



Greetings from The Shulman Center!

*The Shulman Center August 2015
Compulsive Theft, Spending & Hoarding Newsletter
Happy Dog Days of Summer*

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2015 Events Calendar

***Serving People
Since 1992!***

Quotes of the Month

Religion. It's given people hope in a world torn by religion. -- Jon Stewart

Half the people in the world think that the metaphors of their religious traditions are facts. And the other half contends they are not facts at all. As a result, we have people who consider themselves believers because they accept metaphors as facts, and we have others who call themselves atheists because they think religious metaphors are lies. -- Joseph Campbell

The proper teaching is

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

August 1, 2015--Mr. Shulman began consulting with Cullman, Alabama Court Referral Program in creating an 18-24 hour court-ordered theft offender prevention program, scheduled to launch by the end of 2015 as a pilot program for the entire state.

Friday August 21, 2015--Mr. Shulman will present on understanding and treating hoarding disorder with an 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.

Tuesday November 10, 2015--Mr. Shulman will present on understanding and treating compulsive shoplifting/employee theft, shopping/spending from 9:00am - 3:30pm at Hope Network Education Center, 775 36th St. S.E. (Building 3) Grand Rapids, MI (6 CEU seminar \$99 registration, includes lunch). Must reserve.

Monday November 9, 2015--Mr. Shulman will present on understanding and treating hoarding disorder with emphasis on treatment from 9:00am - 3:30pm at Hope Network Education Center, 775--36th St. S.E. (Building 3) Grand Rapids, MI (6 CEU

recognized with ease. You can know it without fail because it awakens within you that sensation which tells you this is something you've always known.--
Frank Herbert

Faith is not something you must have or cannot lose but that you practice because the world depends on it.-- Katt Duff

*Health is foremost a matter of being wholly one with whatever circumstances we find ourselves in. Even our death is a healthy event if we fully embrace the fact of our dying. The issue is awareness, living in the present. --*Joel Latner

Once the game is over, the king and the pawn go back in the same box.-- Italian proverb

There is no old age. There is, as there always was, just you. -- Carol Matthau

Death does not wait to see if things are done or not. --
The Kularnava Tantra

Stats/Facts of the Month

Uber is the first choice of U.S. travelers over taxis by 55% to 43% (Lyft: 1%, Other: 1% --Certify Data

37.5 million: the approx. number of users of the Canadian online company Ashley Madison, a dating site that helps people cheat on their partners. (On July 19, site hackers threatened to expose their identities).

8.6%: the overall acceptance rate for

seminar \$99 registration, includes lunch). Must reserve.

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

Monday May 16, 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](#)

OUR STUFF AND US!

Living a Spiritual Life in an Increasingly Material World

by
Terry Shulman

How much is enough? We love our stuff, don't we? But we are not our stuff. And we can't take it with us! What happens when we go from owning our stuff to our stuff owning us? Even after the recent recession, we keep buying and accumulating. The average American carries over \$10,000 of debt spent just on stuff! Since 1980 average consumer spending has increased over 20% and the personal storage unit industry has exploded! (2014 \$24 billion in U.S. with nearly 50,000 facilities (that's an average of 1,000 per state). And people who use credit cards regularly spend on average of 20% more annually than people who tend to use cash, checks, or debit cards; self-storage and professional organizing are both booming businesses! At least 5% of Americans suffer from hoarding disorder--that's over 15 million of us!

At times there seems to be a war between the East and the West with the East's hyper-spiritualism gone crazy vs. the West's hyper-materialism gone crazy. It's the denial of the body/material world vs. an obsession with the body/material world. Yet, even the Bible and other Holy Texts seem to give mixed messages on the value and importance of money and the material.

We work hard to pay for our "good life" and feel we deserve to reward ourselves; but when we overdo it, we have to work harder to afford our luxuries which, in turn, make us feel entitled to buy more things to reward our even harder work. Your house is on fire! You have 5 minutes to grab anything (or anyone). What do

applications to Ivy League universities; in other words, a 91.4% rejection rate.

83%: proportion of U.S. health care workers who admit that they have gone to work sick.

