

Lamorinda OUR HOMES

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Organization for the Naturally Disorganized

By Sophie Braccini



Christine Dodier (right) and "Jennifer" organizing the computer files.

Photos Sophie Braccini

The beginning of the year is a great opportunity to look at things with a fresh perspective and decide to improve one's life. One area is the organization of the home. For some, this is a simple process that can take a couple hours by defining a private space, adding shelving, or filing cabinets. For others who might be

stressed by a busy professional life, are going through a tough life transition, or are naturally disorganized, it is a major hurdle, especially for the long term.

One local resident, who asked to be called "Jennifer" for this article, decided she needed extra help to get a handle on things and move forward

with her life. Letting go, clearing up space, and putting simple systems in place made a major difference for her.

The retired stress management professional, who had traveled the planet, was at a point where she was no longer able to let go of material things around her. "It was like giving away some of my life," she said. After the loss of her husband, and raising a disabled child, then downsizing to a smaller space, Jennifer had the feeling that her brain was like a messed up ball of yarn, "like when a kitten has been playing with it," she said, "and I needed help slowly pulling the strings one after the other and getting a handle on things."

She found the help she needed with Christine Dodier, an interior designer and personal assistant who owns Spaces in Place in Lafayette. Dodier started working with Jennifer a few hours every week, reorganizing the space and setting in place what she calls simple systems.

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