



# The SHULMAN CENTER

For Compulsive Theft,  
Spending & Hoarding

## Greetings from The Shulman Center!

April 2015

Compulsive Theft, Spending & Hoarding Newsletter

Happy Easter and Passover!

### 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

*Sometimes you have to kind of die inside in order to rise from your own ashes and believe in yourself and love yourself to become a new person. --Gerard Way*

*If you live in the dark a long time and the sun comes out, you do not cross into it whistling. There's an initial uprush of relief at first, then-for me, anyway- a profound dislocation. My old assumptions about how*

### Dear Terrence:

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

**April 10, 2015**--Mr. Shulman presents on cultivation honesty and integrity in our children and also on men's issues in therapy at the National Association of Social Workers (Michigan Chapter) Annual Conference in Kalamazoo, MI.

**April 18, 2015**--Mr. Shulman presents on compulsive stealing and spending for the OCD Network at Botsford Hospital in Farmington, MI from 1-3pm. Free (donations accepted).

**April 29, 2015**--Mr. Shulman presents on hoarding disorder at the annual Michigan Conference on Mental Health and the Aging in Lansing, MI.

**June 11 and 12, 2015**--Mr. Shulman presents on hoarding disorder at the annual Ohio Chief Probation Officers conference in Columbus.

**June 18, 2015**--Mr. Shulman presents on hoarding disorder at The Community House in Birmingham, MI. 7-9pm. \$26 fee.

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

**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

*the world works are buried, yet my new ones aren't yet operational. There's been a death of sorts, but without a few days in hell, no resurrection is possible.*

*--Mary Karr, "Lit"*

*In my own worst seasons I've come back from the colorless world of despair by forcing myself to look hard, for a long time, at a single glorious thing: a flame of red geranium outside my bedroom window. And then another: my daughter in a yellow dress. And another: the perfect outline of a full, dark sphere behind the crescent moon. Until I learned to be in love with my life again. Like a stroke victim retraining new parts of the brain to grasp lost skills, I have taught myself joy, over and over again.--*  
*Barbara Kingsolver*

*On the whole, human beings want to be good, but not too good, and not quite all the time. --*  
*George Orwell*

*Sometimes it's worse to win a fight than to lose.*

*--Billie Holiday*

*If your everyday life seems poor to you, don't accuse it; accuse yourself, tell yourself you are not poet enough to summon up its riches; since for the creator there is no poverty and no poor or unimportant place. --*  
*Rainer Maria Rilke*

\$90 (6 CEU hrs credit / includes lunch). Must reserve.

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](#)

---

## PASSOVER AND EASTER CONVERGE...

### *WHAT DO THE HOLIDAYS MEAN TO YOU?*

*by*

*Terry Shulman*

Passover and Easter usually fall in late March to early April--harbingers of spring. Both holidays celebrate the movement from sorrow to joy, darkness to light, death to rebirth. For Passover, it's the remembrance of the ancient Hebrews enslavement in Egypt and their eventual (and miraculous) exodus across the Red Sea into the promised land. With Easter, it's the remembrance of Christ's crucifixion and his eventual (and miraculous) resurrection 3 days later.

I was brought up Jewish and, while I don't consider myself very religious, I have fond memories of celebrating Passover and continue to do so. Out of all the Jewish holidays, Passover has always seemed to me the most interesting--with its theme of freedom, its numerous Seder table rituals, the food and wine, and the fact that it's one of the more family-oriented holidays, often celebrated at one's home.

I also remember growing up in Detroit in the 70's and being curious about Easter--which most of my neighbors and friends celebrated. I often partook of painting (and hiding) eggs and was fascinated with the chocolate bunnies! I didn't really understand the religious significance of the holiday back then. But over the last 15 years since I've been in an interfaith relationship, I've observed and celebrated Easter--mostly, like Passover, for its rituals, fine food, and gathering of family.

