



## Psychological Assessment: Frequently Asked Questions (FAQ)

- ***How can a psychological assessment help me or my child?***

A psychological assessment or evaluation provides an in-depth understanding of a person's cognitive, academic, executive functioning/attention and concentration skills, and emotional/personality functioning. Psychological assessments are often used to determine a person's appropriate diagnosis--be it attention deficit/hyperactivity disorder (ADHD), a learning difference, autism spectrum disorder, an anxiety disorder or mood disorder, or PTSD or stressor-related disorder, for example. Beyond diagnosis, a psychological assessment can help you learn more about your mind, your patterns of thinking, your way of being with other people, and your strengths and growth areas.

- ***What happens after I or my child have been provided a diagnosis?***

Once you or your child have received a diagnosis, you or your child will receive detailed recommendations for therapeutic treatment (examples include individual psychotherapy, family therapy, psychiatry services, occupational therapy, speech therapy, etc.); recommendations for the school or occupational setting, including recommended accommodations for testing; and resources for home and parenting, if applicable.

- ***What is the process for a psychological assessment?***

Step 1. After a consultation call to get a better understanding of you or your child's needs and the questions you would like to have addressed by the assessment, we would schedule a clinical interview/intake with just caregivers to obtain all necessary background information and history, as well as to learn more about your own observations of your child in various settings. The interview is about 60 minutes long and can be completed either in person or by secure telehealth video conference.

Step 2. Following a clinical interview with caregivers, your child or adolescent would come into the office to complete his/her/their own 60- minute clinical interview and to complete some initial assessments.

Step 3: Next, your child would complete two days of testing at approximately 2.5-3 hours each day. These testing administration days include a series of psychological tests designed to assess different facets of reasoning, problem solving, memory, attention, reading, writing, mathematical ability, and speed of processing information. I select specific assessments depending on the referral question and what you or your child would like to know.



Step 4: I would send home questionnaires to be completed virtually, in addition to sending questionnaires to teachers at school who can speak to their impressions/observations of your child in the school setting. These questionnaires would be incorporated into the psychological testing report.

Step 5: Approximately 4-6 weeks after the testing administration is completed, you or your child will have a full psychological testing report, diagnosis and summary, and recommendations for home, school/occupational settings, and additional resources.

Step 6: Finally, we will have a feedback meeting to discuss results, findings, and review which treatments or therapies are recommended for you or your child. I will also provide referrals as needed to additional providers.

