

Virtual: Consultation for Individuals and Families

Improving Your Organizational Skills

Our BLT Method™ (Behavior, Language and Thinking) produces long-lasting results.



Dr. Darnita L. Payden

Owner and Executive Director

Dr. DClutter™ Life Management

Contact: DrDClutter@DrDClutter.com

202-652-1905 (Office)

DrDClutter.com

ABOUT US

Dr. DClutter™ is the premiere, elite life management company, with the goal to help YOU live an organized and functional life.

We serve clients virtually who desire experience, confidentiality and trust, have discriminating tastes and high standards.

We help you overcome the obstacles that block you from living your most organized and clutter-free life!



OUR FOUNDER



DR. DARNITA L. PAYDEN
OWNER AND EXECUTIVE DIRECTOR

- *Dr. Darnita L. Payden has a Ph.D. in counseling psychology and over 30-years of experience.*
- *Featured Hoarding Expert on the Emmy nominated show "Hoarders"®.*
- *Past Hoarding Expert, Office of the Deputy Mayor for Health and Human Services and DC Office on Aging.*

An Organized and Functional Life is Our Goal™.
We don't judge. We help™.

THE PROBLEM

*Clutter (stuff) is a problem.
Disorganization (poor productivity) is a
problem.*

- *Both consume not only your space, but your behaviors, language and thinking.*
- *Both rob you of joy and from completing projects.*
- *Both overwhelm and rob you and your family of precious time, as well as costing you and your family money and productivity!!*

Did you know:

- *Time is one of the most valuable commodities after your family??*
- *You and your family can lose as much as \$40,000 or more a year of wasted money as a result of disorganization??*
- *Clutter can affect anxiety levels, sleep, and ability to focus??*
- *Both clutter and disorganization can also make you and your family less productive, triggering coping and avoidance strategies??*

Why does this matter to you?? It matters because it causes problems in your life, affects your health, home and work life, and can lead to higher levels of anxiety, stress and and cost you money!!

SOUND FAMILIAR?

Have you or your family expressed any of the following?? Do you suspect any of these might be issues??

- *Life feels out of balance and control.*
- *Feeling overwhelmed.*
- *Dealing with or suffering from negative behaviors, language or thoughts.*
- *Late for every event or never complete projects.*
- *Fear of judgement if people find out how “cluttered and disorganized” life really is.*



BENEFITS FOR YOU!

This program will benefit you!! You will work virtually with Dr. Darnita L. Payden, in a confidential and non-judgmental manner. Dr. Payden will develop a personalized plan for you and/or you and your family, either one-on-one or in a small family group setting. This program will help you and your family regain control of your disorganized lives.

Dr. Darnita L. Payden will help you and your family:

- Bring harmony back to life and the environments where the majority of your time is spent.*
 - Bring control back to allow the ability to live life to its fullest potential and improve your ability to manage life and your home.*
 - Help save time, save money, reduce stress and increase productivity by identifying disorganization in your life.*
 - Help you to understand the “how” and “why” clutter and disorganization started, so that you can implement strategies and techniques to overcome it.*
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THE SYSTEM

- *Assessment*-Help you and your family recognize areas of clutter and disorganization to better maintain the successful transformation that we can help you achieve.
- *Actionable*-Help you and your family identify areas that are negatively affecting your behavior, language and thinking.
- *Create and Implement*-Design a personalized GPoA™ (Goal Plan of Action™), using proven strategies and techniques.
- *What makes us different? It's our BLT Method™!!*
We focus on the *BLT Method™* (Behavior, Language and Thinking) to produce long-lasting results to help bring clarity to you and your family. We offer strategies and techniques which can be implemented quickly using the *BLT Method™*.

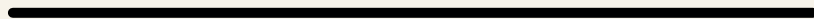
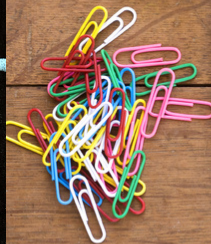


SERVICES

- *Virtual client sessions are tailored to meet your specific needs, whether, individual, family or group, all from the conveni of your chosen space.*
- *Virtual client sessions are offered in packages of 6 to 16, lasting between 40 to 50-minutes.*



Solutions



*“A generous person will prosper;
whoever refreshes others will be refreshed.”*

THANK YOU!!

*WE LOOK FORWARD TO WORKING
WITH YOU.*



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