



The SHULMAN CENTER

For Compulsive Theft,
Spending & Hoarding

Greetings from The Shulman Center!

*The Shulman Center October 2015
Compulsive Theft, Spending & Hoarding Newsletter
Happy Hauntings!*

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***Serving People
Since 1992!***

Quotes of the Month

"Halloween is an opportunity to be creative.--Judy Gold

"Being in a band you can where whatever you want. It's like Halloween everyday."--Gwen Stefani

Acting is like putting on a Halloween mask.--River Phoenix

If human beings had genuine courage, they'd wear their

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

Friday October 2, 2015--Mr. Shulman presents 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 presents on cultivating honesty and integrity in our children at the Annual Michigan Association of School Social Workers conference in Lansing, MI. Must register.

November 1, 2015--The Cullman, Alabama Court Referral Program launches an 18-24 hour court-ordered theft offender prevention program called S.T.E.P. as a pilot program for the entire state. Mr. Shulman recently consulted on developing the program.

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

Tuesday November 10, 2015--Mr. Shulman presents 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 16, 2015--Mr. Shulman presents on understanding and treating hoarding disorder at The Brighton, MI

costumes every day of the year, not just on Halloween. -- Douglas Coupland

"I got a rock." --Charlie Brown

And now... some Dr. Wayne Dyer quotes:

If you change the way you look at things, the things you look at change.

How people treat you is their karma; how you react is yours.

Be miserable. Or motivate yourself. Whatever has to be done, it's always your choice.

When you judge another, you do not define them, you define yourself.

You cannot always control what goes on outside. But you can always control what goes on inside.

Conflict cannot survive without our willing participation.

When you dance, your purpose is not to get to a certain place on the floor. It's to enjoy each step along the way.

You cannot be lonely if

Public Library 7-8:30pm. Free.

Thursday January 14, 2016--Mr. Shulman presents on understanding and treating hoarding disorder at The Northville, MI Public Library 7-8:30pm. Free.

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](#)

TRICK OR TREAT?

DID THEY REALLY THINK THEY WOULDN'T GET CAUGHT?

by

Terry Shulman

It must be getting close to Halloween because a lot of skeletons have been coming out of the closet. Is it me, or does it seem like there's more scandals, secrets, frauds and plain stupidities making the headlines than ever before? And yet, especially for individuals and companies in high positions, you'd think they'd never gotten the memo: "Don't do it! It ain't worth it! Learn from the mistakes of others!"

We're living in an age of ubiquitous cameras, hacking, gossip, and Internet Incriminating Information Investigations. And, yet, whether out of greed, expediency, hubris, or a reckless drive to be Number 1, they fall, fall, fall.

The Volkswagen emissions subterfuge is the latest to "shock" the world... even if shock is increasingly hard to feel. My wife and I have owned used VW Jettas since 2008 and we feel slimed. It's thought that, in VW's push to overtake Toyota and GM as the world's top car companies, their engineers created software in 11 million of their diesel cars which could allow them detect when emissions tests were being administered and automatically adjust the emissions to pass the test; during normal driving the emissions typically were between 10-40 times above EPA limits. But, eventually, suspicions arose and the EPA caught VW. I

*you like the person
you're alone with.*

*The highest form of
ignorance is when you
reject something you
don't know anything
about.*

*Doing what you love is
the cornerstone of
having abundance in
your life.*

Stats/Facts of the Month

*The average American
spends about a year
and a half of his or her
life TV watching
commercials.*

*If removed from the
stress of the modern
world, the average
human would sleep
about 10 hours a day.*

*Earth is the only planet
not named after a god.*

*The present global
population is expected
to rise to 15 Billion by
the year 2080.*

*Thirty-five percent of
the people who use
personal ads for dating
are already married.*

*The average person
laughs 10 times a day.*

*Banging your head
against a wall uses 150
calories a hour.*

guess there goes VW's green car of the year award! Now VW's got a shit sandwich--their CEO resigned, criminal charges are likely, their stock plummeted by almost 50%, there will be fines, their reputation may be irreparably damaged, and the 11 million VW diesel drivers are screwed. Oh, now VW will be lucky if it ever breaks into the top 5 car producers.

What were they thinking? Like Enron, are these the "smartest guys in the room" or the dumbest? The most dishonest or the most ambitious? The most creative or the most delusional?

