



The SHULMAN CENTER

For Compulsive Theft,
Spending & Hoarding

Greetings from The Shulman Center!

*The Shulman Center September 2015
Compulsive Theft, Spending & Hoarding Newsletter
Happy Fall and High Holidays!*

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***Serving People
Since 1992!***

Quotes of the Month

"I've had a wonderful life." --President Jimmy Carter

"Healthy children will not fear life if elders have integrity and courage enough not to fear death." --Erik Erickson

"The reason women don't play football is because 11 of them would never wear the same outfit in public." --Phyllis Diller

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

October 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.

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.

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 Public Library 7-8:30pm. Free.

Thursday January 14, 2016--Mr. Shulman presents on

"There is no wholly masculine man and no purely feminine woman." --Margaret Fuller

"Manliness consists not in bluff or bravado, or loneliness. It consists in daring to do the right thing and facing consequences, whether it is in matters social, political, or other. It consists in deeds, not words." -- Mahatma Gandhi

"We may change with the seasons... but the seasons will not change us." --Khalili Ghibran

"A 'No' uttered from the deepest conviction is better than a 'Yes' merely uttered to please, or worse, to avoid trouble."-- Gandhi

A true boundary doesn't trap you inside. It doesn't mean you must close your heart. It's not a 'No' to the others existence, but a YES to you. To your voice. Your delicate heart. Your truth. Your path, however uncertain you feel. Your way. Honoring it. What you need, what you feel. What you don't. What feels right, and what doesn't. It's not an attack on the other, even if it feels that way to them.

You can't control their feelings, of course. But you can honor your own. (You can understand their disappointment too).

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](#)

FALLING INTO CHANGE

by
Terry Shulman

2014 has certainly been a year of change for many of us on many levels. I turned 50 on June 27th and am now, officially, an elder. The Cleptomaniacs And Shoplifters Anonymous group I started in 1992 turns 23 years old this week. I celebrated 13 years of marriage on August 8th and renewed my commitment to my wife --after 10 years of "the change" (menopause)--is finally coming out of it. My two younger brothers are going through dramatic changes. My 35-year old brother is re-evaluating his ten years in California trying to make it in the business side of music with mixed success; my 44-year old brother just moved from a new apartment after 14 years in his old one and has a 13-year old son who's about to enter high school!

And if we look around us, there are changes in the climate, war, the economy, gun violence and policing issues, and--in the U.S. and other countries--new politicians vying for the throne.

As the leaves fall and the fall equinox and Jewish New Year are around the corner, the season of change is upon us so we might as well welcome it. We've all heard the famous saying: "the only thing that's certain is change." While most of us know this, most of us still don't like it and have trouble accepting change. I include myself!

Change can feel particularly jarring when it seems to arrive not of our own conscious choices. Change can be frightening when we have to change our beliefs as well as our actual modes of operating. Real change can feel like death: death of our former selves.

We need new paradigms for meeting change--individually and collectively--if we are to evolve. We may have to change our ways of "doing business as usual"--in our actual businesses as well as in our relationships, managing our health, and in other dimensions of our lives.

You can't change their thoughts. That is certain. But you can allow your own. From a place of deep acceptance, from a total alignment with the way things are, grounded in love, rooted in the undulating breath, you find yourself saying 'No'. And the 'No' has the power of life in it; it emanates from a deep YES to existence, and contains no violence, only truth, dignity.

True boundaries do not block love; they protect it, allow it to flourish, freely, in unbounded presence. --Jeff Foster

Stats/Facts of the Month

Of the 37 million subscribers to the Ashley Madison website (whose tag line is: "Life is short... have an affair"), over 36 million are men; 12,000 are women. --NY Times.

69% of U.S. divorces are initiated by women according to a new study.

Americans are unhappier with their cars than any other time since 2004, largely due to recalls and high prices. The avg. cost of a U.S. car is \$33,000.

58% of Americans consider themselves "haves" rather than "have-nots," down 1% from 2008. 38% say

We have a tendency toward complacency and settling back into old routines, whether this is the case with addiction relapses or old ways of thinking. Even the word "fall" as in "autumn" conjures not only the image of falling leaves but, perhaps, of allowing ourselves to fall, or surrender, in order to rise, move forward, and grow.

So, as we enter the fall season--the season of change--we may either be resisting change or hoping and praying for change. Or maybe a little of both. As summer fades and we naturally begin to turn inward with the fading temperatures, we might as well embrace or allow ourselves to "fall forward" into transformation. After all, life is calling us forward not backward.

BOASTFUL BOOSTERS TAKE TO TUMBLR

by

Emily Anders (BCD Wire August 2015)

A community of skilled purported shoplifters has quietly banded together on Tumblr, using the blogging platform to communicate using the hashtag #liftplay.

