

Fresh Start: Families*

Therapy group for people affected by the cluttering and/or hoarding of someone close
"Families" includes non-relatives who care

Dennison Associates, Inc. and K² Organizing, LLC work together to bring you a unique experience to help you understand chronic disorganization and hoarding. This psychotherapy group is facilitated by Barbara Jo Dennison PhD, LISW-S, a therapist specializing in trauma and wellness and Karen Kruzan, LISW-S, CPO-CD®, a therapist and Professional Organizer specializing in chronic disorganization and hoarding.

The cost of this group can be billed to insurance with your consent. In order to do this, you will need to have recently completed a diagnostic evaluation to assess symptoms and determine if those symptoms meet the criteria for a diagnosis.

- ⇒ **If you are in therapy, we simply need signed consent to retrieve that information from your therapist.**
- ⇒ **If you are not in therapy, you can either schedule a diagnostic evaluation with one of us or pay the cost without insurance being billed.**

How Disorganized Is the Space?

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

Why Does It Happen? Cognitive Factors

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

Why Does It Happen? Emotional & Physical Factors

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

What Role Does Personality Type Play?

- ◆ Myers-Briggs
- ◆ DISC

Where Do I Go From Here?

- ◆ Managing Stress
- ◆ Group Feedback
- ◆ Helping



Dates and Times: Saturdays 12:00 – 1:30 p.m.
Sept. 10th, 17th, and 24th, and Oct. 1st

Location: Dennison Associates, lower level
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 are not using 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

Dennison Associates Inc.
Building Families and Sharing our Strength

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