

Individual Matters

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Newsletter — April 2026 Issue

Return to Mancos - New Release!

A Message from Dr. Katen

Dear Friends & Families,

My newly published novel, [*Return to Mancos*](#), is now on [Amazon!](#) YAY!!

I am very excited...and also feeling a little vulnerable.

Over the years, I've had the privilege of watching so many of my clients do brave things—step out of their comfort zones, take risks, pursue dreams, and go after the lives they want, even when it feels uncertain or scary. We all have gifts to share with the world. Maybe that is why we call them gifts—they are meant to be given away. And yet, so many of us hold back. We hide our ideas, our creativity, our stories... and often the best parts of ourselves.

RETURN TO MANCOS

A Heart-Warming New Novel
by Psychologist Katrina Katen

Dr. Lexi Logan's carefully planned psychology career takes an unexpected turn when she accepts a position at a nursing home. Far from the future she once imagined, Lexi begins her work feeling uncertain and out of place. But as she moves through quiet hallways and forms unlikely connections, she uncovers moments of grace—shared laughter, quiet courage, and encounters that reshape her heart and her understanding of what truly matters.

Get ready to be moved by a story that proves the most profound journeys often happen where you least expect them.

Available on Amazon

Hardcopy, soft cover, and ebook



Putting a book out in the world doesn't come with real danger like swimming with sharks or going into battle—yet it does feel like a small but important victory over the inner critic. A victory over old patterns of fear and staying comfortable. A farewell to the "someday club."

“Parts of her story—and many of the characters she meets—were shaped by real moments, real people, and experiences that meant something to me.”

The characters in [Return to Mancos](#) and the serendipitous interweaving of their lives have been living in my head for nearly 15 years—like a seed waiting for the right moment to grow. Lexi Logan is at the heart of the story—a young psychologist trying to figure things out. Her journey is heartfelt, funny, and emotionally relatable. A little messy, quietly strong, and disarmingly sincere—there's something about her that feels both raw and deeply good. She feels very

real to me, because in many ways, she is. Parts of her story—and many of the characters she meets—were shaped by real moments, real people, and experiences that meant something to me.

I didn't grow up dreaming of being a writer. I set my sights on being a psychologist in 10th grade and never looked back. Early in my career, I worked in nursing homes where I met some of the wisest, funniest, most remarkable people. The kind of people who stay with you.

I hope, after you read it, you walk away feeling a little more connected—to yourself, to others, and to the quiet, meaningful moments that remind us the ordinary is often quite extraordinary!

In closing, if you've been holding onto your own "someday" idea...I invite you to go for it! Be brave. Be bold. Be you.

Warmly,
Katrina Katen

RETURN TO MANCOS - Available on Amazon

“Life changes shape. Doesn't mean it gets smaller.
Sometimes it just gets... stranger.”

– *Return to Mancos*, by Katrina Katen

Have a wonderful April!



Dr. Katrina Katen
Clinical Psychologist



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Executive Director



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