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# Breaking Bad Money Habits

A look at what some mental health experts call "money rehab".

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## Multimedia

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Money is the root of so much stress in these anxious times.

Now, some are trying to break their bad money habits... with financial rehab.

Tonight, a look into this fast-growing new form of therapy.

There's a one of a kind residential treatment center outside Nashville, Tennessee.. that treats "money disorders" for people of all incomes, gamblers, shopaholics... you name it.

Doctor Ted Klontz... puts patients through what you might call "money re-hab"; intense group counseling, role playing and even a little generic financial planning advice. What is a money disorder? "It's anything that has to do with money that's self destructive, self defeating that we try to stop but can't."

Doctor Klontz literally tries to take his patients back in time... to find out the root of a person's bad relationship with money.

The American Psychological Association recently surveyed 2500 adults .... 75 % said money was the number one source of stress in their lives...and that was before the meltdown on wall street. " When men - especially, money issues, failures around money are the number one cause of male spousal suicide."

But onsite doesn't treat just over-spenders... they treat those who have issues under-spending... hoarding... and even hiding wealth.

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