

# 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 K<sup>2</sup> 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



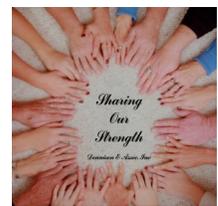
**Dates and Times:** Saturdays 12:00 – 1:30 p.m.  
Dates To Be Determined

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

### **Registration:**

Email: [info@dennisonassociatesinc.com](mailto:info@dennisonassociatesinc.com) -or- [kkruzan@k2organizing.com](mailto: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

### **K<sup>2</sup> Organizing, LLC**

No Judgment. Just relief.™

614.795.0626

[kkruzan@k2organizing.com](mailto:kkruzan@k2organizing.com)

[www.k2organizing.com](http://www.k2organizing.com)



Dr. Dennison

**Dennison Associates Inc.**  
Building Families and Sharing our  
Strength

614.888.8440

[info@dennisonassociatesinc.com](mailto:info@dennisonassociatesinc.com)

[www.dennisonassociatesinc.com](http://www.dennisonassociatesinc.com)