This year, my wife and I are celebrating the first night of

*The creative process takes its own course. If it did otherwise, it would not be creative. --P.W. Martin*

### Stats / Facts of the Month

*Most discretionary purchases are more affordable today compared with 10 years ago, while necessities such as food, medical care and housing have become more expensive*

*--Time Magazine / BLS  
March 13, 2015*

*\$8.8 million: amount raised on Kickstarter for the absurdist card game "Exploding Kittens," far surpassing the \$10,000 goal. The cash came from 219,382 individual donors, an all-time record.--Time Magazine, March 9, 2015*

*\$172,860: size of the average Wall Street bonus in 2014, a 2% increase over 2013 and the highest average payout since 2007. --Time Magazine, March 30, 2015*

*The Wall Street bonus pool for last year--\$28.5 billion--is nearly double the total earnings of all 1.03 million Americans who work full time at the federal minimum wage.*

*--NYTimes.com*

*Americans are expected to spend roughly \$9 billion illegally gambling*

Passover with my 85-year old uncle and his family at a local synagogue where they are holding a community Seder. We've been before and it's a good time. The second night, my wife and I will be attending a Seder at our friends' house with a dozen others. We went last year and it was open, laid back, and we went around the table sharing how the story of Passover and how it applies to our current lives. For several years until recently, my wife and I hosted a Seder at our home for neighbors and friends, both Jewish and not Jewish. And, this Easter Sunday, we're hosting my wife's family and a couple of friends.

Sometimes I think, cynically, that holidays are just a prompt to get us to buy stuff and eat a lot; other times, I think it's just an excuse (usually a wonderful one) to gather and bond with family. I'm not convinced about the accuracy and truth of most holiday stories, but, as I've written before, I do my best to appreciate their metaphoric value and to see if I can find meaning in relation to my current life. I encourage you to do so as well.

When I think about the shift from winter to spring, I think of rebirth of life--flowers, trees, and of increased light and joy. I recall another tough-weathered season that toughened my soul but wore out its welcome. I also look forward to my own personal, professional, and spiritual growth and to shed off some of the old and obsolete patterns that no longer serve me.

I also look at the world around me and can see some dark and stagnant things: endless war, environmental decay, political polarization, and the lingering legacy of discrimination and prejudice in many forms. I try to remember the symbolism of the Hebrews "breakthrough" and subsequent 40 years of wandering in the desert before finding higher ground. I try to remember the persecution of Jesus and his suffering on the cross but try not to dwell on the crucifixion but, rather, on the resurrection.

May we all acknowledge our individual and collective suffering but also claim our victory over it. May we appreciate the beautiful rituals of Passover and Easter and the food and family and also appreciate the opportunity to start again, to renew, to be reborn, to find freedom and believe in miracles, in the impossible, once again.

## THE RISE OF DISTANCE THERAPY

*by Kathleen Smith*

on the NCAA basketball tournament this year. 40 million people make up this estimate--or 12.6% of the U.S. population. --

[WashingtonPost.com](http://WashingtonPost.com)

Cyber-security sales is projected to expand from \$95.6 billion in 2014 to \$155.7 billion by 2019. Bloomberg News

The average cost of a wedding in the U.S., excluding a honeymoon, climbed to \$31,213 in 2014, up 16% from 2010

[--MarketWatch.com](http://MarketWatch.com)

A prospective U.S. home buyer needs to earn at least \$48,600 a year to afford the mortgage on a typical house nationwide. ==

[Time.com](http://Time.com)

### Person of the Month:

**Jon Stewart**  
of  
**"The Daily Show"**

Creator and host Jon Stewart just recently announced that he will retire from "The Daily Show" by year's end, marking the end of his 16 years at the helm of one of the nation's (and world's) most innovative, funny and influential "fake news" shows. Though "fake news" may be a bit of a misnomer.

