

Individual Matters

Discover.
Act.
Grow.

Newsletter — July 2023 Issue

Occupational Therapy

“Play is really the work of childhood.”

- Mr. Rogers

This month, we interview two experts about sensory functioning and how occupational therapy (OT) can help children develop these skills.

Click below to watch or listen.

Beyond the Eye Chart: Why Vision Matters

Dr. Jennifer Fortuna, PhD, Assistant Professor of Occupational Therapy, Colorado Mesa University, Grand Junction, CO.

Visual functioning affects all aspects of child development: play, learning, and socializing. It involves much more than just reading letters on an eye chart. Learn how and why visual development matters, symptoms that

parents and teachers should look for, and how dysfunction is assessed and treated in OT.

To listen/watch, click [HERE](#).



Sensory and Behavior: The Vestibular System

Kathy Den, OTR/L, *Individual Matters*, Grand Junction, CO.

The vestibular system shapes our identities in subtle but definable ways. While children generally won't outgrow a sensory processing problem, the good news is that they generally respond very well to therapy.

To listen/watch, click [HERE](#).



What is Occupational Therapy? Explained to Kids in 90 Seconds.

Ready Kids

A quick introduction to OT that your child can watch before they start services.

To listen/watch, click [HERE](#).



What topics do you want to learn more about?
Let us know by taking a brief survey.

[Click HERE to complete survey.](#)

News and Events

Group Therapy

Group therapy and psychoeducational skills groups for individuals with developmental and intellectual disabilities (DD/ID). Group facilitators are trained and experienced therapists who are passionate about helping every individual reach their full potential!

Topics and skill areas include:

- Relationship and Social Skills
- Adaptive Functioning
- Self-Advocacy
- Executive Functioning
- Goal Setting
- Coping Skills
- Emotional Regulation
- Self-Care and Mindfulness



If you or someone you work with is interested, please reach out:

Phone: 970-628-5589

email: office@individualmatters.org

Have a wonderful July 2023!

All the best,



Dr. Katrina Katen
Clinical Psychologist



Andrew Katen
Executive Director



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