



Greetings from The Shulman Center!

March 2015

Compulsive Theft, Spending & Hoarding Newsletter
Happy Spring and St. Patrick's Day!

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*Serving People
Since 1992!*

Quotes of the Month

*Diligence is the mother of
good luck. --Ben
Franklin*

*Shallow men believe in
luck. Strong men believe
in cause and effect. --
Ralph Waldo Emerson*

*Luck is preparedness
meets opportunity. --
Seneca*

*Luck is believing you're
lucky. --Tennessee
Williams*

*I've found that luck is
quite predictable. If you
want more luck, take
more chances. Be more
active. Show up more
often. --Brian Tracy*

It is spring again. The

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

March 1, 2015--Mr. Shulman's interview about shopping addiction airs on I Heart Radio's "Purse Strings" Show. See: [Purse Strings](#)

March 13, 2015--Mr. Shulman presents on understanding and treating men's issues in therapy from 9am - 3:30pm at Jewish Family Services in West Bloomfield, MI. \$90 registration required (6 CEU hrs credit) includes lunch.

March 24, 2015--Mr. Shulman presents on understanding and treating hoarding disorder at University of Michigan Health System and Employee Assistance staff from 9am - 11am in Ann Arbor. Closed.

April 10, 2015--Mr. Shulman presents on cultivation honesty and integrity in our children and also on men's issues in therapy at the National Association of Social Workers (Michigan Chapter) Annual Conference in Kalamazoo, MI.

April 18, 2015--Mr. Shulman presents on compulsive stealing and spending for the OCD Network at Botsford Hospital in Farmington, MI from 1-3pm. Free (donations accepted).

April 29, 2015--Mr. Shulman presents on hoarding disorder at the annual Michigan Conference on Mental Health and the Aging in Lansing, MI.

June 11 and 12, 2015--Mr. Shulman presents on hoarding disorder at the annual Ohio Chief Probation Officers conference in Columbus.

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](#)

[A HALF-LIFE of RECOVERY](#)

*earth is like a child that
knows poems by heart.-
Rainer Maria Rilke*

*If we had no winter,
spring would not be so
pleasant; if we did not
taste adversity, then
prosperity would not be
so welcome. --Anne
Bradstreet*

*I enjoy the spring more
than autumn now. One
does, I think, as one
gets older. --Virginia
Woolf*

*Despite the forecast, live
like it's spring! --Lilly
Pulitzer*

Stats / Facts of the Month

*68% of Americans think
that the wealthy pay too
little in federal taxes and
only 11% say they pay
too much; 60% say the
middle-class pay too
much in taxes.*

*(Source: Associated
Press / GK, 2015)*

*WAL-MART generates
\$3,000,000.00 in
revenues every 7
minutes.*

*More than 13 people a
year are killed by
a vending machine.*

*57% of women would
rather go on a shopping
spree than have sex.*

*Only 6% of all coupons
printed are ever
redeemed.*

*1% of U.S. businesses
allow their employees to
take naps during
working hours.*

*53% of Americans think
they are paid the right
amount.*

*1 in 6 employees say
they got so mad at a co-*

25 YEARS at NEAR-50

by Terry Shulman

I'll be 50 years old on June 27, 2015. And come early March, it will be 25 years since I "hit my bottom" and sought out counseling and, later, recovery from my 10-year shoplifting addiction. I have to pinch myself when I stop and think that I've been on this different path for exactly half of my life. And, yet, there still are moments almost daily, where the fulcrum between sanity and insanity seems so fresh and narrow.

I am grateful--as grateful as a recovering curmudgeon like me can be. I still have my ups and downs, my moods, my doubts, and my times of anxiety, depression, and imbalance. I still struggle with addictive tendencies in many areas of my life; maybe I always will. But I cannot deny that had I not started on this path 25 years ago, there is no way I'd have it even half as good as I do. And while neither I nor my recovery is perfect, I have gained so much... and, therefore, I have even more to lose if I fall back.

So, I take a pause to reflect on where I was 25 years ago as I wrote about in my 2003 book "Something for Nothing: Shoplifting Addiction and Recovery":

My second year of law school began in late 1989. I took a job at the law school library to help pay my bills and to keep occupied. Without looking for them, I found opportunities to take things, an office supply here, some change there. The whole cycle started again. It seemed to help me get by, not unlike somebody needing a drink.

