make the problem worse, Samuels warned.

The International OCD Foundation offers help for hoarding and a therapist search tool, and the Institute for Challenging Disorganization provides an organizer finder.

Once a hoarder does get help, that doesn't mean the disorder vanishes. Shulman said it's something a hoarder must "stay on top of," either on his own or with a well-trained professional organizer.

"People have to understand this is a lifelong journey," he said.

Survey Methodology

Princeton Survey Research Associates International's May 2015 Omnibus Week 4 survey obtained telephone interviews with a nationally representative sample of 1,000 adults living in the continental U.S. Telephone interviews were conducted by landline (500) and cellphone (500, including 319 without a landline phone). The survey was conducted May 28-31, 2015, by Princeton Survey Research Associates International. Interviews were done in English and Spanish by Princeton Data Source. Statistical results are weighted to correct known demographic discrepancies. The margin of sampling error for the complete set of weighted data is plus or minus 3.5 percentage points.

See: [Hoarding](#)

JUST PUBLISHED!
27th Annual Retail Theft Survey
by
Jack Hayes, International

Wesley Chapel, FL - Over 1.2 million shoplifters and dishonest employees were apprehended in 2014 by just 25 large retailers who recovered over \$225 million from these thieves, according to the 27th Annual Retail Theft Survey conducted by Jack L. Hayes International, the leading loss prevention and inventory shrinkage control consulting firm.

"Something has to change, as we continue to report increases in apprehensions and recovery dollars year after year. In 2014, the number of apprehensions and recovery dollars were up again for both shoplifters and dishonest employees. Shoplifting apprehensions rose 7.4%, while dishonest employee apprehensions rose 1.7%. The dollars recovered from apprehended shoplifters and dishonest employees also rose, 7.5% and 18.1% respectively", said Mark R. Doyle, President of Jack L. Hayes International.

"These increases, follow similar increases reported the previous three years!" Mr. Doyle added, "I believe the solution starts with education. Educating the public as to the severity of the theft problem and how it negatively effects them on a daily basis. Educating our elected officials as to the negative impact theft

plays on our communities and economy. Also, we need to do a better job educating our school aged children to the consequences of theft and the seriousness of the problem."

Highlights from this highly anticipated annual theft survey include:

Participants: 25 large retail companies with 23,250 stores and over \$700 billion in retail sales (2014).

Apprehensions: 1,272,560 shoplifters and dishonest employees were apprehended in 2014, up 7.1% from 2013. Recovery Dollars: Over \$225 million was recovered from apprehended shoplifters and dishonest employees in 2014, up 10.4% from 2013.

Shoplifter Apprehensions: 1,192,194 shoplifters were apprehended in 2014, up 7.4% from 2013.

Shoplifter Recovery Dollars: Over \$159 million was recovered from apprehended shoplifters in 2014, an increase of 7.5% from 2013. An additional \$82.5 million was recovered from shoplifters where no apprehension was made, up a significant 15.2% from 2013.

Employee Apprehensions: 80,366 dishonest employees were apprehended in 2014, up 1.7% from 2013.

Employee Recovery Dollars: Over \$66 million was recovered from employee apprehensions in 2014, up 18.1% from 2013.

One out of every 38 employees was apprehended for theft from their employer in 2014. (Based on over 3 million employees.)

On a per case average, dishonest employees steal over 6 times the amount stolen by shoplifters (\$825.36 vs \$133.80).

For full survey results visit Jack Heyes, International website at: www.hayesinternational.com or email Marck Doyle at Operations@hayesinternational.com.

SPOTLIGHTS:

unsteal.org

unsteal.org is a non profit organization collecting retributive funds from past thefts and returning funds to retail merchants. Founded in October 2014, our official paperwork was filed earlier this year and the IRS recently approved our non-profit 501(c)(3) status.

[History](#)

One day a repenting thief went to a department store to pay for a stolen perfume set he couldn't afford for his girlfriend's birthday 5 years prior. The cashier was startled by the apparent confession of a crime and desire to pay back in cash, risking prosecution depending on the statute of limitations and quantity. AWKWARD...

Many people have stolen an item from a retailer and would likely return the cost if there was a convenient way to do it instantly from a website or app. There is an amazing reward from retribution and unsteal.org is the website for the world to return anything stolen. We already own the domain name and launched it on a shared host server for the next 14 months. Please help us get started with the legal paperwork for the state and federal government and eventually change theft forever on a global scale! You are all beautiful people and even if you have pain and guilt, you can find moments to shine. Try this!

