

The Seasons of Change™: Five Steps to a More Organized and Functional You™

Trainings*Presentations*Consultations



The goal of The Seasons of Change™ Seminar is to facilitate a greater awareness and understanding of the effects of clutter and disorganization on daily life, to improve the quality of life for those who struggle with clutter and disorganization, and to reduce and/or eliminate those effects to improve daily functioning using an effective five-step program. The Seasons of Change™ Seminar will provide in-depth information and assistance in understanding the complexities of clutter and disorganization-including the psychology, consequences and effects, and treatment options.

Training Content

The information is presented in highly interactive sessions that cover a range of information including: identifying clutter and disorganization signs and symptoms, understanding the impact, the psychology of clutter and disorganization strategies and best practices for dealing with clutter and disorganization. Trainings have been designed based on the needs of and tailored to various target audiences. Pre-and post-tests, small group activities, videos, role plays and Q&A may be incorporated into the training to ensure mastery of the concepts and information presented and that various learning styles are addressed. Additional resource information is provided electronically to participants.

Training Objectives

After the training, participants will...

- Be able to identify the signs of clutter and disorganization
- Be able to identify common causes of clutter and disorganization
- Understand how clutter and disorganization may affect the individual, family and community
- Be able to identify techniques and strategies to help with clutter and disorganization

Target Audience

We strive to increase the awareness of clutter and disorganization, as well as the rate of successful interventions, through education. The trainings, presentations and consultations were created for individuals and groups who seek to better understand the effects of clutter and disorganization on their lives and for those who have interactions and/or working or therapeutic relationships with someone who deals with clutter and disorganization. Trainings are designed to be relevant for individuals, families and organizations.

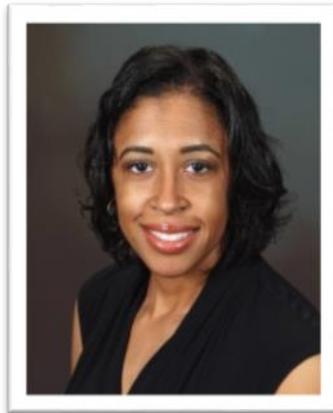
Training lengths can be tailored to the needs of specific groups upon request.

About Us

Dr. Darnita L. Payden. The Seasons of Change™ founder Dr. Darnita L. Payden, has a Ph.D. in Counseling Psychology, with 25 combined years of training, teaching, leadership, counseling, and consulting experience, locally and nationally. She provides trainings, presentations and consultation services that are solution focused. Her informative, compassionate, non-judgmental and attention to detail approach is highly effective in raising awareness of the impact on clients, family members, and professionals who must interact with those dealing with clutter or disorganization. The goal of Dr. Payden's holistic approach is to allow clients, family members, and professionals to fully comprehend the complexities of clutter and disorganization, yet interact with those affected by these issues in the most compassionate and effective manner. She is the owner/Executive Director of Dr. DClutter™ Life Management, currently serves as the Hoarding Expert/Consultant for the District of Columbia Government and is also a featured expert on Lifetime's television show, *Hoarders*.

Contact

Please contact us for more information or to schedule a training, presentation or case consultation. We will work with you to determine the best training format, location and schedule to fit your needs and budget. We are happy to tailor the information for individuals and groups.



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