During this period there were several times I was caught by store owners. Each time, instead of calling the police, they just let me go. I'd be momentarily grateful and tell myself: "I've got to stop!" But my decision was not a decision at all. It wasn't a matter of choice any longer. Soon I was shoplifting daily. It was as if I was possessed. I felt compelled to continue until something stopped me.

hitting bottom

By March of 1990 it became clear that my Dad wasn't going to walk again. I didn't know if I wanted to be a lawyer. I didn't know if I could be a lawyer. My relationship with Juniper was strained because I wouldn't seek counseling. I ended up committing an infidelity with a mutual friend of ours. We broke up. I knew that my Dad had affairs during his marriage to my Mom. It shocked me that I was capable of doing that. My world was crumbling. I knew I needed help.

It was at this point that I told my Mom and Dad I needed to see a counselor. I told them I was depressed. I told them I'd been shoplifting for the last several years. They were shocked but both were supportive. My Mom said she had a feeling something was going on. She thought it was drugs. My Dad was clueless because of his condition. They knew I was a good person, believed it must be more of an emotional problem. I started seeing

*worker last year that
"they felt like hitting
them but didn't."*

*23% of workers said they
would work harder if
their employer offered a
"\$1,000 shopping spree
at a store of their
choice."*

*There are twice as many
billionaires in the U.S.
today as there were 10
years ago.*

*1 in 4 people admit to
searching in their host's
medicine cabinets.*

Person of the Month:

**Leonard Nimoy
(Mr. Spock)**

Actor Leonard Nimoy died on February 27th at age 83. Best known for his Vulcan character Spock on "Star Trek" from 1966 onward, he helped shape an iconic character/non-Earthling whose hyper-logical essence sometimes gave way to humor and emotion.

As a man, and as one who tends toward headiness and over-intellectuality, I have seen myself in Spock: on a journey not to throw out that side of myself but also to embrace my emotional side. Spock was a highly ethical being even if his hyper-logic code of ethics seemed alien to us at times.

Interestingly, President Obama is often jokingly and not-so-jokingly referred to as "Spock" for his cool and level demeanor. Some see this as an asset, some as a liability; some see it as both.

Leonard Nimoy, the man,

a psychologist, Dr. Ebner. There was a ray of hope.

But a week later, my Mom went out of town. I'd seen my new counselor once but was still unstable. I was feeling down and all alone. I got this idea to try to get back with Juniper. I felt desperate, restless. My thoughts took over...

I can't stand it! What have I done? I hate my life! Pain... there's only pain! Nothing's fair. I didn't mean to hurt her. I didn't mean to fuck things up. I can't believe my life has come to this. I can't sit still. I can't stay here. I've gotta do something. What?... I'll make it up to her. I wish I could take her out to dinner tonight. I wish she'd forgive me. I could go to the supermarket and get something... maybe a bottle of champagne, like the one I took before. That'll be romantic. That'll show her I love her. Can't sit still. This is torture! Just do it! Grab your trench coat, the long one. Saturday morning's are pretty busy there, no one will notice. Bring some cans back. I'll just go, get it, and come home...

Okay, we're here. Just act calm. You know the trick. Walking... through... the doors... Okay, I'm in. Look around... Everything looks okay. Act normal. Go to the bottle return and get the receipt. Act friendly. Smile... Okay, got the receipt. Don't browse too long. Just go to the champagne aisle. Walking... slower! Okay, we're here. Nobody's watching... Which one should I get? Where's the expensive stuff, the stuff I took last time? Shit! All they've got is the cheap ones! Well, I'm already here... This one'll do... wait! Look around. Act normal... Okay, looks clear. Take the bottle and slip it inside your coat... Act like you're still looking for something... Okay... Get out of here...

Go to the check-out line to get your change for the cans and bottles... Fifty cents... Might as well grab a pack of cigarettes here. Yeah, put them in the pocket... Man, it's kinda warm in here. Hey, hold the bottle inside your coat, it's slipping! Don't let it fall, calm... Oh, man, it's bulging out! Stay calm! Okay, give the cashier your receipt... Okay, take the money and say thank you: "Thank you." Now, hey, where'd the bag boy go? Okay, stay calm, just walk out... Who are those two guys at the door? Oh shit, I'm screwed! Keep calm...

"Excuse me, sir. Could you come with us?"

Somebody shoot me... I want to die...

