

Individual Matters

Discover.
Act.
Grow.

Newsletter — June 2023 Issue

Conquer Your Fears

“The cave you fear to enter holds the treasure you seek.”

- Joseph Campbell

Our fears may differ, but we all have them. Whether big or small, real or perceived, *our fears keep us from whatever we most desire.*

These fears live as “dragons” within the caves of our own beliefs.

If we are to reach our full potential, we must enter this cave, face the dragons, and slay them. Only then can we leave our “old” selves behind and live the lives we are meant to live.

This month, we share 3 podcasts to help you slay your “fear dragon”:

Conquer Your Fears One Step At a Time

Matt Price, *Priceless Coaching*, Grand Junction, CO.

Your journey is like a puzzle. Look for the corner pieces first and take small steps toward the “big picture” you desire.

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

Anger and Fear: What’s Really Going On With My Child

Dr. Katrina Katen, Psy.D., *Individual Matters*, Grand Junction, CO.

Fear often manifests as anger. Recognize why children or students may become angry. Learn strategies to help them work through these issues.

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

How to Overcome Fear of Failure

Jim Kwik, *Kwik Learning*

“If you fuel your life by the expectations and opinions of others, you will eventually run out of gas.” Moving past the analysis-paralysis of what others may think.

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 happy and *courageous* June 2023!

All the best,



Dr. Katrina Katen
Clinical Psychologist



Andrew Katen
Executive Director



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