



The Shulman Center October 2021 Monthly e-Newsletter

Celebrating The 19th Year of Our e-Newsletter!

Thanks to our 3,000 subscribers for your continued interest & support!

HAPPY AUTUMN!

HAPPY HALLOWEEN!

Watch & listen to Mr. Shulman's 20-Minute Interview
on Kleptomania on Anthony Padilla's YouTube Channel
"*I Spent A Day with... Kleptomaniacs*"

See: <https://www.youtube.com/watch?v=nvGtowTfPqU>

Watch & listen to Mr. Shulman's 90-minute podcast interview
on shopping addiction and more!

See: <https://www.youtube.com/watch?v=gDau-8w4LxY>

Watch and listen to Mr. Shulman's 20-minute live Zoom "Real Men" storytelling
from June 18th which was just uploaded to YouTube:

See: <https://www.youtube.com/watch?v=tT2VGCEsDj8>

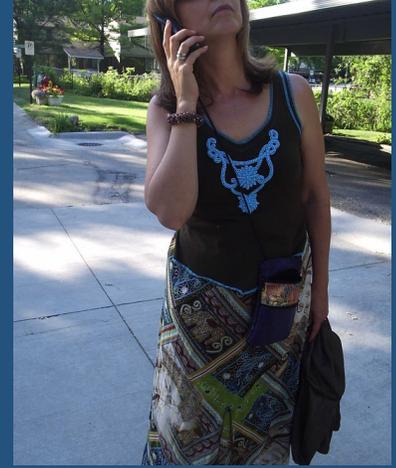
Watch & listen to Mr. Shulman's new hour-long podcast interview
on shopping addiction and more!

See: <https://www.youtube.com/watch?v=qO6CZca9xy4>

Life isn't about finding yourself. Life is about creating yourself.
-George Bernard Shaw

New TV series on "theft addiction" which had been put on hold may be picked up in this year!
Stay tuned!

Please Note Our Updated Website at:
www.theshulmancenter.com

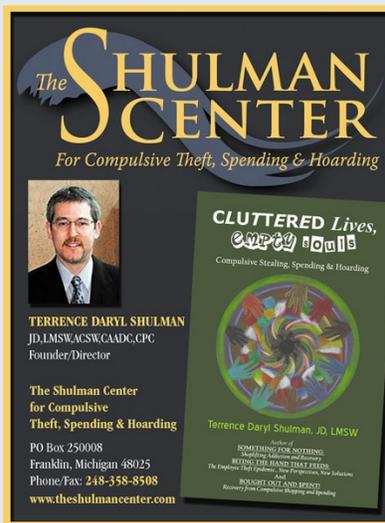


Tina Shulman,
Creative Director

TERRENCE DARYL SHULMAN
JD, LMSW, ACSW, CAADC, CPC
Attorney, Therapist, Consultant, Author & Coach
FOUNDER/DIRECTOR OF
The Shulman Center for Compulsive Theft, Spending & Hoarding



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The SHULMAN CENTER
For Compulsive Theft, Spending & Hoarding

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CLUTTERED Lives,
COMPULSIVE HOarding
Compulsive Stealing, Spending & Hoarding

Terrence Daryl Shulman, JD, LMSW
Author of
SOMETHING FOR NOTHING,
BEHIND THE HANDS THAT FEED,
The Englewood High School and Ferguson, Miss. Schools
BOUGHT OUT AND SPENT!
Accounts of True Compulsive Hoarding and Spending



CHECK OUT OUR NEW MERCH at Unsteal.org
<https://unsteal.org/swag/>

CHECK OUT SAMSON SHULMAN'S PODCAST
Connection Is Magic!
<https://connectionismagic.com/>

*During This Time of Social Distancing, Your Life Does Not Have To Be on Hold!
Specialized Therapy by Telephone or Video-Chat
Your Life Is Calling...
CALL US AT: 248-358-8508!*

150-Question Online Shoplifting Assessment Tool

ANNOUNCING THE RECENT LAUNCH OF A NEW

150-QUESTION ONLINE SHOPLIFTING ASSESSMENT TOOL

DEVELOPED BY THE SHULMAN CENTER

WITH TECHNICAL ASSISTANCE FROM ADE SOLUTIONS IN METRO-DETROIT

This is a rare and in-depth assessment tool and can be easily accessed online.