Today, I want to live. I look forward to celebrating my 25 years with my wife Tina, my men's group, my C.A.S.A. groups, and my Mom and Stepdad in sunny Florida. I am excited that we are starting three new C.A.S.A. chapters in Michigan and, hopefully, a few more around the U.S. this year. My vision is that, in another 25 years, there will be a C.A.S.A. group in every major city in the U.S. and many across the globe. I don't know what the future will hold for me or those I love. Recovery is no guarantee or ultimate protection against life's vicissitudes. I only know that addiction pretty much guarantees a life of misery. I hope to continue to inspire and help others recovery their true, beautiful, powerful selves. Our lives are waiting, our friends and family are waiting, and the world is waiting... This is not a dress rehearsal.

found it hard to shake off his role as Spock despite his many other endeavors--but he seemed to take it in stride, directing films, writing books, taking photographs, and giving philanthropically.

Nimoy's illness and somewhat sudden death from COPD leaves us remembering and honoring an actor and a man of discipline and passion: a role model for many.

Book of the Month:

The Mind of a Molester

by

Kenneth Quinn

(2014)

A disclaimer: I know the author of this book. Kenneth Quinn is not his real name. He chose to use another name due to the reasonable fear that his life--and the lives of his loved ones (and even his victims)--might be negatively impacted. Nonetheless, this is a brave and necessary book on a very tough subject, child sexual molestation, which is more prevalent than we often care to admit and perpetrated typically by "regular" family members and friends who we'd often just as easily label "monsters."

The Mind of a Molester tells the story of Mr. Quinn's gradual descent into child molestation without apology for his actions but with an effort to understand how he could do such things and what it felt like to have his own world

INNOVATIVE AND NEW NON-PROFIT

Helps Those Who've Stolen Make Amends Anonymously

(info below taken from its website)

unsteal.org is a non profit organization collecting retributive funds from potential past thefts and returning funds to retail merchants. We started in October 2014 and are now filing the official paperwork. We plan to accept money 03/31/15.

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.

Unsteal's goal is to assist in 500 million retributive transactions worldwide by 2024. To reach that target, we're starting our focus with metropolitan Long Beach, CA. Next, we want to expand throughout all of Southern California. We will leverage social media with awareness events and interact with talk show hosts in order to attract a national audience to our cause. Lastly, Unsteal will host global transactions. Prior to collecting any money, we will add a FAQ page discussing statutes of limitations, criteria for petty theft, or any other information to protect our users.

Sometimes the victims of a theft may be deceased, out-of-business, or otherwise impossible to track down. These "unclaimed" funds will be used towards kleptomania support. Currently, there is minimal awareness and support for those suffering from kleptomania. Unsteal is cooperating with a leading expert on compulsive shoplifting and our partnership plans are being developed. We hope to use kleptomania support projects to increase overall awareness and traffic our social media pages.

Unsteal envisions being the standard platform for its service. Given the subject matter, it's imperative that 100% of the money collected from

come crashing down which included a 7-year prison term, deep shame, and many family and friends turing their backs on him.

There are many books written by the survivors of molestation (and they are very important and usually therapeutic for their authors); it's rare that we read about the experiences of the molesters themselves to learn more about how they think, how they suffer, and how they can get well and blend back into society. This is such a book!

www.mindofamolester.com

Film of the Month:

Still Alice
Directed by
Richard Glatzer
(2014)
Starring
Julianne Moore

Based on the best-selling novel by Lisa Genova, Julianne Moore recently won the Oscar for Best Actress as Alice Howland, a PhD linguistics professor who, at age 50, begins suffering from a rare, aggressive and early-onset form of Alzheimers disease.

Julianne Moore's Oscar was well-deserved and this movie is a must-see for anyone suffering from Alzheimers, who has loved ones suffering from it, or who probably will someday. I, myself, have a mother, 75, who has losing her memory over the last several

repenting thieves is given back to the victims. Unsteal cannot profit from the stolen money, as it would contradict the entire concept. To cover the operating costs of Unsteal, we must apply for grants and raise money on our own. Unsteal wants to be accredited by Charity Watch, Charity Navigator, and other watchdog groups.

Please visit: www.unsteal.org

WHY LIE WHEN YOU DON'T HAVE TO?

The Case of Brian Williams, Bill O'Reilly, Hillary Clinton, Rand Paul, and so on and so on...
by Terry Shulman

By now you've undoubtedly heard about NBC Nightly News anchor Brian Williams' 6-month unpaid suspension in the wake of his acknowledged "untruth" that he'd been in a helicopter in Iraq in 2003 that came under fire when he hadn't. "I don't know what screwed up in my mind that caused me to conflate one aircraft with another," said Williams. Maybe he doesn't really know but I hope he finds out.

