

# Individual Matters

Discover.  
Act.  
Grow.

• **Newsletter – May 2026 Issue**

## What If We Are Missing the Starting Point?

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When a child is struggling, adults often rush to the next step.

Therapy. Tutoring. Medication. Behavior plans. More discipline. More support at school.

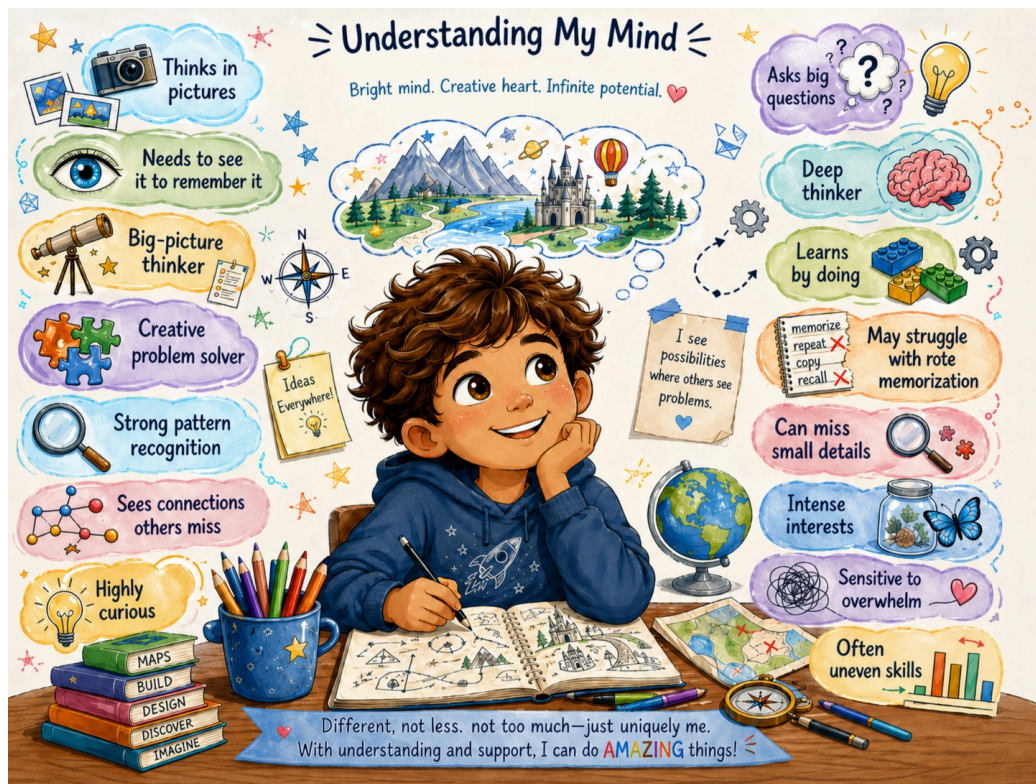
Sometimes those services are exactly what a child needs. But without understanding how the child's mind actually works, too many questions remain unanswered.

- 👉 Is the child truly not paying attention – or are they overwhelmed by visual, auditory, or other sensory processing demands that make it hard to focus?
- 👉 Are they refusing to write – or is writing too slow and effortful?
- 👉 Are they anxious because of emotions – or because school demands keep exposing hidden weaknesses?
- 👉 Is the child underperforming because they are not trying – or because their strengths and challenges are uneven?

- 🖱️ Are they being oppositional or “lazy” – or are executive functioning weaknesses making it harder to regulate behavior, organize themselves, remember instructions, and be flexible in their thinking?
- 🖱️ Are they “bored” because the work is too easy – or too hard?



This is where IQ (or cognitive functioning) testing becomes so important—and also where it is often misunderstood.

- ❌ IQ is *not* just one score, a label, or a judgment of a child’s worth or future.
- ✅ When done well, IQ testing helps identify meaningful patterns in how a child thinks, reasons, processes information, solves problems, remembers directions, and manages mental effort.



Neurodevelopment, including IQ functioning, is often at the root of what we see in learning and behavior. A child’s cognitive profile gives us a benchmark. Once we understand

their reasoning, working memory, processing speed, verbal skills, and visual problem-solving, we can better understand academic scores, attention concerns, emotional reactions, school struggles, and daily behavior so that we can pinpoint appropriate supports.

-  *Without* IQ testing, we may treat the surface problem (the “what?”) – while missing the deeper pattern (the “why?”).
-  *With* IQ testing, the question changes from “What is wrong with this child?” to “How does this child’s brain work, and which supports actually fit?”

In her latest blog post, Dr. Katen shares the [“Top 5 Myths About IQ Testing”](#) and why it can be one of the most useful first steps when a child is struggling at home or school.

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**Don’t Forget — Dr. Katen’s New Novel is Now Available!**

# 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



*RETURN TO MANCOS - Available on Amazon*

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“Not until we are lost do we begin to understand ourselves.”

– Henry David Thoreau

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Happy May!



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Clinical Psychologist



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