It takes about 20-30 minutes to complete and can be used by courts, therapists, and those who have shoplifted. Once the questionnaire is completed and submitted, you will receive an immediate one-page

shoplifted. Once the questionnaire is completed and submitted, you will receive an immediate one page summary that tells you how severe a shoplifting problem you have, what type of shoplifter you are, and what is your risk of reoffending in the future (low, medium, high, very high).

See: <https://ade.solutions/shoplift.html>

[Read Recent Comprehensive Article from MoneyGeek](#)

on Compulsive Shopping/Spending... I'm quoted
[Click Here!](#)

[See Recent Guardian UK Article on Why Wealthy People Shoplift:](#)

Mr. Shulman quoted as expert!
[Click Here!](#)

[Listen to Mr. Shulman on a recent 100-minute Podcast Interview](#)

"White Collar Crime and Recovery" with 15 other
"convicts"
[Click Here!](#)

[See Recent Free Press/USA Today Article on Shopping/Shoplifting Addiction:](#)

Mr. Shulman quoted as expert!
[Click Here!](#)

[Listen to Mr. Shulman's 40-min Interview](#)

Less Waves, More Ocean: Staying Calm in Covid Times
[Click Here!](#)

[Listen to Mr. Shulman's Recent 45-minute Audio Interview on Shoplifting Addiction:](#)

When Stealing Is A Drug!
[Click Here!](#)

[See Recent 5-Minute Video on Shopping Addiction on Cheddar:](#)

Mr. Shulman quoted as expert!
[Click Here!](#)

[See Dr. Oz's 15-minute July 9, 2019 Shoplifting Addiction Episode](#)

Mr. Shulman Feature on The Show!
[Click Here!](#)

QUICK LINKS

[2-minute NBC Nightly News Segment \(May 2021\) on Phone and Shopping Addiction Guilt Gifting Is A Thing in 2020 But It Can Get Out of Hand Quickly!](#)

[Anti-Capitalist Teens Share Shoplifting Tips on Tik-Tok](#)
[Online Shopping Addiction in The Time of Covid Quarantine](#)
[White Collar Support Group Video Podcast Episode#1](#)

[Shopping Addiction and Holidays](#)
[Guardian UK Article: Rich Robbers](#)
[NYPost Shopping Addiction Article](#)

[Dr. Oz July 9, 2019 Episode on Shoplifting Addiction](#)

[Mr. Shulman Quoted in July 14, 2019 Article on Netflix Series "Trinkets" on Teen Shoplifting](#)

[Mr. Shulman Quoted in Vancouver Sun July 24, 2019 Article on Shopping Addiction](#)
[Stop Thief! Restaurant Diners Help Themselves to More Than Food!](#)

[New 10-minute Video Preview of Forthcoming Online Employee Theft Prevention Course](#)
[August 15, 2018 Cover Story on Shoplifting in Detroit Metro Times](#)

[Cosmo Journalist Confesses She's A Shopaholic!](#)
[You Could Be an Online Shopping Addict!](#)

[Men Are Shopaholics, Too! Author Buzz Bissinger Tells All on NBC's Megyn Kelly Show](#)
[Plain Thieves or Addicted to The Rush? Mr. Shulman Featured in Recent 3-minute news clip](#)
[Check Out Our Updated Hoarding Disorder Video Archive Webpage!](#)

[Samson Shulman Podcast Interview with Jonathan Schwartz: Embezzler to The Stars](#)
[Mr. Shulman Quoted About Worldwide Shoplifting Trends In Recent International Online 'zine](#)
[Mr. Shulman's Appearance on T.D. Jakes May 12, 2017 Show on Financial Infidelity](#)

[Mr. Shulman's 90-Minute Hoarding Presentation](#)
[Mr. Shulman Quoted in Recent Online Article on Shopping While Driving](#)
[View Unsteal.org Founder Introduce the "Unsteal Box" in TV News Debut](#)

[Shopping Addiction Featured on NBC's Megyn Kelly Show Tuesday February 27](#)

UPCOMING SEMINARS, WORKSHOPS & PRESENTATIONS of INTEREST

Saturday October 2, 2021—Mr. Shulman gives a 6-hour Power Point presentation via Zoom entitled “Everyday Ethics and Social Worker Ethics: How We Teach Our Kids to Be Honest, How We Live Honestly, and How We Practice Our Social Work Profession with Integrity” for CORE Learning, Inc. (Michigan) from 9:30am-4:00pm. \$100 includes 6 CEUs. Register through www.corelearninginc.com

Sunday October 10, 2021—Mr. Shulman gives a 4-hour Power Point presentation via Zoom entitled “How Much is Enough? Understanding and Treating Hoarding Disorder (Intermediate to Advanced) for CORE Learning, Inc. (Michigan) from 1:00pm-4:00pm. \$75 includes 4 CEUs. Register through www.corelearninginc.com

Thursday October 14, 2021—Mr. Shulman gives a 90-minute in-person Power Point presentation via entitled “Bought Out and Spent! Recovery from Compulsive Shopping and Spending” for the Livonia District Library (Michigan) from 6-7:30pm. Free. Register through the library.