[Vision](#)

The purpose of Unsteal is to offer retribution for any past theft by collecting money anonymously and returning it to the victims. Initially, we are using a website to host actual transactions, but we plan to launch a mobile app. for iTunes and Google Play by March 10, 2015. To ensure the safety of our users we're cooperating with retailers at a corporate level, along with local officials, to protect users from prosecution as a result of an Unsteal transaction. Similar to the police's "no questions asked" gun collection drives to reduce overall crime, we will gain support from law enforcement to give the public a chance to return something stolen without any fear of punishment. Please visit: www.unsteal.org

[New Blog and Book For Shopaholics and Compulsive Shoppers Getting Out from Going Under](#)

Susan B. is a gratefully recovering member of Debtor's Anonymous (DA), abstinent one day at a time using the H.O.W. principles since April 25, 2009.

She has a wonderful website and blog for those recovering from compulsive shopping, spending, buying and debting. She also recently published (2015) one of the only 365 Daily Meditation books on financial sobriety. Please visit: [Financial Sobriety](#)

[Psychologist Releases Text Messaging Program For Shopaholics and Compulsive Shoppers](#)

Shopaholics and compulsive buyers have a new resource for help. New York psychologist, April Lane Benson, Ph.D., releases an innovative, interactive text-messaging program that directs, inspires, and motivates shopping addicts to stop overspending. The program is tailored specifically to each participant's overspending profile and it provides daily, personalized support when and where overspenders and impulsive shoppers need it the most.

Text messaging is now being used to help people with a variety of physical and mental health issues, including diabetes self-management, weight loss, physical activity, smoking cessation, and diminished alcohol consumption. Although this area of research and practice is relatively new, there has been consistent evidence that text messaging interventions that use tailored messages and offer the user the opportunity to text the system for immediate support are the most successful. The Stopping Overshopping Text Messaging Program incorporates both of these features.

To learn more about The Stopping Overshopping Text Messaging Program, see: <http://www.shopaholicnomore.com/text-program/>
Please see: <http://www.shopaholicnomore.com/text-program>

[Write on My Mind Mental Health Project](#)

Welcome to WriteOnMyMind.com-a safe place for the mind to speak. This website is part of a broader global initiative, The Surviving Suicide Project, a partnership of the National Alliance on Mental Illness of Collier County, Florida, USA, (NAMI-CC) and author Deena Baxter.

As Baxter explains, "After losing our youngest son to suicide in 2012 - death by mental illness - I felt like I was living through my own reality TV series of "Survivor". That reality launched me on a mission, a search for "Normal". I desperately needed some company and I was lucky to find the NAMI-CC. I am still searching and invite you to join me. For too long, the stigma of mental illness and impairment has kept it cloaked in darkness and denial. This places an additional burden on those who live with it every day, plus their family members and loved ones. Many of these adults, teens and children are seeking to live full, productive lives. They are successfully integrating their mental health challenges into their daily life but don't wish to be defined by them."

You have come to a place that gives mental illness a life-affirming voice-a virtual, global community where visitors can find helpful resources and be inspired by the many different ways the mind can speak-in words and in art. This website was inspired by the NAMI-CC Anything Goes: Art-From-The Heart Project that resulted in the artwork included in Baxter's book-*SURVIVING SUICIDE: Searching for "Normal" with Heartache and Humor.* Visual art can be a powerful communicator, beyond words. It can send a message if we are open to it, and it can heal. See: www.writeonmymind.com

[Jack L. Hayes, International, Inc.](#)

Based out of Florida, Jack L. Hayes, International is a loss prevention and corporate consulting group that has been helping clients for over 30 years. Founded by Jack Hayes, who is now semi-retired (and who gave an in-depth interview about theft in my book "Cluttered Lives, Empty Souls"), the company is now headed

up by long-time point-person, Mark R. Doyle.