They're a gang-a group of covert, organized, self-proclaimed criminals who work together to steal and extort things for personal gain. They're an intricate and interconnected group of people who are using the blogging platform, whose content restriction is notoriously loose, to prop up their community.

Spend enough time in the #liftplay tag on the blogging platform and you'll see that this massive group of alleged thieves have streamlined the process of making a fully-functioning shoplifting blog.

Overall, liftplayers take extravagant material goods to keep for themselves.

Many of the things they say in their posts indicate that they lack empathy, remorse, or guilt.

Moreover, many of the tips these users recommend are incredibly manipulative and would put themselves and their loved ones in personal and legal jeopardy. But Terrence Shulman of The Shulman Center for Compulsive Theft, Spending, and Hoarding notes that underlying issues are likely at play in most cases of shoplifting.

"I'd say that almost all people who steal have some unresolved psychological and emotional issues," Shulman tells BDCwire.

He says that the unabashed gloating seen in the liftplaying community is likely due to liftplayers having learned poor behavior over time.

"I suspect most of the people bragging online have issues, too, but either have been hurt more and have a totally numbed sense of right or wrong because they've been wronged so often or so badly," Shulman says. "They've had dishonest behavior modeled for them."

He also notes the possibility of liftplayers' desire to belong to a

they're have-nots, up from 32% in 2008. 54% say they do not think of U.S. society as being evenly divided into haves and have-nots, while 45% do. --Gallup

§3.19: the average amount the Tooth Fairy gives American children--down a quarter from 2013. --Time

In a new survey, the World Happiness Report found that the U.S. ranked just 15th. Switzerland, Iceland, and Denmark came out on top. The survey measures such factors as GDP, life expectancy, freedoms, and social connections. --The Wall Street Journal

The average U.S. credit score is 695, the highest it has been in at least a decade, according to FICO score creator Fair Isaac Corp. 20% of consumers now have credit scores above 800. --NY Times

Women owned 9.9 million U.S. businesses in 2012, up from 7.8 million in 2007, according to the National Womens Business Council. That accounts for 36% of all non-farm businesses and most of them are sole- proprietorships with no employees but the owner. --Fast Company

[Person of the Month](#)

community, a need to feel comfortable with others.

Shulman says that some users "may stumble upon these boasting sites and be prompted to steal, or escalate their stealing, to share [experiences] with others and feel a common bond. ... It may even be that some are not actually stealing as much as they say."

He continues: "I think some of these people have low self-esteem and, unfortunately, they are deriving a warped sense of skill, accomplishment, acceptance, and admiration, from their stealing. As with gangs, people crave belonging and often find groups that are easier to fit in with."

Some of them even view shoplifting as a game, a kind of hobby that they engage in to belong in a community or entertain themselves. Some of them even try to disguise it as an act.

This brings us, finally, to step 5: They cover their tracks. At all costs. Most liftplayers think that their online anonymity guards them from being tracked and persecuted. But some users feel they can't be too careful and go to more elaborate measures to protect themselves.

Many within the community claim that what they do is all "roleplay," that none of it is real, and that they're simply lying about shoplifting hundreds or thousands of dollars' worth of merchandise (presumably where the "play" comes from in "liftplay").

While some bloggers clearly state that they are truly stealing, certain blogs insist that everything they post is totally make-believe and that none of the stories they tell are true. And there's a middle ground where users say that they are roleplaying in a tongue-in-cheek manner that makes you question whether or not they're telling the truth.

It's impossible to tell which of them are lying. It's entirely feasible that some liftplayers are taking pictures of their own legally purchased goods and pretending they've shoplifted in order to belong to the community without breaking any laws. Many of them might be saying they're roleplayers as a means of protecting themselves.

It's all incredibly elaborate. Anything so diligently thought out must come from the mind of someone brilliant. Or, at the very least, keenly focused. But, focused on what? Which brings us back to the "why" of the matter.

Combing through the endless, scrambled din of posts from the liftplay community, most of which are not tagged, you can find a common mentality shared by most of the bloggers: Greed. Desire. Materialism.

Shulman also mentions culturally-perpetuated materialism as a possible explanation for why these purported shoplifters are so interested in stealing these high-priced goods, that the ubiquitous nature of advertising is leading people to want things more and more. And shoplifters' solution is to just take it.

See rest of the article at: [Boasting Boosters](#)

[RUINING LIVES WITH CRIMINAL "JUSTICE"](#)

DONALD TRUMP

Whatever your politics, it's hard to deny who has been in the news the most lately: The Trumpster.

Obviously, he has his supporters--whether for his so-called stances or for his brashness and bravado.

I'm concerned--as are many others--about the increasing lack of civility in politics and in society in general. I'm not saying everything has to be so "politically correct" all the time but there has to be a happy medium. I just don't know if we value that given our apparent addiction to the extremes.

Are there any adults in the room?

