

What to Expect:

Psychological Testing

Psychological testing assesses an individual's behavior, personality, emotions, and capabilities to try to identify and understand what is happening in someone's life that may be inhibiting their ability to achieve, behave, or feel in a more appropriate or constructive way.

PSYCHOLOGICAL TESTING DETAILS

Who is eligible?

- ▶ Testing is offered for individuals ages 3 and up
- ▶ Testing can benefit clients who need:
 - o Help clarifying a diagnoses, providing insight, and understanding strengths
 - o Recommendations to help with specific difficulties or concerns, as well as identify weaknesses, appropriate referrals and resources
 - o Information provided to treating physicians with regard to prescribing medication
 - o Help with the development of treatment plans
 - o Direction due to struggling at school or work
 - o Help with the development of IEPs and 504 Plans, or to determine if they qualify for other school services
 - o Tools to use in therapy if they are feeling stuck
 - o To identify possible focus and attention issues
 - o Help addressing possible self-care concerns
 - o To identify a possible Autism Spectrum Disorder and address social difficulties
 - o Help with applying for social security benefits
 - o To identify possible developmental delays or cognitive impairments/concerns, such as Traumatic Brain Injury or memory issues
 - o Court-ordered psychological testing, such as a Psychosexual Evaluation
 - o To assess for a possible intellectual disorder
 - o Evaluation required for employment, such as training police officers
- ▶ Most health insurance plans, including Medical Assistance and pre-paid Medical Assistance plans cover psychological testing

What can I expect?

- ▶ Patients will be scheduled with an hour clinical intake interview appointment, (followed by either one or two 2-hour testing sessions on different days), which will be scheduled after the intake
- ▶ Neuropsychological evaluations may consist of either two 3-hour testing appointments or three 2-hour testing appointments. The first testing session is typically scheduled no sooner than 12-15 business days from intake
- ▶ Following the completion of testing the patient will return for a results session in which the evaluation report will be provided and reviewed. This is scheduled more than 2 weeks from testing to allow for completion of report
- ▶ The final report includes background information, test results, a summary and explanation of diagnose is made, and recommendations
- ▶ Some insurances require prior authorization before testing can take place

What types of evaluations are offered?

- ▶ ADHD evaluations for ages 6+
- ▶ Clarification of mental health diagnoses
- ▶ Identifying personality disorder traits
- ▶ Neuropsychological evaluations at select clinics
- ▶ Learning disorder evaluations
- ▶ School-related evaluations for early entrance into kindergarten or to qualify for other school services/programs, such as gifted talent program, 504 Plan, IEP
- ▶ Autism Spectrum Disorder evaluations
- ▶ Bariatric evaluation or pre-surgery required assessments or evaluations
- ▶ Select forensic evaluations including psychosexual evaluations
- ▶ Evaluations required for employment

MORE INFORMATION

Read about our full program at:
www.nystromcounseling.com

If you feel you would benefit from a psychological evaluation, please call the clinic nearest you for more info or to make an appointment:

Apple Valley 952-997-3020	New Brighton 651-628-9566	Maple Grove 763-274-3120	Coon Rapids 763-767-3350	Woodbury 651-714-9646	
Bloomington 952-854-5034	Eden Prairie 952-746-2522	Duluth 218-722-4379	St. Cloud 320-253-3512	Otsego 763-746-9492	Baxter 218-829-9307