

Individual *Discover. Act. Grow.* Matters

• **Newsletter — February 2026 Issue**

Self-Awareness, Emotional Growth, and What's Ahead in 2026

A Message from Dr. Katen

Dear Friends & Families,

I'm back to offering [counseling and life coaching](#), and I couldn't be more excited!

Over the years, I've learned something important: we don't always have to dig into the past, dissect every problem, or blame our upbringing to create real change. True magic happens when we uncover hidden gifts, re-write faulty narratives, and find ways to follow our bliss!

Yes, we might cry sometimes along the way — but there will also be laughter, surprising insights, and those “Aha!” moments that help us remember our truth. This work isn't just about fixing a problem...it is about curiosity, joy, and helping you unlock your own version of “leveling up.”

Whether you want to help your child see their greatness, deepen a loving relationship, or bring more spark and purpose into your own life, I'd love to walk alongside you on your journey!

[Reach out to our office](#) for details or to get scheduled.

- Dr. Katen

Coaching Corner

Emotions: Little Lights on Your Life's Dashboard

Most of us treat emotions like problems.

Anger? Bad.

Sadness? Fix it fast.

Anxiety? Make it stop.

But what if emotions are not the problem at all?

What if emotions are more like the gas gauge on your car?

When the gas light comes on, you don't yell at the dashboard. You don't cover it with tape and hope for the best. You think, "*Oh. I need gas.*" The light isn't the problem that needs fixing. It's the helpful signal that points directly to the solution.

Emotions work the same way. Next time a big feeling comes up, [here's what to do.](#)

Announcements

Coming Soon: **RETURN TO MANCOS**

A Heartwarming New Novel by Dr. 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.

A story that proves the most profound journeys often happen where you least expect them.

Stay tuned for details about how to purchase, book signing events, and more!

The Individual Matters Podcast

We recently talked with Talor Stewart, architect & author of "Conscious Home Design", about how the environments we live in directly influence our happiness, health, relationships, learning, and overall sense of meaning. This conversation is perfect for anyone interested in self-improvement, optimized living, intentional design, or creating a home that truly supports a full and balanced life.

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Upcoming Events

2026 Learning & Child Development Conference

Traditionally, we've held our annual conference in the spring. However, in 2026 we're postponing this event until fall to give us more time to collaborate with some wonderful new partners and to better align with everyone's schedules — especially as families and educators juggle the busier spring and summer months.

We're really looking forward to making this fall's gathering even more meaningful and accessible. [Stay tuned for details](#) on dates, themes, speakers, and registration — we promise it'll be worth the wait!

“Life changes shape. Doesn't mean it gets smaller.

Sometimes it just gets... stranger.”

– *Return to Mancos*, by Katrina Katen

Have a wonderful February!



Dr. Katrina Katen
Clinical Psychologist



Andrew Katen
Executive Director



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