People have their various issues with President Obama: some say he's naive, some say he's unemotional and aloof, some say he oversteps his authority, some say he's a Muslim who wasn't born in the U.S.

But I ask: do you believe a hallmark of adulthood and maturity includes the ability to stay fairly calm and centered, to be diplomatic rather than antagonistic, and to weather criticism with relative panache instead of lashing out and name-calling? Many of us have grown up in families of anger, yelling and division. We can't afford to let the

by
Doug Deason (NY Times, July 30, 2015)

DALLAS - WHEN President Obama visited El Reno federal prison in Oklahoma on July 16, he lamented that America's prisons were filled with "young people who made mistakes that aren't that different than the mistakes I made." Many are there, he said, because they didn't have the resources "to survive those mistakes."

I am a Republican businessman, and President Obama and I do not see eye to eye on most issues. But I agree with him on the inequities of the criminal justice system. I learned about it firsthand. Like many 17-year-olds, I did something stupid. It was 1979, and I threw a party at the home of neighbors while they were out of town. (Their son had given me a key.) The party got out of hand, ultimately getting the attention of the police. I was charged with felony burglary.

My actions were wrong and irresponsible. They could also have ruined my life, affecting my ability to go to college or even get a job.

But unlike many in my situation, I was able to fight the charge. I ultimately pleaded guilty to a misdemeanor criminal trespass charge - a significant step down from felony burglary. My punishment included a six-month probationary sentence and a fine. When my probation was complete, my youthful indiscretion was expunged from my record. I was given a second chance.

Yet others aren't always so lucky. Too many Americans who make similar mistakes wind up imprisoned, impoverished and incapable of rejoining society or leading a fulfilling life. This is especially true for minorities, who so often lack the resources and the opportunities I had. For too many, the criminal justice system can lead to even greater injustice.

Because of this, my family has resolved to fight for change. Given a second chance, I have been blessed to become a successful investor in numerous ventures, including real estate, technology, entertainment and energy. My success has given me the opportunity to work with the Texas State Legislature and the governor's office over the past year to pass a bipartisan "second chances" bill - a bill to help people who make mistakes like the one I made in 1979.

The legislation allows some first-time criminals who commit low-level, nonviolent offenses to petition the courts for nondisclosure of their records to the general public. This offers them a legal pathway to mark "no" on job and loan applications that ask if they have ever committed a crime. Gov. Greg Abbott signed the bill on June 20; it will go into effect on Sept. 1.

Thankfully, others have been fighting the reform battles for much longer than I have. One example is the decades-long grass-roots movement to "ban the box" - a reference to the criminal-record check box at the bottom of many employment applications. Regardless of whether you believe the government should make this question illegal, it certainly makes less and less sense in a nation where as many as 100 million people have some criminal record. For this reason, companies like Walmart, Home Depot and Koch Industries have eliminated it from their applications in recent

kids run the country.

By comparison, it's fitting that the president has been called "No Drama Obama."

Book of the Month:

KLEPTO-BISMAL

by

*John Brady, Ph.D
(2015)*

Hot-off-the-press but not yet read... My colleague Dr. John Brady from the San Francisco Bay area is a forensic psychologist with over 30 years experience. He also has a unique interest and skill in understanding and treating theft behaviors. The author of several previous books on this subject, including Why Rich Women Shoplift When They Could Have It All (2014), Klepto-Bismal delves into Big Pharma and its efforts to treat (or mistreat) kleptomania.

www.johnbrady.com

Film of the Month:

Trainwreck 2015)

*Directed by
Judd Appatow
Starring
Amy Schumer
and Bill Hader*

I've been an Amy Schumer fan for about three years now. I've enjoyed her Comedy

years.

At my family's company, we have made it a policy to hire qualified nonviolent criminals in the businesses we manage. It doesn't matter to us if you made a mistake earlier in life - it matters to us whether you can do your job and do it well. In fact, from a business perspective, we believe it would harm our ability to find talented individuals if we rejected those who made a mistake that put them on a collision course with the criminal justice system. And given my own history, wouldn't it be hypocritical for me to judge prospective employees based on their criminal record?

Whether in city halls, state capitals or Washington, lawmakers should begin the long process of identifying and reforming the laws that have made America such an over-criminalized country.

They can start by revisiting "mandatory minimum" sentences for nonviolent lawbreakers. These policies often force criminals into unnecessarily lengthy prison terms that are wholly inappropriate for their crimes. This has greatly contributed to the explosion in the federal prison population, which has risen to 208,000 from 25,000 over the past 35 years.

Yet, at the same time, it's not clear that imprisoning so many people has lessened crime. One expert interviewed by Pew Charitable Trusts argued that this spike in the prison population has accounted only for between 10 and 25 percent of the drop in crime over the past 20 years.