Saturday November 12, 2021—Mr. Shulman gives a 6-hour Power Point presentation via Zoom entitled “Cluttered Lives, Empty Souls: Understanding and Treating Compulsive Stealing, Spending and Hoarding” for CORE Learning, Inc. (Michigan) from 9:30am-4:00pm. \$100 includes 6 CEUs. Register through www.corelearninginc.com

Saturday December 18, 2021—Mr. Shulman gives a 6-hour Power Point presentation via Zoom entitled “Everyday Ethics and Social Worker Ethics: How We Teach Our Kids to Be Honest, How We Live Honestly, and How We Practice Our Social Work Profession with Integrity” for CORE Learning, Inc. (Michigan) from 9:30am-4:00pm. \$100 includes 6 CEUs. Register through www.corelearninginc.com

FACTS, STATS, QUOTES & MORE!

EXTRAS!

While temporary store closures due to the Covid-19 Pandemic resulted in fewer thieves being caught stealing in 2020, the average shoplifting case value increased 13.0% and the average dishonest employee case value increased 3.8% over 2019.

As expected, the Covid-19 Pandemic clearly affected apprehensions and recovery dollars in 2020, with shoplifting apprehensions and recovery dollars down 43.8% and 36.5% respectively; and dishonest employee apprehensions and recovery dollars down 20.3% and 17.2% respectively.

However, those participant retailers designated as “essential”, saw overall apprehensions rise 7.9% and dollar recoveries increase 9.1% during 2020. Shoplifting Reasons cited by survey participants why their shoplifting apprehensions and recovery dollars increased or decreased in 2020:

Increased: ORC (Organized Retail Crime) continues to be primary factor; less stores to choose/steal from; major increase in “theft for need”; increasing felony thresholds; and more ‘hit n run’/fleeing shoplifters.

Decreased: Store closures; less shoppers; deterrence focus during pandemic; fitting rooms closed extended time; focused on better customer service; less LP/AP (loss prevention) staff during transition.

Source: Jack Hayes International, Inc. (2021)

**SPOTLIGHTS!
OTHER ASSOCIATES ARE DOING GREAT WORK, TOO!**

Contact Mr. Shulman for More Information
on starting a C.A.S.A. chapter near you!

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**ANNOUNCING THE RECENT LAUNCH OF A NEW
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and can be used by courts, therapists, and those who have shoplifted.*

*Once the questionnaire is completed and submitted,
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how severe a shoplifting problem you have,
what type of shoplifter you are,
and your risk level for reoffending in the future
(low, medium, high, or very high).*

**See: <https://ade.solutions/shoplift.html>
Or click here: [Shoplifting Assessment](#)**

**View Mr. Shulman's 2-minute YouTube Video on Shoplifting Addiction:
<https://www.youtube.com/watch?v=N7eNcJhwGwc>**

In 2019 I was contacted by three gentleman from the Baton Rouge and Lafayette, Louisiana area--one from the criminal justice system, one from addiction-recovery treatment centers, and the other specialized in developing online learning courses. They commissioned me to develop four online education programs: a juvenile and an adult shoplifting prevention course; an adult employee theft prevention course; and an adult identity theft prevention course. These four courses have been live online since mid-2020 and a 5th course I developed on effective decision making went live this past month.

See course information at:

<https://cibtclasses.com/course-registration/>

In 2018 I was contacted by Turning Point Justice, Inc. out of Boca Raton, Florida and consulted with them to create an online program to address the epidemic of employee theft--based on my book *Biting The Hand That Feeds* and my counseling with theft offenders. Next, I consulted on and co-created an online shoplifting awareness-prevention program based on my book *Something for Nothing*. Both programs are now available for purchase. The employee theft course is available to individuals but was primarily designed to be marketed to companies and organizations of all kinds. The course has three modules: 1. An introductory course for all employees (incoming and seasoned); 2. A secondary review course for any employee who has committed a minor infraction of dishonesty in the workplace but who is given a second chance and retains his/her employment; and 3. A special course for any employee who is terminated for employee theft but will be offered a chance to take this course for his/her own reflection and, possibly, to receive leniency. The shoplifting course is available to individuals who may be court-ordered to take it or who may wish to take it voluntarily for self-improvement and, possibly, to receive leniency as well. See course information at: <http://turningpointjustice.com/>

Instructions: To request enrollment in an education course by Turning Point Justice, please

email: support@cbtfortheft.com and indicate you were referred by The Shulman Center. Please be sure to include your name and phone number for TPJ to get in touch with you.

