Summary of SAD Models

- SAD vulnerable phenotype + inhibited temperament + dysfunctional family
- SAD vulnerable phenotype + use of avoidant Emotional regulation (distraction, worry, emotional suppression, & cognitive inflexibility)
- SAD phenotype + extreme sensitivity & reactivity to threats of belongingness & social rank
- SAD phenotype + concerns of self-presentation + and acceptance by the group
- SAD phenotype + high trait anxiety, anxiety sensitivity, lack of social acceptance during childhood + hyperactivity of amygdala
- SAD phenotype + fears of negative & positive evaluation

Conversation Starters

- What's the best thing that's happened to you so far today?
- I always get so nervous at these types of events, and I'm never sure what to say
- What's on your mind right now?
    - What's in your heart?
    - What are you feeling
- What do you do for work? How did you choose that career?
- Small talk makes me nervous! …….. Which is worse:
    - Me trying and sticking my foot in my mouth or us standing here awkwardly in silence?
- What's the best bumper sticker you've ever seen?
- What's the strangest news story that's stuck with you?
- What's the funniest thing you've ever seen in person?
- You have the day off work. What's would you do for fun?
- If you suddenly didn't need to work …. What would you do?

Hoarding Disorder Treatment

- Requires extensive long-term treatment (Grisham & Norberg, 2010)
    - Must include office & home sessions

- 45+ sessions to completely reduce clutter
- 26+ sessions over 7-12 months
- 25% reduced clutter & difficulty to discard items
- 35% reduction in acquiring
- Cognitive Behavioral treatment (Steketee & Tolin, 2011)
- Motivational Interviewing
- Skill Training
- Practice sorting & discarding items
- Cognitive restructuring