Hayes International has clients around the world and is recognized for their Annual Jack Hayes Retail Theft Survey of large corporations. This survey tracks the prevalence and trends of shoplifting and employee theft and is widely cited (including by me). Hayes International also is known for their long-standing quarterly newsletter which has several articles about loss prevention and related issues. I've been honored to have had several articles included in their newsletter. Please see their website at: www.hayesinternational.com

["In Recovery" Magazine](#)

There's a wonderful quarterly recovery magazine I want to let you know about. It's called "In Recovery." Founded 2 years ago by Kim Welsh, a recovering person herself, in Prescott, Arizona--home to many treatment centers and half-way houses, this magazine has something for everyone. I visited Kim in October 2013 and was honored to be invited to write a regular column about process/behavioral addictions--starting Spring 2014. The magazine is available at: www.inrecoverymagazine.com

[3rd Millenium STOPLifting Online Education Course!](#)

3rd Millenium Classrooms out of San Antonio, TX has been offering high-quality online education courses for alcohol, marijuana and shoplifting issues for many years now. I've been honored to help them fine-tune and update their shoplifting course which many are court-ordered to complete after an arrest.

3rd Millennium Classroom's STOPLifting is an online intervention course designed to assist shoplifters in examining and altering their attitudes and behaviors towards shoplifting. The course incorporates evidential examples and related follow-up questions to discover the student's motives behind shoplifting, reveal possible patterns in his or her behaviors, and identify potential triggers and ways to cope. Through STOPLifting's unique motivational interviewing style, students are encouraged to evaluate the personal consequences of shoplifting and how they affect the individual, his or her family and those around him or her. See: www.3rdmiclassrooms.com

[Castlewood Eating Disorders Treatment Centers](#)

I was privileged to tour Castlewood Treatment Center near St. Louis in August 2014 while in town for a conference. Castlewood also has centers in Birmingham, Alabama and in Monterey, California. They have been around for over a decade and have a great reputation and great staff. See: www.castlewoodtc.com

[Clutter-Hoarding National Clean-Up Services](#)

See: <http://www.clutterhoardingcleanup.com/>

Honesty is its own reward.--*Anonymous*

Walk in peace.

The Shulman Center 2014 Ongoing Resources

Ongoing ...

Since 2010, the Baton Rouge, Louisiana court system has run a court-ordered educational program for retail fraud offenders which is based on material from Mr. Shulman's book *Something for Nothing: Shoplifting Addiction and Recovery*.

Mr. Shulman created a 1-hour employee theft online course with 360 Training. Learn why people steal from their jobs, how to deter it, prevent it, and what to do when confronted with it. Enroll at: <http://theshulmancenter.360training.com>

Mr. Shulman created an online continuing education course on compulsive shopping and spending called Bought Out and Spent! based on his book and Power Point presentation. The course, CEs offered, through The American Psychotherapy Association. at: <http://www.americanpsychotherapy.com>

"In Recovery" Magazine

There's a wonderful relatively new quarterly recovery magazine I want to let you know about. It's called "In Recovery." Founded 2 years ago by Kim Welsh, a recovering person herself, in Prescott, Arizona--home to many treatment centers and half-way houses, this magazine has something for everyone. I visited Kim in October 2013 and was honored to be invited to write a regular column about process/behavioral addictions--starting Spring 2014. The magazine is available in hard copy as well as online at: www.inrecoverymagazine.com

3rd Millenium STOPLifting Online Education Course!

3rd Millenium Classrooms out of San Antonio, TX has been offering high-quality online education courses for alcohol, marijuana and shoplifting issues for many years now. I've been honored to help them fine-tune and update their shoplifting course which many are court-ordered to complete after an arrest. 3rd Millenium has partnered with Terrence Shulman and The Shulman Center on the course. www.3rdmilclassrooms.com

RESOURCES OF NOTE...

THE SHULMAN CENTER THERAPIST TRAINING PROGRAM!

If you're a therapist and wish to be trained & certified in the assessment/treatment of compulsive theft, spending and/or hoarding, CONTACT THE SHULMAN CENTER NOW! See:

<http://www.theshulmancenter.com/counselor-training.html>

[3rd MILLENIUM STOPLifing ONLINE EDUCATION COURSE!](#)

3rd Millenium Classrooms out of San Antonio, TX has been offering high-quality online education courses for alcohol, marijuana and shoplifting issues for many years now. I've been honored to help them fine-tune and update their shoplifting course which many are court-ordered to complete after an arrest. Please check out their courses at: www.3rdmilclassrooms.com

[IN RECOVERY MAGAZINE--PRESCOTT, ARIZONA](#)