I am honored and excited to announce that my 2003 book *Something for Nothing: Shoplifting Addiction and Recovery* has been translated into Japanese and published on July 9, 2019. I received several copies in the mail and it is listed on the Japanese version of Amazon.com! I'll have to brush up on my Japanese! We are discussing a possible trip to Japan later this year to help promote it! Dr. Hiroshi Okuda, a psychiatrist from Japan who helped me get this book published, visited me in Detroit on September 14, 2019. Tina, my wife and the creative director of The Shulman Center, and I hoped to visit Dr. Okuda in northern Japan in April 2020 but this was postponed due to the Covid pandemic. We hope to visit in 2022.

White Collar Crime Support Group
Meets Online on Zoom Monday Evenings Since 2016
7 pm ET, 6 pm CT, 5 pm MT, 4 pm PT

Contact:

Rev. Jeff Grant, J.D., M.Div., Co-founder/Minister, Progressive Prison Ministries, Inc., Greenwich CT & Nationwide. 203-405-6249, jgrant@prisonist.org, Mailing: PO Box 1, Woodbury, CT 06798
See: www.prisonist.org

RECO12.COM

Weekly Recovery Open Talks Live Online
(And Recorded for Later Listening)
See: <https://www.reco12.com/>

Check out new [Unsteal.org](http://www.unsteal.org) videoclips...
[Confessions of A Repentant Thief](http://www.unsteal.org)
[Unsteal Repayment Boxes Now in Stores!](http://www.unsteal.org)
<http://www.unsteal.org>

Great podcasts by my brother Samson Shulman!
Interviews with up 'n coming trailblazers
and their ups 'n downs along their way
<http://www.hustlesanctuary.com/>
and his new podcast called Connection Is Magic!
<https://connectionismagic.com/>

Carrie Rattle, CFP, of Behavioral Cents bought
Dr. April Benson's Stopping Overshopping Program
which includes a *guided self help program that is housed on an App called Mentegram.*
See: <https://www.shopaholicnomore.com/guided-self-help-for-when-the-urge-strikes/>

Sign Up for The Jack Hayes, International Free Quarterly Loss Prevention Newsletter!
<http://hayesinternational.com/products/the-hayes-report-on-loss-prevention-newsletter/>

Online Course For Shoplifters Helps Them Understand and Stop Stealing
<http://web.3rdmilclassrooms.com/courses/court/stoplifting#section-top>

Monthly Articles of Interest

Click on **blue** hyperlinks
to view full articles/videos:

[The "10 Thing" Rule To Keeping Your Home Uncluttered](#)
Autumn Cleaning Before The Holidays! The Time is Now!

[How Much Cash Do You Need in Your Emergency Fund \(If You Have One\)](#)
If You Don't Have One, Start One Now!

[This Is My Idea of A Good, Smart Cop!](#)
New Jersey Town's Chief of Police Says "Some Shoplifters Need Therapy."

[How To Heal Emotional Trauma](#)
Two Women Share Their Stories

[Caregiving Is Hard Work...](#)
And Caregiving During The Covid Pandemic Is Herculean!

[See My Recent 20-Minute YouTube Interview](#)
"I Spent A Day with... Kleptomaniacs!"

[Are You Really Depressed or Are You Experiencing A "Dark Night of The Soul?"](#)
How To Tell The Difference... It May Literally Save Your Life!

[Neglecting Yourself Does Not Make You A Better Parent](#)
NY Times Article Journalist Shares Her Truth

[How To Create A Self-Care Plan That Really Works for You!](#)
Check Out This Powerful 5-Part Process

[I Marie Kondo'd My House And It Helped Me Stop Mindless Spending](#)
Don't Knock This Until You Tried This!

[Does Venting and Complaining Actually Help Us or Hurt Us?](#)
New Research Reveals Surprising Results!

[What Is PTG?](#)
No, It's Not A Golf Tournament!
it Stands for Post-Traumatic Growth... And It's A Real Phenomenon!

[How To Put An End To A Passive-Aggressive Marriage](#)
Assuming You Want To...

