

Individual Matters

Discover.
Act.
Grow.

Newsletter — November 2023 Issue

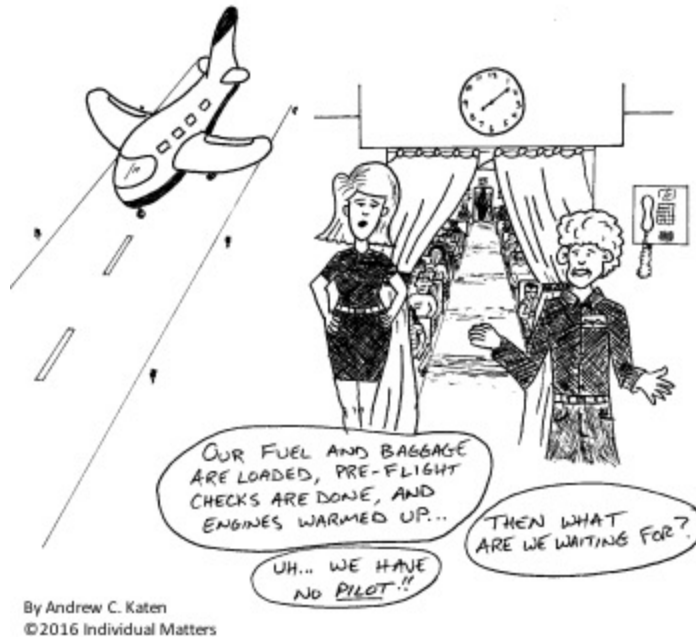
Executive Functioning

“Executive functioning is not about knowing things. It’s about using what you know for effective performance in life — for social, occupational, and educational effectiveness.”

- Russell Barkley, Ph.D.
Clinical Psychologist

Executive functioning (EF) skills are crucial to success. These include getting started, planning, organizing, managing time, staying focused, regulating effort and emotion, working memory, and shifting attention.

Sometimes, EF is compared to the “pilot” of a plane.



Deficits in EF are very common. While they frequently occur in individuals with neurodevelopmental disorders (learning, ADHD, autism, etc.), these problems impact individuals of all ages, backgrounds, and abilities. Developed early in life (by age 25 or so), the associated struggles continue into adulthood, where they impact work, relationships, and daily activities.

The good news is that EF skills can often be learned... or at least, the deficits can be managed.

This month we share a series for *supporting children with executive functioning*:

5R Solutions for Everyday Living: A Series on Executive Functioning

Part 1: Introduction: Why EF Matters

[Watch](#) or [Listen](#)_{or}

Part 2: Reframe and Redefine

[Watch](#) or [Listen](#)

Part 3: Reduce

[Watch](#) or [Listen](#)

Part 4: Rhythm and Routine

[Watch](#) or [Listen](#)

Part 5: Rewards and Reinforcers

[Watch](#) or [Listen](#)

Part 6: Review and Recharge

[Watch](#) or [Listen](#)

Have a question related to child development, learning, or behavior? Submit it here (anonymously), and we'll answer it next month.

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

Wishing you a happy and healthy Fall 2023!

All the best,



Dr. Katrina Katen
Clinical Psychologist

Andrew Katen
Executive Director



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