Of course, everyone continues to ask the confounding question: why would Brian Williams--a guy who seemingly has it all--risk so much for so little? In my work with people who shoplift and steal, I deal with this very same kind of thing all the time. Most of my clients--usually smart, accomplished, and otherwise honest people--seem to give the same initial answer as Brian Williams when asked why they stole: "I don't know."

Now, I won't profess to know the ultimate truth of Mr. Williams' fibs. On the one hand, none of us should be surprised as, increasingly, it seems our heroes and role models let us down by revealing they're all-too-human. Many of our politicians, corporate leaders, athletes and coaches, even clergy, can be seen or heard in the headlines on any given day for lapses in honesty, fidelity, sobriety, etc. What may be more surprising is the following: that Mr. Williams freely admitted his wrong when confronted--albeit after over a decade of embellishment; that it took so long for him to be confronted; and that he actually paid a steep consequence.

Consider any number of similar cases where there have been denials of culpability and no consequences: Bill O'Reilly--in attack mode even--when confronted recently about his lies (plural) that he'd been a correspondent in a war zone. Why didn't Fox News take punitive action against him? One can only guess. What about Senator Rand Paul's recently faux-pas (plural) where he had plagiarized speeches by lifting passages straight from Wikipedia--passing them off as his own--and embellishing his college resume. Even Hillary Clinton dodged her whopper--without consequence--when she, too, pulled an early "Brian Williams" on the 2008 campaign trail stating she was on a copter caught in sniper fire.

Now, I don't think many would put Brian Williams in the same category as, say Walter Cronkite. More and more, the boundaries are blurred between journalists and celebrities--and it's my sense that Mr. Williams may have forgotten this and fell victim to this. In addition, the news seems to have become more focused on entertainment and dramatic delivery than on facts. It's also possible that many of those we most exalt and who seek out fame and power may have extraordinary skills, drive, and confidence but may also have a shaky sense of self. It's as if

years and it's been hard on her and the whole family.

the cracks in their foundations are bound to appear somehow, some way, some day. Plus, we may envy them but they also have many pressures most may never fully comprehend--pressures from without and within to be the best and keep being better.

I find this to be true with most of my clients. They are some of the most incredible, giving, talented, sensitive people you'd want to meet... yet, something isn't integrated within them. Their risk-taking is a cry for help and, when their misdeeds come to light, they often take very hard falls off their pedestals. Some will never take the time and effort to soul-search and come to some reasons why they did what they did--and that's too bad. Those who do, hopefully, find a humanity that may feel humbling but that's good. Most will regain their trust and credibility--maybe not with everyone--as most are fairly forgiving.

Honesty and Integrity aren't always glamorous or very interesting, but many don't value their true importance until the fall after neglecting them. One day, I hope, we can get past this culture of "fact-free zones" and reclaim the simple elegance of the simple truth.

RECENT DEAR ABBY COLUMN
Addresses Compulsive Shoplifting
February 18, 2015

DEAR ABBY: I need help! I have shoplifted several times. I was caught and have a police record. I am a grandparent. I know it's wrong, and I don't do it all the time. Is this a mental disorder, or am I just being stupid? If I know this is wrong, why do I keep doing it? And where do I start to look for help? -- STICKY FINGERS

DEAR STICKY FINGERS: Some people shoplift because they are criminals, some do it for "thrills," and others do it to make up for something else that is missing in their lives. Because you know what you are doing is wrong, would like to understand your compulsion and want to stop, the person to discuss this with is a psychologist. Your physician can refer you to one, or contact your state psychological association to find someone in your area.

THE CLUTTER CURE'S ILLUSORY JOY
by Pamela Druckerman
The New York Times February 15, 2015 (Excerpt)

PARIS - I recently discovered the secret to livening up even the duller conversation: Introduce the topic of clutter. Everyone I meet seems to be waging a passionate, private battle against their own stuff, and they perk up as soon as you mention it.

"I don't buy anything - no clothes, no shoes," a woman who works in the French fashion industry told me. A New Yorker on a de-cluttering bender explained: "There's too much in my head, there's too much stuff in my house, too." Another friend said that when his girlfriend got angry, she called him the clutter of her life.