Actually, surveys and

### Excerpts from Psychotherapy Networker (March/April 2015)

For many, psychotherapy is still a rarefied, face-to-face encounter outside the normal rhythms of the world, a time in which cell phones are turned off, and we're uninterrupted by an ever-replenishing email inbox. But we no longer live in a world in which we can so clearly partition ourselves off from the electronic information grid. Many occupations no longer require a clearly defined workplace or a physical presence. Many employees never see their boss in person. Increasingly, surgeons are slicing patients open from hundreds or even thousands of miles away. Why should psychotherapy be any different?

More and more clinicians today are adapting to meet the demands of the digital world and fit into the schedules and lifestyles of clients no longer willing to follow the traditional pattern of once-a-week sessions in a therapist's office. In a consumer-driven mental health marketplace, individuals with anxiety disorders want services from the comfort of their homes. For veterans living in rural areas, remote group and individual psychotherapy for trauma offers treatment possibilities that weren't available even a few years ago. But although telehealth has been around for decades, many clinicians are still unsure about the clinical, ethical, and legal issues that emerge as distance therapy becomes a more accepted practice.

Telemental healthcare can include emails, texts, web chatting, and video-conferencing. In a 2013 meta-analysis of a decade's worth of research on telemental health, published in Telemedicine and e-Health, Donald Hilty and colleagues found that across many populations and disorders, its effects are comparable to in-person care. For populations wary of the physical immediacy of face-to-face encounters, such as young people and autism-spectrum patients, remote services might even be preferable.

This finding appears to fly in the face of a central conviction of many therapists: that it's the therapeutic alliance forged in the proximity of the consulting room that makes therapy work. Can that chemistry be summoned across the Internet? According to a 2012 meta-analysis by Autumn Backhaus and colleagues conducted by the Veterans Health Administration and published in Psychological Services, it can. Examining 65 individual studies on video-conferencing psychotherapy, they found positive clinical outcomes and user satisfaction among diverse populations with diagnoses including depression, anxiety, addiction, and post-traumatic stress disorder.

polls report that more people (especially young people) get their news from and trust "The Daily Show" than other sources.

I came a little late to the party--I've been a regular watcher of the show for only the last decade or so. I am usually informed and entertained each time I watch.

I am also amazed at how many film stars have made their start or skyrocketed as guest correspondents on the show: Steve Carrell, Lewis Black, Stephen Colbert, Ed Helms, Rob Cordroy, Larry Wilmore, John Oliver, and soon Jason Jones and Samantha Bee (who start a new show on TBS soon). Mr. Stewart is nothing if not a kind and gracious mentor.

Stewart is more than a liberal mouthpiece, though it's no secret he leans left: he'll take Obama, the liberal media or anyone to task if there's a whiff of scandal, incompetence, or hypocrisy. He also wrote and directed the recent film "Rosewater" and has been a part of many political and social fora to promote education, activism, accuracy, and etiquette when so much is needed.

His replacement, young and up-coming Trevor Noah--a recent foreign

"Face-to-face is a self-serving mythology," says Ofer Zur, psychologist and author of *Dual Relationships and Psychotherapy*. "Therapists who hold onto the old images of the traditional way psychotherapy 'should be' are refusing to recognize the realities of the world in which they live." Adapting effectively to the use of digital platforms for therapy involves recognizing the ways in which these platforms differ from face-to-face interaction, especially being mindful of what's known as the disinhibition effect. Communicating with a professional via Skype or text lowers one's reservations and reduces the social restrictions that might be present inside the therapist's office.

An ever-increasing powerful force within that new digital reality is the smartphone. A 2012 TIME magazine poll found that 84 percent of people couldn't spend a single day without their mobile device in hand, and a good half of us sleep with them like a teddy bear. The use of Skype, though still unquantified, has been well established in psychotherapy, but new applications of smartphones and their apps are emerging every day. An increasing number of therapists are tracking data from smartphones through apps like Mobile Therapy to monitor their clients' thoughts, feelings, and behaviors between sessions....

See full article at: [Tele-health](#)

## THE JOY OF LESS

*Americans Have More Possessions than Any Society in History.*

*Can We Finally Take Control of Them?*

by

**Josh Sandburn**

**(Excerpts from Time Magazine, March 23, 2015)**

When the Amazon packages arrive at her door, Dana Harvey experiences one of two feelings: Ecstasy or Nausea. Harvey, 54, is a family therapist in Los Angeles who also practices another kind of therapy-retail.