Here's a short list of other frauds and cover-ups in the news by those of supposedly high esteem and status:

1. Tom Brady and Deflate-gate (even if there wasn't enough hard evidence to find him guilty).
2. GM and their faulty ignition switches which are believed to have lead to nearly 100 traffic deaths and multiple injuries.
3. Bill Cosby and his "50-and-counting" accusers of drug-induced sexual assault.
4. FIFA (soccer) bribery and embezzlement among the top dogs.
5. The 37+ million Ashley Madison dating/cheating website's subscribers, recently outed by a hacker.
6. TSA's terrible track record of catching potential airline threats as discovered by a recent government secret test of the system: TSA missed about 95% of its threats.
7. Rachel Dolezal's "masquerade" as an African-American (she was born to two caucasian parents) after several years as an NAACP officer in Washington state.
8. Josh Duggan, the married Christian family values spokesperson and former star of Cable TV's "19 and Counting," was exposed for having molested two of his sisters and another girl when he was a teenager; he also admitted he is a pornography addict and subscribed to Ashely Madison.
9. Brian Williams is back on TV (doing small bits on MSNBC) after a 7-month unpaid suspension for embellishing stories of his war coverage to look like he was in more danger than he was.
10. Toshiba's CEO and others resignation in the wake of a \$1.5 billion accounting scandal to falsely inflate its value for investors and the stock markets.
11. Officers brutally injuring or killing suspects (and often trying to cover this up) even with knowledge of cameras filming their actions.
12. Teachers caught cheating on their students' standardized tests by changing answers for better scores to avoid consequences and to receive monetary bonuses.

Person of the Month

Dr. WAYNE DYER

*Edited from
Wikipedia*

Wayne Dyer was born in Detroit, Michigan, to Melvin Lyle Dyer and Hazel Irene Vollick, and spent much of his childhood (until age 10) in an orphanage on the east side of Detroit, after his father walked out on the family, leaving his mother to raise three small boys. After graduating High School, Dyer served in the United States Navy from 1958 to 1962. He received his D.Ed. degree in counseling from Wayne State University for a dissertation titled Group Counseling Leadership Training in Counselor Education.

Dyer worked as a high school guidance counselor there and as a professor of counselor education at St. John's University in New York City. He pursued an academic career, published in journals, and established a private therapy practice. His lectures at St. John's, which focused on positive thinking and motivational speaking techniques, attracted many students.

A literary agent persuaded Dyer to document his theories in his first book, called *Your Erroneous Zones*

13. Trump University turns out not to be a university!

14. Sports doping.

15. Politicians..... need I say more?

So, what does this all mean? Is humanity as we know it doomed?

I hope not. Of course, there are still a lot of good, ethical people out there--we just don't tend to hear about them in the news. For whatever reason, scandal sells. I know that I have had many ethical lapses in my 50 years and try very hard not to hold myself out as perfect: I'm not. But while we all have our Achilles heels, vulnerabilities and temptations, I would hope that we could slow down more--or even come to a complete stop--and "play the tape through" before we commit such terrible mistakes.

As Stephen Dubner and Steven Levitt write in their several best-selling "Freakonomics" books, all human behavior (and, perhaps, animal behavior, too?) can be explained by one word: "incentives." So, yes, there are our more base incentives to cheat, steal, lie, etc; to get ahead, win some reward or avoid defeat or punishment. But aren't there also our higher incentives to "do the right thing" because it keeps our conscience clear, limits the risk of future discovery and crisis, pays in the long run, and builds trust and reputation? Whatever happened to the old saying: your reputation is your most important and valuable asset; without it, you're nothing.

Many theorists believe that most people aren't dishonest at heart nor have been groomed to be dishonest at a young age. Rather, they suggest that it usually takes a certain combination of events to line up that might make even the most ethical person break. If there are certain pressures (financial and/or other), access or opportunity, and a perception of minimal risk of discovery... it's a coin flip.

As a species, are we becoming greedier, more desperate, more impatient, more unsatisfied with anything but the best? The stats and trends are scary. Our youth are exhibiting more and more dishonest tendencies and, even more troubling, don't seem to be that concerned about their own ethics. Why do we think that is? Maybe because most of their role models aren't very good role models? Parents, your kids are watching you!

