

Fresh Start: Overcoming Disorganization

Therapy group for people severely affected by clutter and/or disorganization

Dennison Associates, Inc. and K² Organizing, LLC work together to bring you a unique experience to help you overcome chronic disorganization.

This psychotherapy group is facilitated by Barbara Jo Dennison PhD, LISW-S, a therapist specializing in wellness and Karen Kruzan, LISW-S, CPO-CD®, a Professional Organizer specializing in chronic disorganization.

Dennison Associates, Inc. was founded on the belief that people are naturally strong and capable. When times are challenging, those same strong people often need someone to guide them, support them, and help them down the path towards finding their own solutions. Dennison Associates provides a full array of therapeutic interventions and consulting services.

K² Organizing, LLC is on a mission to create relief through organization. K² Organizing helps clients discover simple yet effective skills to organize their stuff, their time, and their space through the use of organizing principles combined with more than 20 years' experience in the mental health field.

How Disorganized Am I?

- ◆ Assessing the Problem
- ◆ Types of Acquiring
- ◆ Common Features

Why Do I Do It? Cognitive Factors

- ◆ Procrastination
- ◆ Coping Tools
- ◆ Self-Talk
- ◆ Executive Functions
- ◆ Cognitive Distortions

Why Do I Do It? Emotional & Physical Factors

- ◆ Acquiring
- ◆ Anxiety/Fear
- ◆ Emotional Attachment
- ◆ Trauma
- ◆ Chronic Pain
- ◆ Illness
- ◆ Depression
- ◆ Self-Soothing Tools

What Role Does My Personality Type Play?

- ◆ Myers-Briggs
- ◆ DISC

Where Do I Go From Here?

- ◆ Wellness Plan
- ◆ Group Feedback
- ◆ Self-Hypnosis



Dates and Times: Saturdays 10:00 – 11:30 a.m.

Sept. 10th, 17th, and 24th, Oct. 1st, 8th, 15th,
22nd, and 29th, Nov. 5th, and 12th

Location: Dennison Associates, 161 S. Liberty St. Powell, OH 43065

Registration:

Email: info@dennisonassociatesinc.com -or- kkruzan@k2organizing.com

Call: 614.888.8440 -or- 614.795.0626

Cost: All insurances accepted. We will bill your insurance for group therapy.

You will be responsible to pay your co-pay or deductible. If you have no insurance, the cost is \$40.00 per 1.5 hour group session.



Karen Kruzan

K² Organizing, LLC

No Judgment. Just relief.™

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Dr. Dennison

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Strength

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