[Life After White-Collar Crime](#)
Recent New Yorker Article Tells Story of Former Lawyer/Support Group Founder

[When Overgivers Become Takers, Too](#)
The Hidden Narcissism of Co-Dependents

[How To Win At Life!](#)
What Sports Psychologists Can Teach The Rest of U!

[How To Overcome Your Fear of Confrontation and Conflict](#)
Look, Don't Shoot The Messenger! Read This Only if You Want To...

[Oprah Says: If You've Been Feeling Shame Over a Secret, Offer Yourself More Grace](#)
And Then You'd Better Share That Secret, Girl, And Share It Now!

Will Your Halloween Be More Tricks Than Treats?

by
Terrence Shulman

September is gone and October arrives. As of the end of September, The U.S. has is closing in on 44 million confirmed Covid cases and we've had over 700,000 deaths since early 2020. I (and millions of other Americans and others worldwide) did celebrate Halloween last October 2020--before vaccines were even on the scene, a healthy vibe of caution still fills the air as we prepare for trick-or-treat time at month's end.

The vibe is definitely different in some ways. This time last year, we were in the midst of a heated national election season and an even more heated presidential election. To many, our democracy literally hung in the balance.

This year, while the Delta- and Mu-versions of Covid variants have emerged, we are steadily moving towards greater vaccination rates but we still have to be careful. And we are now living in a post-January 6th country with continued deep divisions among Democrats and Republicans, the left and the right, the vaccinated vs. the unvaccinated, and the masked and the maskless.

Perhaps Halloween is the one holiday where nearly everyone will at least be wearing mask of some sort! And while most of our kids are back in school in-person vs. online this time last year, virtually no children under 16 have been vaccinated.

Hopefully, Halloween doesn't turn into a "super-spreader" event. We still need to take precautions when and where we can.

We continue to see much trickery in our politics and in our social fabric. Each side points the finger at the other, asserting lies, cheating, and other shenanigans. One side has to be more correct than the other. But we have met the enemy and it is us. A house divided cannot stand. And our poor children are in the middle as usual.

As The Peanuts' Charlie Brown famously chanted from "The Great Pumpkin" TV classic: "I got a rock!" Love him or loathe him, Donald Trump continues to be "The Great Pumpkin." And not just because both are orange. Both are elusive and both captivate the imagination and hypnotize the believer both eventually will make you feel like a fool for believing. Ask those whose loved ones have died from Covid after believing his claim it was a hoax. As one family member said: "my father's only pre-existing condition was believing Donald Trump."

Perhaps it's more accurate to say that Trump is the trickster of all tricksters. Tricksters trick people in various ways and they're very good at it. In just the last month several books have been published which further expose him for who he is. Bob Woodward's (and Robert Costa's third and most recent "Trump" book "Peril" further reveals the tricker of Trump. And it appears over the last year that he has seduced his party as well.

Trump continues to be a master snake-oil salesman and uses people for his own benefit and discards them when they're no longer useful. The trickster doesn't play by the rules. And Trump appears to be a master of breaking the rules on many fronts. The G.O.P. is in lockstep as voting rights and reproductive rights are threatened anew.

So, while we may take some solace in the coming holiday season, football, baseball playoffs, the start of the NBA and NHL, and the fall colors, darkness is looming and we can't let Lucy keep snapping the ball away from Charlie Brown. We need to follow Snoopy's lead as he's the most normal, wise character of The Peanuts. We deserve to have treats not tricks and candy (in moderation) instead of rocks. And, certainly,

our kids (who are our future) do, too!

**Speaking of Tricksters...
Addiction is A Trickster!
And Here's a Poem About This**

Written by a former client and shoplifter, Dee, ten years ago. Dee recently passed away last month....

Mr. Addiction

I had an unwanted visitor today while I was shopping for groceries.
I came around the corner with my shopping cart and saw him lurking at
the end of the aisle, mostly hidden by the tall shelves.
I hardly recognized him with his shabby clothes hanging off his emaciated body
and a forlorn expression on his face.
But there he was, my ole buddy--Mr. Addiction.
I tried going down a different aisle, but there he was again.
I couldn't seem to escape him.
When he saw me heading for the check-out, he got emboldened and confronted me.
I told him to get out of my way but he just stood his ground.
I just scooted around him, paid for my groceries, and headed for my car.