Some studies have drawn a correlation between creativity and "criminality" in that people who are creative often can't help but think outside the box and about new ways to do things, including finding shortcuts and loopholes. It's not that "simple" people are always honest and not all neurotic, intellectual, and complicated people (like me) are always dishonest. I like the 12-Step slogan

(1976). Dyer quit his teaching job and began a publicity tour of the U.S. doggedly pursuing bookstore appearances and media interviews ("out of the back of his station wagon"), making the best-seller lists "before book publishers even noticed what was happening".

After Your Erroneous Zones dozens more books followed, many of them also best-sellers. Among them were "Wishes Fulfilled," "Excuses Begone" and "The Sky's the Limit." The success of these books eventually led to national television talk show appearances. The Pixar animated short film, Day & Night, is based on one of Wayne Dyer's lectures, and Dyer is the voice in the film. Day & Night was nominated for the Best Animated Short Film at the 83rd Annual Academy Awards. It won the award for Best Short Film at the 38th Annie Awards.

Dyer proceeded to build on his success with lecture tours, a series of audiotapes, and regular publication of new books. Dyer's message resonated with many in the New Thought Movement and beyond. He often recounted anecdotes from his family life and repeatedly used his own life experience as an example. His self-made man success story was a part of his appeal."

"keep it simple." Keeping a code of ethics--don't lie, don't cheat, don't steal--seems like it should be so easy, but, obviously, it isn't.

So, are we going to be focusing on tricks or treats? All we can do is be the change we wish to see in the world.

ADDICTED TO SHOPPING? **UNCOVERING THE DANGERS OF SHOPPING**

by

Sverre Ole Dronen (September 23, 2015)

A group of researchers at the Faculty of Psychology at the University of Bergen (UiB) have developed a new and unique method to measure shopping addiction: The Bergen Shopping Addiction Scale.

Shoppers on a high street, used to accompany article about the Bergen Shopping Addiction Scale, developed by researchers from the University of Bergen.

A group of researchers, headed by Doctor Cecilie Schou Andreassen from the University of Bergen, have studied shopping addiction and identified seven risk factors, which forms the basis of a shopping addiction scale.

The new method is based on core addiction elements recognized as diagnostic criteria for other addictions, and is the first of its kind worldwide.

When shopping goes into overdrive

"Modern technology has made shopping extremely accessible and convenient, with the potential of sending problematic shopping into overdrive - especially along with sociocultural factors such as social media, credit cards, and advanced marketing," says Doctor of Psychology and Clinical Psychologist Specialist, Cecilie Schou Andreassen.

She is affiliated with Department of Psychosocial Science at UiB, and is currently a visiting scholar at Yale University, School of Medicine, USA.

Doctor Andreassen heads the research project Shopping Addiction at the University of Bergen (UiB). An article about the

Dyer criticized societal focus on guilt, which he saw as an unhealthy immobilizer in the present due to actions taken in the past. He advocated readers to see how parents, institutions, and even they, themselves, have imposed guilt trips upon themselves

Although Dyer initially resisted the spiritual tag, by the 1990s he had altered his message to include more components of spirituality when he wrote the book *Real Magic* and discussed higher consciousness, in the book *Your Sacred Self*. He died on August 29, 2015 at age 75 at his home in Hawaii.

As a side note, Dyer's niece, Cathy, is a friend of mine and she designed all four of my book covers.

Book of the Month:

MESS:
One Man's Struggle
To Clean Up
His House and His Act

by
Barry Yourgrau
(W.W.Norton,2015)

From Publisher...

Hilarious and poignant, a glimpse into the mind of someone who is

results has just been published in the renowned open-access journal *Frontiers in Psychology* - co-authored by American and British researchers from Stanford University, UCLA, and Nottingham Trent University. Doctor Andreassen is first author of the paper.

More predominant in women

According to Doctor Andreassen, the large study shows some clear tendencies as to which people develop a shopping dependency.

"Addictive shopping clearly occurs more regularly amongst certain demographic groups. It is more predominant in women, and is typically initiated in late adolescence and emerging adulthood, and it appears to decrease with age," Doctor Andreassen says.

Doctor Andreassen's research also shows that shopping addiction is related to key personality traits.

"Our research indicates that people who score high on extroversion and neuroticism are more at risk of developing shopping addiction. Extroverts, typically being social and sensation seeking, may be using shopping to express their individuality or enhance their social status and personal attractiveness. Neurotic people, who typically are anxious, depressive, and self-conscious, may use shopping as a means of reducing their negative feelings," Doctor Andreassen says.