She readily admits to indulging in those fleeting moments of joy that come from purchasing. But Harvey also realized the moments were piling up all around her. Her 8-ft.-long pine dining table soon disappeared under mountains of clothes, purses and

commentator on the show--will have big shoes to fill. Stewart, you'll be missed.

### **Book of the Month:**

***The Opposite of Spoiled  
Raising Kids Who Are  
Grounded, Generous and  
Smart about Money***

**by  
Ron Lieber  
(2015)**

*From the inside cover:  
We may not realize it,  
but children are hyper-  
aware about money.  
They have scores of  
questions about its  
nuances that parents  
don't answer, or know  
how to answer well. But  
for Ron Lieber, a noted  
finance columnist and  
father, good parenting  
means talking about  
money with our kids  
much more often. When  
parents avoid these  
conversations, they lose  
a tremendous chance--  
not just to model very  
important financial  
behaviors, but also to  
imprint lessons about  
what their family cares  
about most.*

This is a great and easy to read book but it also challenges parents as well as all of us to look at our money issues. Chapters include:

1. Why We Need to Talk about Money
2. How to Start the Money Conversations

books. She began making excuses about why her house was a wreck. Eventually she stopped having friends over. She was too embarrassed.

Last year, Harvey hired a professional organizer to help her get her things in order and curb her spending. Together, they threw out or donated bags and bags of shoes, scarves, jewelry, hats, appliances, stuffed animals and unused makeup. Some items still had their tags attached. Today, more often than not, Harvey can find a place for the possessions she decided to keep. She often includes "Clear 10 Things" on her daily to-do list. Her home is less cluttered. Her friends stop by more. Her dining table is a table again. But as spring arrives, she still feels the pull of her iPad, the seasonal clothes and deals just waiting for her online.

For middle-class Americans, it's never been easier to feel consumed by consumption. Despite the recession, despite a brief interlude when savings rates shot up and credit-card debt went down, Americans arguably have more stuff now than any society in history.

Our stuff has taken over. Most household moves outside the U.S. weigh from 2,500 lb. to 7,500 lb. (1,110 kg to 3,400 kg). The average weight of a move in the U.S. is 8,000 lb. (3,600 kg), the weight of a fully grown hippo. An entire industry has emerged to house our extra belongings--self-storage, a \$24 billion business so large that every American could fit inside its units simultaneously.

It would be one thing if all our possessions were making us happier, but the opposite seems to be occurring. At least one study shows that a home with too much stuff can actually lead to higher levels of anxiety. "These objects that we bring in the house are not inert," says UCLA anthropologist Elinor Ochs, who led a decade-long study on hyperacquisition. "They have consequences."

The notion that our lives should have some semblance of serenity seems to be taking hold. A new economy is growing around the people who take out all the stuff we're still bringing into our homes. Junk-hauling companies are booming. Professional organizers--who see their biggest spikes in business this time of year as the holidays fade and spring cleaning awaits--are thriving.

### **Consuming as a Way of Life**

Today, purchasing takes just one click. But consumption used to

3. The Allowance Debate
4. The Smartest Ways for Kids to Spend
5. Are we Raising Kids Who Are Materialistic?
6. How to Talk about Giving
7. Why kids should work
8. How Much is Enough?

**Film of the Month:**

**Going Clear**

***Scientology and The Prison of Belief***

***(2015) on HBO***

***Written and Directed by Alex Gibney***

All joking aside about actor Tom Cruise and his often ridiculed behaviors in defense of his "religion" (though he's featured toward the end of this powerful documentary), this film is a must-see study of how faith--especially religious faith--can go so far as to become cultish and, dare I say, "evil."