Adults in the U.S. obtained 53% of the 63 million prescriptions written for ADHD meds in 2014.

About 40% of America's food supply gets thrown away every day. The total annual food-waste bill is \$162 billion. U.S. families waste an average of \$1,800 per year.

Americans spend an average of 3 hours per day looking at their smart-phones. NY Times

Americans really are workaholics. Offered a choice between a job with an extra \$20,000 a year or an extra four weeks of vacation, 66% would take the money. 60 Minutes/Vanity Fair

U.S. workers spend an average of 200 hours annually commuting to and from work, and an average of \$2,600 on gas. --CNN

Person of the Month

Jon Stewart
Host, The Daily Show

Whatever your politics and whether you've been a fan or not, The Daily Show--hosted by Jon Stewart since 1999--has become the forerunner of so-called "Fake News" programs and, according to many

you grab? But If you ask most hoarders how they'd feel if their cluttered home burned down, they say: "relieved."

For those of us who consider ourselves religious and/or spiritual, how do we reconcile our relationship to the material world?

Listen to Mr. Shulman's 30-minute talk on: [Our Stuff](#)

Former Pennsylvania Mayor Charged with Fraud; May Be A Hoarder As Well

by
Ivey DeJesus (July 15, 2015)

From a clinical standpoint, two of the most striking factors surrounding the seeming compulsion by former Harrisburg Mayor Stephen Reed to collect - then ignore - thousands of artifacts were the secrecy surrounding his actions and the fact that he carried out those activities for years.

"He does sound like he has a hoarding issue," said **Terrence Daryl Shulman, founder and director of The Shulman Center for Compulsive Theft & Spending** in Franklin, Michigan. "He has the hallmarks of hoarding disorder. That's not an excuse for the fact that he may have misappropriated funds and was involved in theft."

State Attorney General Kathleen Kane on Tuesday charged Reed with nearly 500 counts of corruption and theft of public money, 300 of which pertain to the allegedly wrongful acquisition of millions of dollars worth of western and Civil War memorabilia.

Reed, who held office for 28 years, faces allegations that he tapped the city's general fund, baseball team and various sweeps from bond issues to pay for the artifacts and his expenses for the shopping trips.

Like many disorders, hoarding can have a myriad of triggers, but the one most often complicit is stress.

"Hoarding is on the buffet table of various behaviors people can turn to when they are under stress or experiencing losses, changes or trauma," said Shulman, who specializes in counseling and treating people with compulsive disorders. "Some people turn to drinking, some to shopping, some to gambling, drugs or eating. Some people turn to the accumulation of things."

A key hallmark of hoarding is the inability to let go of things or organize them. "Probably there are some criminal issues and mitigating sickness," said Shulman.

Serious collectors showcase their collectibles in neat and tidy

surveys, the place where most young Americans get their actual news.

I count myself as a fan, even though I was a little late to the party--I regularly started viewing the show since 2005.

As you may have heard, Mr. Stewart will be stepping down as host on August 6, 2015 after 16 years at the helm. His show will go on in the fall with a new host: the young South-African comic Trevor Noah. Mr. Noah has some big shoes to fill but I'll watch and I wish him well.

"Fake news" shows really should be called "sad and comically true" news or, at least, "meta-news" as they spend much of their time making fun of "the sad and comically true" state of the U.S. media.

The Daily Show--and shows like it--come from a long and vital tradition of skewering the rich, famous and powerful--the biting and entertaining court-jesters that help (or at least do their best) in keep us both informed and entertained... and at times, infuriated!

Mr. Stewart may have leaned liberal, but he wasn't afraid to take people of all political persuasions to task. He and his show have provided a bullshit filter and a healing balm in the increasing storm of hyperbolic, polarized and "truthy" politics. It's no wonder a new book on Mr. Stewart is entitled: "The Angry Optimist."

[Books of the Month:](#)

order, often in frames or elegant cases. Hoarders, Shulman explained, throw their collectibles into storage, and usually pay little attention to them. They go to extreme measures to acquire and grow their inventory.

Shulman has never met Reed, and what he knows of the ailing 65-year-old former mayor, he gleaned from media reports and the grand jury report, which notes former Reed spokesman Randy King remembered the former mayor as likely suffering from depression.