Anxious people most at risk

People who are conscientious, agreeable, and who like new and intellectual stimuli are less at risk from shopping addiction. These typically have good self-control, avoid the kind of conflicts that problematic shopping often result in, and may regard shopping as a conventional activity at odds with their often unconventional values.

"We have also found that shopping addiction is related to symptoms of anxiety, depression, and low self-esteem, and shopping may function as an escape mechanism for, or coping with, unpleasant feelings - although shopping addiction may also lead to such symptoms," Doctor Andreassen says.

The Seven Warning Signs

Doctor Andreassen's study shows that the symptoms of shopping addiction are closely related to the symptoms of drug addiction, alcoholism, and other substance addictions.

both a sufferer from and an investigator of clutter.

Millions of Americans struggle with severe clutter and hoarding. New York writer and bohemian Barry Yourgrau is one of them. Behind the door of his Queens apartment, Yourgrau's life is, quite literally, chaos. Confronted by his exasperated girlfriend, a globe-trotting food critic, he embarks on a heartfelt, wide-ranging, and too often uproarious project. Part Larry David, part Janet Malcolm-to take control of his crammed, disorderly apartment and life, and to explore the wider world of collecting, clutter, and extreme hoarding.

Encounters with a professional declutterer, a Lacanian shrink, and Clutterers Anonymous-not to mention England's most excessive hoarder--as well as explorations of the bewildering universe of new therapies and brain science, help Yourgrau navigate uncharted territory: clearing shelves, boxes, and bags; throwing out a nostalgic cracked pasta bowl; and sorting through a lifetime of messy relationships. Mess is the story of one man's efforts to learn to let go, to clean up his space (physical and emotional), and to save his relationship.

The Bergen Shopping Addiction Scale uses seven basic criteria to identify shopping addiction, where all items are scored on the following scale: (0) Completely disagree, (1) Disagree, (2) Neither disagree nor agree, (3) Agree, and (4) Completely agree:

1. You think about shopping/buying things all the time.
2. You shop/buy things in order to change your mood.
3. You shop/buy so much that it negatively affects your daily obligations (e.g., school and work).
4. You feel you have to shop/buy more and more to obtain the same satisfaction as before.
5. You have decided to shop/buy less, but have not been able to do so.
6. You feel bad if you for some reason are prevented from shopping/buying things.
7. You shop/buy so much that it has impaired your well-being.

Doctor Andreassen's study shows that scoring of "agree" or "completely agree" on at least four of the seven items may suggest that you are a shopping addict.

See: [New Shopping Addiction Scale](#)

NEW U.K. GUIDELINES on TREATING HOARDING DISORDER

by The British Psychological Society (June 16, 2015)

New guidelines providing information, guidance and recommendations for people working with those with hoarding difficulties are launched today, Tuesday, June 16, 2015, by the British Psychological Society's Division of Clinical Psychology

New guidelines providing information, guidance and recommendations for people working with those with hoarding difficulties are launched today, Tuesday 16 June 2015, in London by the British Psychological Society's (BPS) Division of Clinical Psychology (DCP).

The free guidelines, 'A psychological perspective on hoarding: DCP good practice guidelines' have been compiled by clinical psychologists, using expertise and evidence from this area of research. It also includes contributions from those living with hoarding issues as well as their carers.

Film of the Month:

The End of The Tour (2015)

*Starring Jason Segel
and Jesse Eisenberg
Directed by
James Ponsoldt*

From *Rotten*
Tomatoes...

THE END OF THE TOUR tells the story of the five-day interview between Rolling Stone reporter (and novelist) David Lipsky (Jesse Eisenberg) and acclaimed novelist David Foster Wallace (Jason Segel), which took place right after the 1996 publication of Wallace's ground-breaking epic novel, Infinite Jest.

As the days go on, a tenuous yet intense relationship seems to develop between journalist and subject. The two men bob and weave around each other, sharing laughs and also possibly revealing hidden frailties - but it's never clear how truthful they are being with each other. Ironically, the interview was never published, and five days of audio tapes were packed away in Lipsky's closet. The two men did not meet again.