There's a wonderful relatively new quarterly recovery magazine I want to let you know about. It's called "In Recovery." Founded 2 years ago by Kim Welsh, a recovering person herself, in Prescott, Arizona--home to many treatment centers and half-way houses, this magazine has something for everyone. I visited Kim in October 2013 and was honored to be invited to write a regular column about process/behavioral addictions--starting Spring 2014. The magazine is available in hard copy and online at: www.inrecoverymagazine.com

[GET A BOOST with MONEY LIFE-COACHING](#)

Tom Lietaert of Sacred Odyssey and the Intimacy with Money programs offers individual money coaching as well as various group workshops on money. Check out Tom's two websites at: www.sacredodyssey.com / www.intimacywithmoney.com

[CONSULTING AND EDUCATION ON FRAUD](#)

Gary Zeune of Columbus, Ohio has been a friend and colleague of mine for nearly two years. He has been a consultant and teacher on fraud discovery and prevention for nearly 30 years. He is interviewed in my book [Cluttered Lives, Empty Souls: Compulsive Theft, Spending & Hoarding](#). I recently saw Gary in action recently when he presented an all-day on fraud to metro-Detroit accountants. See: www.theprosandthecons.com

[RECOVERING SHOPAHOLIC BLOG AND EDUCATION](#)

Debbie Roes is an educator and recovering shopaholic and offers a free insightful blog and e-Newsletter to help you. See: <http://www.recoveringshopaholic.com>

[THE FLY LADY ASSISTS WITH CLEANING & DECLUTTERING](#)

I recently was told about a website resource that lists strategies for cleaning and de-cluttering and sells various books and products that help with this; so, I'm passing it along... See: www.flylady.net

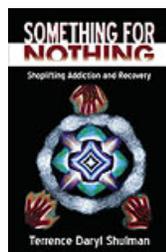
[CASTLEWOOD EATING DISORDERS TREATMENT CENTERS](#)

I was privileged to tour Castlewood Treatment Center near St.

Louis in August 2014 while in town for a conference. Castlewood also has centers in Birmingham, Alabama and in Monterey, California. They have been around for over a decade and have a great reputation and great staff. See: www.castlewoodtc.com

***Mr. Shulman's books
available for purchase now!***

[Click here to shop amazon.com](http://www.amazon.com)



**Something for Nothing:
Shoplifting Addiction and Recovery** (2003)

See also:

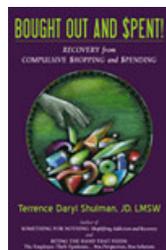
www.somethingfornothingbook.com



**Biting The Hand That Feeds:
The Employee Theft Epidemic... New Perspectives,
New Solutions** (2005)

See also:

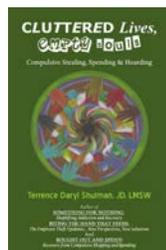
www.bitingthehandthatfeeds.com



**Bought Out and Spent!
Recovery from Compulsive
Shopping/Spending** (2008)

See also:

www.boughtoutandspent.com



**Cluttered Lives, Empty Souls:
Compulsive Stealing, Spending and Hoarding** (2011)

See also:

www.clutteredlives.com

Contact The Shulman Center:

Terrence Daryl Shulman, JD, LMSW, ACSW, CAADC, CPC
Founder/Director,
The Shulman Center for Compulsive Theft, Spending & Hoarding

P.O. Box 250008
Franklin, Michigan 48025

E-mail: terrenceshulman@theshulmancenter.com

Call (248) 358-8508 for a free consultation!

Our Web Sites:

[The Shulman Center](#)
[Shoplifting Addictions](#)
[Kleptomaniacs Anonymous](#)
[Something For Nothing](#)
[Shopping Addictions](#)
[Shopaholics Anonymous](#)
[Bought Out and Spent](#)
[Employee Theft Solutions](#)
[Biting the Hand that Feeds](#)
[Hoarding Therapy](#)
[Hoarders Anonymous](#)
[Terrence Shulman](#)

Books by Terrence Shulman:

[Something for Nothing: Shoplifting Addiction and Recovery](#)
[Biting The Hand That Feeds: The Employee Theft Epidemic](#)
[Bought Out and Spent! Recovery from Compulsive Shopping and Spending](#)
[Cluttered Lives Empty Souls: Compulsive Stealing, Spending and Hoarding](#)

All book are available for \$25.00 each (includes shipping and handling).

[Click here to purchase](#)