Reed, the grand jury report notes, began collecting artifacts in the mid-1990's and in short time had approximately \$2 million worth in collectibles. King notes that Reed would often lose himself for days tending to the business of acquiring more artifacts.

Beyond extreme clinical depression, a large swath of the population at one time or another walks around with a mild case of depression without ever knowing it, Shulman said.

More likely in this case, Reed had some obsessive compulsive tendencies, he said (Shulman notes that not all hoarders have OCD and not everyone with an OCD is a hoarder.)

"Is he is eccentric or a crook? Was it greed or power?" asks Shulman. "It's hard to know. He's a complicated character. It's hard to know his moral center because he did do lot of good things."

Often hoarders have pronounced control issue - either due to power going to their heads and or due to power and sickness, Shulman said.

"In this case it's likely a combination of both," he said. "Probably there are some criminal issues and mitigating sickness. It's very marked and intense. It's an extravagant kind of case. It looks like people tried to talk him out of it."

Approximately 5 percent of the population suffers from a hoarding disorder, Shulman said. The most extreme manifestation of the disorder is showcased on network reality television, with the dramatic and emotional stories of individuals whose homes are swallowed up by chaotic and messy mountains of "stuff" they have collected over the years.

The extreme measures taken to compulsively collect things is in the end, Shulman said, a cry for help. "When people are angry, they are often violent, often it's a cry for love or help," he said. "It can be manifested through violence, alcoholism, drug addiction."

In the case of the hoarder, the person typically has conflict with interpersonal relationship. "They usually don't know how to be vulnerable," Shulman said. "With people who are dynamic people,

[Men of Color,](#)

[Men of Honor](#)

[Surviving Prostate Cancer](#)

[Success & Gratitude](#)

by

**Zanti Melo-Qwanzi
B. Kevin Lauderdale**

(Think Beyond Belief, 2015)

I've known one of my best friends, Kevin Lauderdale since 2000. Kevin is a 58-year old African-American man, divorced father of three bi-racial young adult sons, Kevin is a modern "Renaissance Man." He's a former drag racer, career coach, and federal H.U.D. employee. He has a black belt in karate, is a karate instructor, and a prostate cancer survivor since 2001.

Kevin is a man of heart and soul, a wealth of information, wisdom, and advice on a variety of subjects. He has a lot to say about rare, politics, sex, love, health and spirituality.

Kevin just recently completed the several e-books he's been working on for nearly 10 years, including one on prostate cancer and sexuality for men, another on creating a vibrant business, and manuals for adult men and young men on how to live lives of honor, integrity, purpose and peace.

Please check out Kevin's websites to learn more about him and to receive free copies of some of his e-books...

like Mr. Reed, it's like the old story: On the surface they can be incredible mythic figures but the shadow side is equally gigantic but dramatic and dark."

In the end, without a clinical analysis, Shulman says, he can only ascertain that Reed probably developed a compulsion to collect western and Civil War items as a coping mechanism - to subdue a wound that could have something to do with his upbringing, experiences or traumas or inner conflicts.

If convicted on all charges, Reed could be sentenced to up to an unlikely 2,439 years in prison. If he does have a day in court, Shulman said, Reed's attorneys might argue that their client was compelled beyond his control by mitigating psychological factors that caused him to be compulsive.

"They'll say something is going on here," he said. "He goes and gets this stuff and it piles up. He did wrong, but obviously something was not right."

See rest of article at; [Mayoral Hoarding](#)

[LEARNING TO BUDGET CAN CURB TEENS' SPENDING](#)

by

Steve Rosen, Kansas City Star July 19, 2015

Your teenager is pulling down a paycheck this summer and the money is rolling in - and out for gasoline, car insurance, fast food and maybe the cell phone bill. What to do?

Try the vaunted b-word ... as in budgeting.

While budgeting is hard for many parents, it might actually be easier for teens. There are fewer spending categories to monitor and smaller sums of money to account for from a summer job, allowances and other sources.