The film is based on Lipsky's critically acclaimed memoir about this unforgettable encounter, written following Wallace's

Lead Consultant Clinical Psychologist at Sussex Partnership NHS Foundation Trust and author of the guidelines Sophie Holmes said:

"Although hoarding is now recognized as a distinct mental health difficulty with a relatively high media profile it can still be challenging for those affected to access appropriate mental health services.

Hoarding can have a huge impact on a person's ability to function independently and carry a high level of risk for themselves and others. The costs to the person who hoards and may be living in extremely compromised accommodation can be physical, psychological, social and financial. The risks are also high for children who have parents who hoard, or for older adults who live with someone who hoards."

The three primary recommendations include:

1. Mental health and social care services should provide services for people with hoarding difficulties regardless of how they access services.

2. The media should seek advice from experts about the portrayal of people with hoarding problems and desist from using mental health problems to entertain and shock the public.

3. Interventions for people who hoard need to be broader than focused on the individual. These need to be offered to the wider network, thus supporting the person and the community in which they live.

Sophie Holmes continues: "A high dropout rate from therapy suggests we need to rethink our approach and actively engage with people, in order to improve quality of life and wellbeing, and reduce risks. This document reflects some of the latest in psychological thinking and has the benefit of including the views of those with expertise through experience, as well as carers. We hope it will be a valuable resource for those working in the NHS, social Care, policy makers and commissioners of services."

MORE SHOPLIFTERS IDENTIFIED THROUGH SOCIAL MEDIA

by
Heath Higgs (Arkansas Sun Times, September 26, 2015)

2008 suicide. Both Segel and Eisenberg reveal great depths of emotion in their performances and the film is directed with humor and tenderness by Sundance vet James Ponsoldt from Pulitzer-Prize winner Donald Margulies' insightful and heart-breaking screen-play.

Main Street store owners in Heber Springs, Arkansas are fed up with shoplifting.

Local clothing store Southern Strutt'N was the most recent victim of shoplifting along Main Street when they were taken for about \$500 in total merchandise after a woman stole from the store last week.

Luckily, store owner Coby Shirley was monitoring his security system through an app on his phone and witnessed the entire theft unfold. While Shirley was unable to stop the woman before she left his store with the stolen goods, he was able to capture a decent image of the thief, and a family friend shared the photo through Facebook.

Through social media, the woman was quickly identified after employees at a local tanning salon recognized her outfit from the posted photo, and Southern Strutt'N worked with local police to recover all of the stolen merchandise.

"That's what I love about this town. Everybody works together," Shirley said. "I'm a firm believer that if it hadn't been for Facebook we'd have never caught her."

Other storeowners questioned why thieves would target local businesses.

"There's not a person down here who if someone came to them with a real need, they wouldn't give it to them," said Brenda Dillon, owner of children's boutique Dreamweaver on Main Street.

Dillon's store was also the victim of shoplifting in recent weeks after thieves took a few clothing items and a children's toy from her store. Dillon is working toward installing a new security system to ensure that it doesn't happen again.

Rosetta Sparks, employee at Kathy's Book Nook on nearby South Second Street, says the shop owners in the area are a close-knit group.

"Shopkeepers around here look after one another," Sparks said. "If something happens, we check. We're a family."

HP EXECUTIVE CHARGED WITH \$1 MIL EMBEZZLEMENT

by

Julie Bort (Business Insider, August 24, 2015)

A woman who worked as an assistant for a senior Hewlett Packard executive was sentenced recently to 21 months in prison after pleading guilty to embezzling nearly \$1 million from the company.

She was also ordered to pay \$954,000 restitution in installments of \$3,000 a month, Dana Littlefield at The San Diego Union Tribune reports.

The woman, Holli Dawn Coulman, pleaded guilty to the charges last year, the FBI reported in a press release.

She worked at HP from 2000 to May 2012. Part of her job was to manage corporate credit cards, which were supposed to be used for approved business expenses. Coulman was accused of using them to "support an extravagant and luxurious lifestyle," the FBI said. This included spending:

- Over \$100,000 at the La Costa Resort Spa
- Over \$43,000 at the Lodge at Pebble Beach and Casa Palmero at Pebble Beach
- Thousands of dollars in airfare for trips to Hawaii and Europe
- Thousands of dollars at the Apple Store
- More than \$33,000 in BTO Sports motocross gear
- Thousands of dollars at Neiman Marcus and Nordstrom

The FBI said she also used the company credit cards to pay for more than \$350,000 in expenses for her brother's business.