Politicians should also trim the ever-lengthening list of federal and state crimes. Over the past 25 years, the number of federal crimes alone has grown to roughly 5,000. Moreover, a growing number of nonviolent crimes lack adequate intent requirements. Absent this important and longstanding aspect of criminal law, Americans of all walks of life can commit crimes they never knew existed.

This weekend, I will join Charles Koch, David Koch and several hundred other business leaders at the Freedom Partners membership meeting, where I will speak about criminal justice reform. The Kochs and I firmly believe this is an important part of our efforts to give everyone - especially the least fortunate - the best shot at a better life. Years ago, I made a mistake and got a second chance. Every American should be able to say the same thing.

Doug Deason is president of Deason Capital Services and the Deason Foundation.

See rest of article at: [Second Chances](#)

WEALTHY SHOPPERS FEEL ENTITLED TO SHOPLIFT

by

Rachel Vorona Cote (Jezebel, August 10, 2015)

Aren't rich folks entitled to a few law-breaking privileges?

According to the New York Post, many seem to think so - at least when it comes to retail. Employees report that some of their most flagrant

Central Show, her various interviews, and recently saw her live doing stand-up at the Oddball Comedy Jam. My wife and I really enjoyed her first movie *Trainwreck* which she wrote and starred in.

While not everyone is or will be a fan of Ms. Schumer or her comedy, what I like about it is it flips the script on the society (and, likely, most of us) view and pigeonhole women. Ms. Schumer speaks her mind, takes on issues like body image, sex, and empowerment and make them achingly funny. She is self-deprecating and is willing to call men and women out alike.

Trainwreck is a great story of role reversal: a commitment-phobic & over-sexed woman begins to fall for a heart-centered doctor. Now, it's not clear if Schumer thinks women have just had to adapt to a world of jerky men by becoming more like them--only still to feel less than fully satisfied. But, in some of her interviews, she fights back against the notion that all women want to get married and all men just want sex. She also embodies the notion that women of all body shapes, sizes and personalities can be beautiful.

I think Schumer, along with several other modern female comics, help spark a necessary conversation between the genders and as a

shoplifting cases involve flush patrons, those who, by virtue of their spending power, might otherwise be considered ideal customers.

But adrenaline and entitlement make for a heady combination. The New York Post reports:

"Makeup mecca Sephora sees shoplifters sliding lipsticks and perfumes up sleeves - often items the thrill-seeking thieves don't need or want, like foundation in the wrong shade or a mascara tester used by hundreds of people."

A used mascara tester? For fuck's sake, how bored and wealthy must you be to get your jollies stealing near-garbage? I'm a little insulted.

Often, however, the lifted products are desirable. And the thief's reasoning is underpinned by their sense of good patronage. After all, if you've dropped \$1000 on rompers, don't you deserve some lingerie on the house? One Anthropologie insider tells the New York Post, "[Wealthy shoppers] would spend insane amounts and at the same time steal a few items because they felt they had spent so much money, they were entitled to freebies."

You've likely come across stories of celebrities who were caught pilfering items. Just recently Kim Richards from "Real Housewives of Beverly Hills" was arrested and charged for attempting to steal over 100 pieces of merchandise--totaling roughly \$600--from Target. While in Venice Beach in 2011, Lindsay Lohan swiped a \$2,500 necklace from a jewelry store. And perhaps most infamously, Winona Ryder stole \$5,500 worth of merchandise from Saks Fifth Avenue in 2001.

The Los Angeles City Attorney's Office told Page Six that Richards made no effort to hide her loot: "They were in the shopping cart and she was not concealing them. She just rolled on out." Ryder, on the other hand, did attempt to conceal the clothes and handbags she had taken, but had already made a few purchases at the store. The logic is murky--in Richards' case it seems nonexistent--and the impetuses? The unique complexities of celebrity life must have their own toxic impacts.

Or perhaps it's just exciting to be deviant, to test the extent of one's privilege. A former Sephora employee describes this upscale variety of theft as a form of diversion: "It becomes a cat-and-mouse game: What are you going to see me take today?"

See rest of article at: [Rich Lifters](#)

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

culture. This is also women's liberation in action!

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 overspending. The program is tailored specifically to each participant's overspending profile and it provides daily, personalized support when and where overspenders 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!](#)

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!

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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:

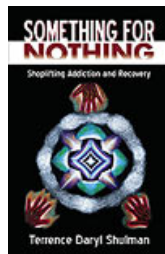
www.flylady.net

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!***

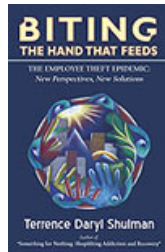
[Click here to shop amazon.com](http://www.amazon.com)



**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:

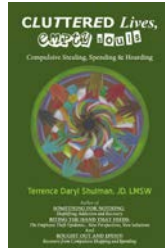
www.bitingthehandthatfeeds.com



**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 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](#)