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**CHICAGO PSYCHOTHERAPIST MARK PFEFFER TO APPEAR ON A&E HIT SHOW
“HOARDERS” MONDAY, FEBRUARY 8**

CHICAGO (February 1, 2010) – Psychotherapist Mark Pfeffer M.S., Director of the [Panic/Anxiety/Recovery Center](#) (PARC) will appear on A&E’s hit series “[Hoarders](#).” The series, which airs Monday at 10pm ET/PT & 9pm CT on A&E, is a fascinating look inside the lives of people whose inability to part with their belongings is so out of control that they are on the verge of a personal crisis. Whether they’re facing eviction, the loss of their children, jail time, or divorce, hoarders are all desperately in need of help. The series captures the drama as experts work to put each hoarder on the road to recovery.

In an episode titled “June and Doug”, Mark, along with a team of professional organizers, work with Doug 38, a single dad of two adopted children. Both children have special needs and the conditions of their home are only adding to their problems. The family’s kitchen is hardly usable and the refrigerator doesn’t always work. A social worker plans to visit the house along with the children’s therapist, and Doug fears they may remove his kids from the home.

About Mark Pfeffer, M.S. LMFT

Mark Pfeffer has been a licensed psychotherapist in Illinois and California since 1979. He is Director of the Panic/Anxiety/Recovery Center in Chicago. PARC is a specialized outpatient treatment program that provides state-of-the-art, comprehensive treatment for anxiety and related disorders. Mark received his Masters degree in Rehabilitation Psychology from Boston University with additional post-graduate work at UCLA. He also served as the Commissioner of Social Services for the City of Santa Monica and is an active clinical member of the Anxiety Disorders Association of America (ADAA).

Mark has appeared on the Discovery Channel and the National Geographic Channel for special series on unique phobias, and has been featured and quoted regarding mental health issues in various media outlets, including ABC7 Chicago; *Chicago Tribune*; *Pioneer Press*, WGCI-FM and Home & Garden magazine. He has also authored numerous publications, and was a recipient of the 2002 “Golden Bell” award from the Mental Health Association of Illinois for an article he co-authored on Panic Disorder.