

5th International Conference and Exhibition on

Addiction Research & Therapy

October 03-05, 2016 Atlanta, USA



Terrence Shulman

The Shulman Center for Compulsive Theft, Spending and Hoarding, USA

Bought out & spent ! Understanding & treating compulsive Shopping and Spending

We all shop for many reasons but the addict buys to relieve anxiety and over time the buying creates a dysfunctional lifestyle and more and more of their focus is on shopping and sometimes the cover-up too. Statistics reveal that approximately 10% of Americans (roughly 30 million people) meet the criteria for a compulsive buying/shopping/spending diagnosis. Other research reveals that the average American is at least \$10,000 (ten thousand dollars) in debt and that arguments over money and spending are the leading cause of relationship conflicts and break-ups. People are getting hooked on store shopping, TV shopping and Internet shopping. There are various patterns of overspending that people engage in, including:

Compulsive shoppers – shop to distract feelings; “when the going gets tough, the tough go shopping”

Trophy shoppers – find the perfect accessory for outfits, etc. High class items will do.

Image shoppers – pick up tab, expensive cars, highly visible stuff

Bargain shoppers – buy stuff they don’t need just because it is a good deal. Out for the hunt.

Codependent shoppers – to gain love and approval

Bulimic Shoppers – buy and return, buy and return (similar to actual bulimia)

Collector Shoppers – have to have complete sets of objects or different colors of same style of clothing

But what causes someone to become a compulsive shopper/spender? And what can be done to treat it?

Biography

Terrence Shulman is a native Detroit. Mr. Shulman completed his undergraduate degree in English Literature at the University of Michigan in 1987. He graduated from The Detroit College of Law in 1991 and has been an attorney-at-law since 1992 specializing in mental health law and criminal defense work. He returned to and graduated from the University of Michigan in 1997 and has since then been a full-time certified social worker and addictions therapist. He worked as a counselor at a chemical dependency clinic from 1997 – 2004 and was the clinic director from 1998 – 2000. Since 2004, Mr. Shulman has been the Founder/Director of The Shulman Center for Compulsive Theft, Spending and Hoarding in metro-Detroit. He counsels clients in person and by phone from across the U.S. and Canada. He has authored four recovery books: “Something for Nothing: Shoplifting Addiction and Recovery” (2003), “Biting The Hand That Feeds: The Employee Theft Epidemic” (2005), “Bought Out and Spent! Recovery from Compulsive Shopping and Spending” (2008), and “Cluttered Lives, Empty Souls: Compulsive Stealing, Spending and Hoarding” (2011). Mr. Shulman has organized and presented at many conferences across the U.S. He has also been featured in numerous media interviews including The Oprah Winfrey Show in 2004. Mr. Shulman has been in recovery himself since March 1990 from addictive-compulsive shoplifting and stealing. He is the founder of C.A.S.A. (Cleptomaniacs and Shoplifters Anonymous) which has support groups in the metro-Detroit area and across the U.S.

terrenceshulman@theshulmancenter.com