When HP program administrators questioned the expenditures, she deleted their emails, or fabricated receipts and invoices, or sent fake email replies from her boss saying the expenses were authorized, the FBI said.

She was fired from HP, The Union-Tribune reports, and then she was fired from her next job after HP notified her new employer of this investigation.

Coulman expressed deep remorse for her actions in a letter she wrote to the court, Littlefield reports. She told the judge, "I cannot

offer any explanation for the criminally bad decisions I've made ... I would love for a do-over, and admittedly I am scared to death to go to prison ... But I know there must be consequences."

IT WASN'T ALL BAD...

SHOPLIFTER SENDS STORE \$100 16 YEARS AFTER THEFT

by Jenny Awford (Daily Mail Australia, September 10, 2015)

A reformed shoplifter has sent \$100 to a Portmans store along with a heartwarming apology note - 16 years after stealing two pairs of sunglasses with her sister.

The pair stole the accessories from a shop on level four of the Westfield shopping centre in Chatswood, Sydney, which is now occupied by a Portmans.

They begged for forgiveness and asked the women's clothing store to pass the note and cash along to the previous owners - as they could not remember the name of the shop.

The note said: 'To previous owners of Portmans (Chatswood Westfield Store).

'I have enclosed \$100 within this envelope. About 16 years ago, my sister and I stole glasses worth between \$50 to \$60. These were taken from the Westfield store (level 4). Please forgive us!

'P.S. Not sure to whom we owe this money as the store no longer is at the prev. location.

'P.S.S. (sic) Please forward to Owner.'

The receptionist at Portmans posted a picture of the note on social media and it attracted hundreds of likes.

She told Daily Mail Australia: 'It was just such a lovely, heartfelt note, so I posted it on Facebook. There was no return address, so we're not sure who posted it.

'I'm sure they wouldn't get into trouble anyway. It has now been passed on to the previous owners I believe.'

The pair stole the accessories from a shop on level four of the Westfield shopping centre (pictured) in Chatswood, Sydney, which is now occupied by a Portmans

SPOTLIGHTS:

Think Beyond Belief Publishing

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.

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 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.

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

<http://kevinalexzander.com>

<http://zantimekoqwanzi.com>

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

"In Recovery" Magazine

There's a wonderful relatively new quarterly recovery magazine I want to let you know about. It's called "In Recovery." Founded 2

years ago by Kim Welsh, a recovering person herself, in Prescott, Arizona--home to many treatment centers and half-way houses, this magazine has something for everyone. I visited Kim in October 2013 and was honored to be invited to write a regular column about process/behavioral addictions--starting Spring 2014. The magazine is available in hard copy as well as online at: www.inrecoverymagazine.com

3rd Millenium STOPLifting Online Education Course!

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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!

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IN RECOVERY MAGAZINE--PRESCOTT, ARIZONA

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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

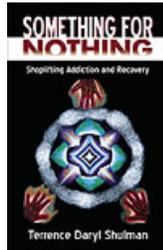
I recently was told about a website resource that lists strategies for cleaning and de-cluttering and sells various books and products that help with this; so, I'm passing it along.. See: www.flylady.net

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!**

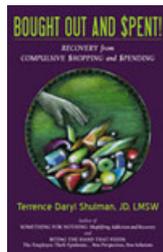
[Click here to shop amazon.com](#)



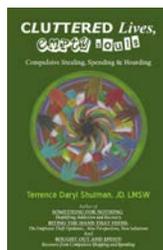
**Something for Nothing:
Shoplifting Addiction and Recovery** (2003)
See also:
www.somethingfornothingbook.com



**Biting The Hand That Feeds:
The Employee Theft Epidemic... New Perspectives,
New Solutions** (2005)
See also:
www.bitingthehandthatfeeds.com



**Bought Out and Spent!
Recovery from Compulsive
Shopping/Spending** (2008)
See also:
www.boughtoutandspent.com



**Cluttered Lives, Empty Souls:
Compulsive Stealing, Spending and Hoarding** (2011)
See also:
www.clutteredlives.com

Contact The Shulman Center:

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

**P.O. Box 250008
Franklin, Michigan 48025**

E-mail: terrenceshulman@theshulmancenter.com

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

Our Web Sites:

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

Books by Terrence Shulman:

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

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

[Click here to purchase](#)