Still, surveys show that relatively few kids monitor their spending and stick to a budget. That's not surprising, given their age, and I suspect many are probably modeling the behavior of their parents. But with a little bit of adult supervision, kids can learn some valuable lessons on how to gain control over their spending impulses.

For starters, don't use the b-word, said Kansas City financial planner Barbara McMahon of Innovest Financial Partners. She dislikes the "negative connotations" to budgeting. It's like telling a 16-year-old to eat his Brussels sprouts and spinach because they're good for him. Instead, McMahon suggests focusing on a "spending plan."

<http://zantimekoqwanzi.com>

<http://kevinalexzander.com/>

Film of the Month:

Infinitely Polar Bear (2015)

*Directed by
Maya Forbes*

*Starring
Mark Ruffalo and
Zoe Saldana*

From Rotten Tomatoes:

Maya Forbes' autobiographically inflected *Infinitely Polar Bear* stars Mark Ruffalo as Cameron, a man who suffers from bipolar disorder. After a breakdown forces him to leave his family and move into a halfway house, he attempts to rebuild a relationship with his two daughters, and win back the trust of his wife Maggie (Zoe Saldana).

When Maggie decides to go to business school in New York, they decide that he will move back in and take care of the day-to-day care for the kids. Due to his mercurial nature, this leads to a series of quirky, funny, and sometimes frightening episodes.

Here are some suggestions on how to start one:

-Record expenses. Keep a journal for one or two months of everything you buy, down to the penny. That means tracking not only gas in the tank but also the iced coffees and vending machine chips. Everything.

At the same time, record in a separate column the amount of money you're bringing in from a paycheck (after taxes and other payroll deductions, of course), an allowance, birthday gift money and such. Additional categories could cover giving to charity and socking money into a savings or investment account.

-Decide what's important. Do you really need the polo shirt, the fitted baseball cap or the video game? Or are those wants?

-Set goals. Kids need something concrete to work toward. Whether it's a car, college or soccer shoes, teens will be more motivated to watch their pennies if there's a reward at the end of the process. Remind your kids that saving for a rainy day is smart.

-Be flexible. Allowing some discretionary spending - even an occasional \$5 latte - can do wonders for a teen's frame of mind, said McMahon. Just account for the luxury in the budget, so it doesn't become a "budget leak," she said.

-Be creative. Especially for teens living at home, never overlook the barter system, said McMahon. For example, trade lawn work or preparing a family dinner for gas money.

Thanks to the proliferation of budgeting websites and smartphone apps, such as Mint.com and BudgetTracker.com, it is much easier now for kids to track where their money goes. Whatever the approach, the bottom line is the same: When expenses increase, either make more money or spend less.

While it may seem nightmarish at times, letting your teens manage their money is all part of learning good financial behavior. And the big payoff may come down the road.

See rest of article at: [CURB KIDS' SPENDING!](#)

YOU WERE RIGHT! WHOLE FOODS IS RIPPING YOU OFF!

By Inae Oh,
June 24, 2015

For anyone who regularly gawks at Whole Foods' sky-high prices in New York, here's some righteous vindication: The grocery store is being investigated by city officials for overcharging customers.

The Daily News reports New York City's Department of Consumer

Affairs has opened a probe into a laundry list of pricing violations going back to at least 2010, mainly dealing with mislabeling prepackaged food products with incorrect weights. An agency spokesperson said that when investigators weighed 80 different items at eight locations, every single one of the labels were found to be incorrect, usually overcharging the customer.

One item cost \$4.85 more than its correct price.

"Our inspectors tell me this is the worst case of mislabeling they have seen in their careers," commissioner Julie Menin said. "As a large chain grocery store, Whole Foods has the money and resources to ensure greater accuracy and to correct what appears to be a widespread problem-the city's shoppers deserve to be correctly charged."

As a result, Whole Foods has been hit with more than 800 violations. In a statement, a company representative denied the charges and said Whole Foods was "vigorously defending ourselves."

Around this time last year, Whole Foods was forced to shell out \$800,000 to the municipal governments of Santa Monica, Los Angeles, and San Diego for similar violations in its California stores.