Clutter isn't a new problem, of course. But suddenly, it's not just irritating - it's evil. If you're not living up to your potential, clutter is probably the culprit. Marie Kondo's "The Life-Changing Magic of Tidying Up," the top-ranked book on The New York Times list of self-help books, promises that, once your house is orderly, you can "pour your time and

passion into what brings you the most joy, your mission in life."

This isn't just an American problem. Ms. Kondo's book was a best seller in her native Japan, too, as well as in Taiwan, South Korea and Germany. (Nearly 30 translations are planned.) Karen Kingston, a British clutter expert who consults around the world, says her online courses, including an advanced class called Zero Procrastination, draw students from at least 18 countries.

In America, de-cluttering can be a born-again experience. It was transformative for Ryan Nicodemus, co-creator of The Minimalists blog, who describes how he was an overworked, divorced, depressive who drank and used drugs - until he got rid of 80 percent of his belongings. "A month later, my entire perspective had changed. And then I thought to myself, maybe some people might find value in my story," he said.

Clutter is having its moment in part because we've accumulated a critical mass of it. The cascade began 25 years ago, when China started to export huge amounts of cheap clothes, toys and electronics. Cut-rate retailers and big-box stores encouraged us to stockpile it all.

And we did. A study of middle-class families in Los Angeles found that just one in four families could fit a car in its garage. (It also found that mothers' stress levels rose as they described their household mess.) Americans who struggled to afford health insurance and college could nevertheless buy lots of stuff, sometimes on credit.

But as stuff got cheaper, it lost status. Robberies declined in rich countries, in part because it wasn't worth risking prison for a \$150 TV. Reality shows about hoarders made having lots of things even less appealing.

Now, in some well-off circles, people boast about how little they own, or curate small collections of carefully selected items. The richest Americans increasingly consume expensive experiences - like a trip to Bhutan - rather than material goods.

It's hard to resist the de-cluttering fever. I, too, spend my weekends filling bags with cookbooks, toys and vintage dresses, and then hauling them away. For the first time in years, I can lay my hands on any one of my sweaters.

But the more stuff I shed, the more I realize that we de-clutterers feel besieged by more than just our possessions. We're also overwhelmed by the intangible detritus of 21st-century life: unreturned emails; unprinted family photos; the ceaseless ticker of other people's lives on Facebook; the heightened demands of parenting; and the suspicion that we'll be checking our phones every 15 minutes, forever. I can sit in an empty room, and still get nothing done.

It's consoling to think that, beneath all these distractions, we'll discover our shining, authentic selves, or even achieve a state of "mindfulness." But I doubt it. I'm starting to suspect that the joy of ditching all of our stuff is just as illusory as the joy of acquiring it all was. Less may be more, but it's still not enough.

See rest of article at: [Clutter's Illusory Joy](#)

Quick hits (interesting recent articles of interest....

SPOTLIGHTS:

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.

In my experience, most people and companies I've had contact with in the loss prevention field have been fairly closed-minded or even judgmental toward me and my work--assumedly because I'm a self-admitted recovering shoplifter as well as a therapist who has been helping people understand and stop stealing for about 20 years. To connect with people like Jack Hayes and Mark Doyle who have been curious and supportive of my work is greatly gratifying. We are, after all, on the same page about recognizing theft as a major problem in our culture and devoted to finding ways to curtail it--for the benefit of all. Thanks Jack and Mark! Keep up the great work!

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 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 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 Events Calendar](#)

Ongoing ...

The Baton Rouge, Louisiana court system has a court-ordered, facilitated educational program for retail fraud offenders. The program 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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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 this course.

See: 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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www.3rdmilclassrooms.com

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

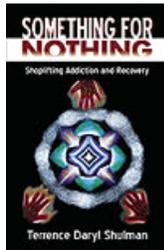
I recently was told about a website resource that lists strategies for cleaning and de-cluttering and sells various books and products that help with this; so, I'm passing it along... See: www.flylady.net

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!**

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**Something for Nothing:
Shoplifting Addiction and Recovery** (2003)

See also:

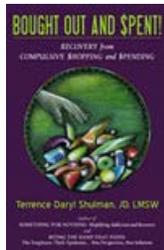
www.somethingfornothingbook.com



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

See also:

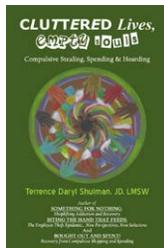
www.bitingthehandthatfeeds.com



**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:

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E-mail: terrenceshulman@theshulmancenter.com

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

Our Web Sites:

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