But he followed right behind me...and he was pissed, really really pissed.
"Hey you - Dee! You got some 'splainin' to do!" he shouted.
"Are you talking to me?" I asked, wishing with all my heart I really did NOT know this dude.
"Who else would I be talking to?
Don't pretend you don't know me.
I remember when you needed me.
We were best buddies.
You depended on me.
I got you nice gifts, I treated you well, I took care of you.
And this is how you treat me now?"

"How am I treating you now?" I asked.

"You ignore me.
You aren't feeding me, anymore.
You have shut me out of your life.
Heck, you even changed the locks on the door to your heart and my key doesn't fit anymore.
What gives?
It's as if you think you are better than me," he said, his anger rising with every sentence.

Oh how I wanted to just ignore him but he wouldn't leave.
So I turned and said, "Well, Mr. A, let's start at the top.
I'm not feeding you anymore because your hunger is insatiable.
The more I fed you the more you demanded, and satisfying you became a full time job, on top of my full
time job.
It was exhausting.
Yes, you showered me with gifts - lots of gifts and you always smiled and told me they were 'free' and that
the supply was unlimited.
Ha! Like hell they were free!
Those 'free gifts' cost me my peace of mind, my self-respect, they almost cost me my freedom.
You pretended what we were doing was safe and I was stupid enough to believe you, that we were so
smart we would never get caught.

Oh, and when the game was over, I notice you vanished from sight, leaving me 'holding the bag' while you

On, and when the game was over, I notice you vanished from sight, leaving me holding the bag while you ducked out the back door and I took the heat - and paid mightily."

"We used to be such a great team. I miss you," he said, casting those big brown Puppy-Dog eyes my way.

"Mr. A, I don't miss you.

Take your 'free gifts' offer to someone else, I'm no longer buying what you're selling."

"Don't you love me anymore?" he cried.

"As a matter of fact, no.

I love myself more.

I love my CASA family more, and I'm not going to let myself down because when I do I'd let them down, too.

We're a team -- we're stronger than you."

I got in my car and drove home, leaving him crying in the parking lot.

But as I turned the corner, he had already dried his eyes and was approaching an unsuspecting shopper heading into the store...following right behind.

Stay safe and be well.

Yours in recovery,

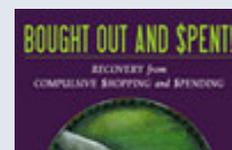
Dee, FL :) 2013

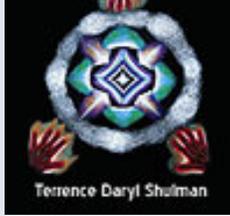
C.A.S.A.
(Cleptomaniacs And Shoplifters Anonymous)
Celebrated 29th Anniversary Last Month

I'm proud to announce the recent 29-year anniversary of the C.A.S.A. (Cleptomaniacs And Shoplifters Anonymous) self-help group and the 21-year anniversary of the CASA-online self-help group (started in 2000 but reformatted in 2003). Our metro-Detroit area group, which I founded in 1992, appears to be the oldest ongoing self-help group of its kind. C.A.S.A. has four metro-Detroit area chapters which have meet weekly by phone since March 2020 due to Covid., We also have had about 15-20 other C.A.S.A. groups throughout the U.S. We have a ways to go before we have self-help groups in every state, let alone every major city, but we continue to hold the vision for this. If you are interested in either starting a local meeting chapter or contributing in some way to assisting this process, we invite you to read the books *Something for Nothing: Shoplifting Addiction and Recovery* and *Biting The Hand That Feeds: The Employee Theft Epidemic... New Perspectives, New Solutions*. Please contact us by e-mail or phone. Email terrenceshulman@theshulmancenter.com for information about self-help group meetings.

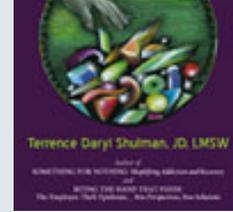
HAVE A SAFE MONTH AND REMEMBER: LIFE IS WHAT WE MAKE OF IT!

Books by Terrence Daryl Shulman

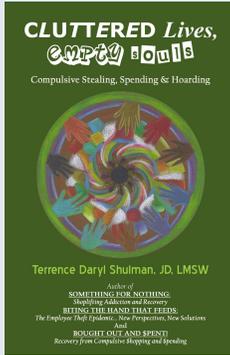




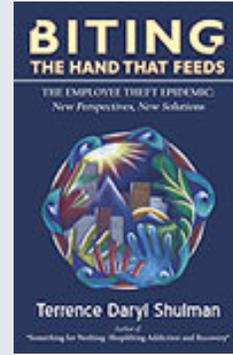
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