NEW SERIES OF E-BOOKS LAUNCHED

by
Zanti Meko-Qwanzi
B. Kevin Lauderdale

I've known one of my best friends, Kevin Lauderdale since 2000. Kevin is a 58-year old African-American man, actually, he's a modern "Renaissance Man." A divorced father of three bi-racial young adult sons, Kevin is a former drag racer, career coach, and federal employee. He is also a black belt in karate and karate instructor and a prostate cancer survivor since 2001.

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Kevin just recently completed the several e-books he's been working on for about 10 years, including on prostate cancer and sexuality for men; creating a vibrant a vibrant business; and manuals for adult men and young men which present codes and guides for living lives of honor and integrity.

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<http://zantimekoqwanzi.com>
<http://kevinalexzander.com>

[NATIONWIDE SHIFT TO EMV CREDIT CARDS UNDERWAY](#)

EMV -- which stands for Europay, MasterCard and Visa -- is a global standard for cards equipped with computer chips and the technology used to authenticate chip-card transactions. In the wake of numerous large-scale data breaches and increasing rates of counterfeit card fraud, U.S. card issuers are migrating to this new technology to protect consumers and reduce fraud.

"These new and improved cards are being deployed to improve payment security, making it more difficult for fraudsters to successfully counterfeit cards," says Julie Conroy, research director for retail banking at Aite Group, a financial industry research company. "It's an important step forward."

For merchants and financial institutions, the switch to EMV means adding new in-store technology and internal processing systems, and complying with new liability rules. For consumers, it means activating new cards and learning new payment processes.

Approximately 120 million Americans have already received an EMV chip card and that number is projected to reach nearly 600 million by the end of 2015, according to Smart Card Alliance estimates.

Want to know more about the transition and your new chip-equipped card? Here are eight frequently asked questions to help you understand the changes....

[8 FAQ's About EMVs](#)

[SPOTLIGHTS:](#)

[Think Beyond Belief Publishing](#)

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Alabama Court Referral Program **S.T.E.P.: Stop Theft Education Program**

Mr. Shulman began consulting with Cullman, Alabama Court Referral Program in creating an 18-24 hour court-ordered theft offender education program, scheduled to launch by the end of 2015 as a pilot program for the entire state. See:

[North Alabama Court Referral Programs](#)

[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 overshopping. The program is tailored specifically to each participant's overshopping profile and it provides daily, personalized support when and where overshoppers 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 2015, Mr. Shulman has been consulting with Cullman, Alabama Court Referral Program in creating an 18-24 hour court-ordered theft offender education program, scheduled to launch by the end of 2015 as a pilot program for the entire state.

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 \$pent! based on his book and Power Point presentation. The course, CEs offered, through The American Psychotherapy Association. at: <http://www.americanpsychotherapy.com>

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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 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. 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

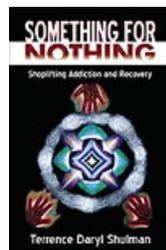
I recently was told about a website resource that lists strategies for cleaning and de-cluttering and sells various books and products that help with this; so, I'm passing it along... See: www.flylady.net

CASTLEWOOD EATING DISORDERS TREATMENT CENTERS

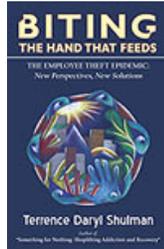
I was privileged to tour Castlewood Treatment Center near St. Louis in August 2014 while in town for a conference. Castlewood also has centers in Birmingham, Alabama and in Monterey, California. They have been around for over a decade and have a great reputation and great staff. See: www.castlewoodtc.com

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

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



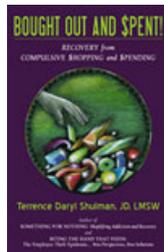
Something for Nothing:
Shoplifting Addiction and Recovery (2003)
See also:
www.somethingfornothingbook.com



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

See also:

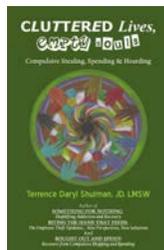
www.bitingthehandthatfeeds.com



**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 \\$pent! Recovery from Compulsive \\$hopping and \\$pending](#)
[Cluttered Lives Empty Souls: Compulsive Stealing, \\$pending and Hoarding](#)

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

[Click here to purchase](#)