This film chronicles the origins of The Church of Scientology founded by the late L.Ron Hubbard in the 1960s based on his bestselling book "Dianetics." It paints him as an egomaniacal charlatan who, like many charismatic leaders lures in all types, and apparently maintains his power, authority, and respect through increasingly draconian measures.

be rare and difficult. A few hundred years ago, Americans had limited options when they needed or wanted something, and the local general store was often the only recourse. But as the Industrial Revolution took hold, catalogs promised sewing machines, buggies, furniture, eyeglasses, pianos-virtually anything in production that could be sent via post.

Our current phase of overconsumption began about 30 years ago, when Americans began committing close to half of their annual expenditures to nonnecessities. It was the beginning of a gradual decline in the cost of consumer goods, the growth of everyday credit-card use and the rise of big-box stores and discount retailers that pushed their way into communities nationwide, forcing down prices and profits for those competing around them.

"When the question is why do we have so much stuff, one reason is because we can," says Annie Leonard, executive director of the environmental group Greenpeace USA and the creator of The Story of Stuff, an animated video about excessive consumerism. "For a huge percentage of this country, there is no longer an economic obstacle to having the illusion of luxury. It's just that this stuff is so cheap."

"The ability to purchase and then possess something has accelerated rapidly," says professional organizer Andrew Mellen. "It's instantaneous. And if you're not reflective, how do you interrupt yourself?"

**Our Inner Squirrel**

The extent to which acquisition outstrips reason isn't quite understandable until you contemplate the behemoth that is self-storage in America. In 2013 the self-storage industry raked in \$24 billion in revenue, more than twice as much as the NFL. The 48,500 storage facilities nationwide-compared with only 10,000 outside the U.S.-could fill three Manhattans, and they outnumber all the McDonald's, Wendy's, Burger Kings and Starbucks in the U.S. put together.

About 87% of all storage units nationwide are currently rented, and while self-storage is certainly used by urban dwellers crunched for space, two-thirds of users own a garage, almost half have an attic, and a third have a basement.

There are many economic and cultural factors that lead us to buy, but there are fundamental evolutionary drivers for why we

The film's core is its various interviews with former higher-ups and celebrities who left "the church" and state they experienced continued harassment before and afterwards.

It will be interesting to see what happens to the Church of Scientology and its current leader, David Miscavige after this stinging indictment. Will people still join? Will more people leave? Will the IRS reconsider its tax-free status?

In a way, addiction is a kind of brainwashing phenomenon where one is captured and in denial to the frustration of others and the detriment to the addict. The power and folly of the mind!

acquire but then can't let go. Call it our Inner Squirrel.

Today, about 1 in 6 Americans suffers from an anxiety disorder for a variety of reasons, something that appears to be not only a cause of our stuffocation but also an effect. To alleviate feelings of anxiety, many of us shop, an act that has been shown to release dopamine in the brain, giving us a temporary feeling of euphoria. It's a sensation that we want to keep reliving, a sensation that can lead to overconsumption. But those anxious feelings can all come creeping back again once we get home and have to deal with all the stuff we've already bought.

Our desire to hang on to the things we buy may also be a holdover from an era when times were tougher. Gideon Fountain, a real estate agent in Greenwich, Conn., who recently hired a professional organizer, says his Depression-era parents often told him: Use it up, wear it out, make it do or do without. That mind-set has stayed with him even through boom times, contributing to his desire to hold on to things when he otherwise wouldn't.

It doesn't help that our Inner Squirrel is also sentimental. Think about something you hold dear—a baseball signed by Babe Ruth, for example. At one point, it was just a baseball like every other baseball. But once the Yankee slugger signed it, it took on something that went beyond its physical properties.

### **Getting to Less**

Back in 2001, when the UCLA team began its study, they visited a house—the first one they analyzed—with 2,260 visible possessions in just three rooms. One family's office included 2,337 visible nonpaper objects. Some families stored as many as 650 boxes, bins and other items in their garage, a space so crowded that 75% of the families couldn't park their cars inside.

