

Individual Matters

Discover.
Act.
Grow.

Newsletter – October 2023 Issue

ADHD and Executive Functioning

“A person becomes a genius to the extent that she stays in alignment with her greatest gifts.”

- Lara Honos Webb, Ph.D.
The Gift of Adult ADHD

Although Attention-Deficit/Hyperactive Disorder (ADHD) is a household word, there are lots of misconceptions about the disorder.

This month we explore common myths about ADHD and its connection to the brain’s management (or “executive functioning”) system. Scroll down to learn more!

10 Myths About ADHD

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

Dr. Katen dispels 10 common myths about ADHD, including:

- 1) ADHD is a behavioral or attention “deficit” problem
- 2) There is a single test for diagnosing ADHD.
- 3) ADHD looks the same in everyone

Click [HERE](#) to read.



A Closer Look at ADHD

Thomas E. Brown, Ph.D., Psychologist, *Brown Clinic for Attention and Related Disorders*, Manhattan Beach, CA.

Here’s everything you need to know about ADHD in children: the diagnosis, symptoms, treatment options, and medication. Dr. Brown points out that ADHD is not a behavior problem - it has far more to do with the brain’s management system.

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



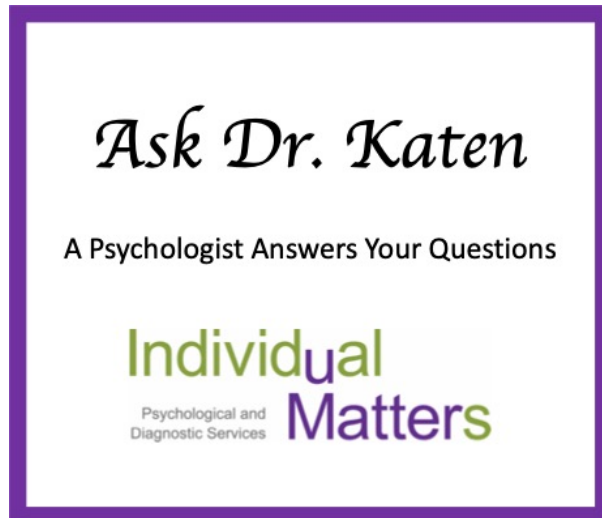
Ask Dr. Katen

Last month's newsletter contained a survey called "Ask Dr. Katen" that solicited your questions about child learning, behavior, and development.

This month, Dr. Katen answers your questions:

- 1) Will my school tell me if my child is struggling?
- 2) Does an ADHD diagnosis mean my child needs medication?
- 3) What can be done about executive functioning problems?

To read, click [HERE](#).



Click [HERE](#) to submit your question to Dr. Katen.

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 October!

All the best,



Dr. Katrina Katen
Clinical Psychologist



Andrew Katen
Executive Director



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2530 E. Foresight Circle
Grand Junction, CO 81505

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