"The '80s were all about buying stuff," Scudamore says. "People had to live large and spend all this money. By the '90s, everybody went, O.K., now it's not just about accumulating stuff—it's about changing stuff." He added that many of his clients ripped out perfectly good appliances just to replace them for aesthetic reasons, in part because they saw their neighbors doing the same thing.

Today, the mind-set of his customers has changed again. Now they're throwing out all their stuff associated with old analog technologies—CD cases, books, shelving units—in an attempt to transform digitally and simplify their surroundings. Books, music

and games can be bought or rented online and stored in the cloud. The sharing economy means that a lawn mower can be borrowed for an afternoon on Craigslist. We stream movies and TV shows rather than buying DVDs.

Dana Harvey still fights the desire to spend. She's not the only one: low-cost and online spending are strong as the economy slowly recovers. For Harvey, spring clothing lines trigger that pull to buy. But this time, she's aware of it and remembers what it was like before she got organized.

"I have a friend coming over next week, and I can't wait," she says. "Ordinarily, I would be having severe, severe anxiety about having anybody in my home, and I would make up something and say it's like this because I'm going through spring cleaning, but it wasn't really the truth. The truth of the matter was that I just had stuff everywhere."

See full article at: [Stuff](#)

See short video clip on spring cleaning tips at: [Spring Cleaning](#)

**THE PRINCESS AND THE SPREE**  
**Addresses Compulsive Shoplifting**  
*Vanity Fair April 2015*

On her most recent Paris shopping trip, in 2012, Saudi princess Maha bint Mohammed bin Ahmad al-Sudairi—who had reportedly tried to stiff some of the city's exclusive boutiques for \$20 million in 2009—tried to skip out on a \$7 million hotel bill.

Is she a shopaholic? A con artist? Some who know her describe her as charming but also as a "lost soul..." Either way, people are people, no matter how wealthy, powerful, or privileged.

**SPOTLIGHTS:**

**[unsteal.org](#)**

**[unsteal.org](#)**

is a non profit organization collecting retributive funds from potential past thefts and returning funds to retail merchants. We started in October 2014 and are now filing the official paperwork.

We plan to accept money 03/31/15.

### 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](http://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](http://www.unsteal.org)

### Write on My Mind Mental Health Project

Welcome to [WriteOnMyMind.com](http://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](http://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](http://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 in hard copy as well as online at:

[www.inrecoverymagazine.com](http://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](http://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](http://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 Events Calendar

### Ongoing ...

The Baton Rouge, Louisiana court system has a court-ordered, facilitated educational program for retail fraud offenders. The program 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 \$pent!* 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](http://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 this course.

See: [www.3rdmilclassrooms.com](http://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 on their website at:

[www.3rdmilclassrooms.com](http://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](http://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](http://www.sacredodyssey.com) / [www.intimacywithmoney.com](http://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](http://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:

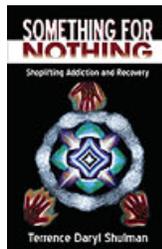
[www.flylady.net](http://www.flylady.net)

#### 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](http://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](http://www.somethingfornothingbook.com)

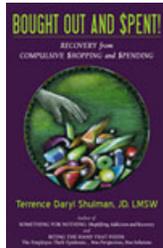


Biting The Hand That Feeds:

The Employee Theft Epidemic... New Perspectives,  
New Solutions (2005)

See also:

[www.bitingthehandthatfeeds.com](http://www.bitingthehandthatfeeds.com)

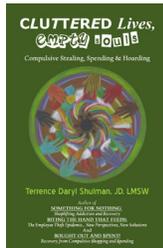


**Bought Out and Spent!**

**Recovery from Compulsive Shopping/\$pending (2008)**

See also:

[www.boughtoutandspent.com](http://www.boughtoutandspent.com)



**Cluttered Lives, Empty Souls:**

**Compulsive Stealing, Spending and Hoarding (2011)**

See also:

[www.clutteredlives.com](http://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](mailto: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 \\$pent! Recovery from Compulsive \\$hopping and \\$pending](#)

[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](#)