

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.

Program Details

Who is eligible?

- ▶ Testing is offered for individuals ages 3 and up
- ▶ Testing can benefit clients who need:
 - Help with the development of treatment plans
 - Tools to use in therapy if they are feeling stuck
 - To assess for a possible intellectual disorder
 - Help with applying for social security benefits
 - Help clarifying a diagnoses, providing insight, and understanding strengths
 - Recommendations to help with specific difficulties or concerns, identify weaknesses and appropriate referrals/resources
 - Information provided to treating physicians with regard to prescribing medication
 - Help with the development of IEPs and 504 Plans, or to determine if they qualify for other school services
 - To identify a possible Autism Spectrum Disorder and address social difficulties
 - To identify possible developmental delays, cognitive impairments/concerns, such as Traumatic Brain Injury
 - 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

How do I prepare for the Intake Appointment?

- ▶ Complete the intake paperwork within 48 hours of receiving the registration email.

What can I expect?

- ▶ Patients will be scheduled with an hour clinical intake interview appointment, where your provider will determine if you will be scheduled for one long testing session (4-5 hours for general psychological testing, 6-7 hours for neuropsychological testing) or two or more shorter testing sessions (2-3 hours).
- ▶ Intake interview appointments for children 12 and under is for parents only. Children should not attend. Children and parents will attend each testing appointment scheduled after the intake interview appointment.
- ▶ 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 about 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+
- ▶ Identifying personality disorder traits
- ▶ Learning disorder evaluations
- ▶ Evaluations required for employment
- ▶ Bariatric evaluation or pre-surgery required assessments or evaluations
- ▶ School-related evaluations for early entrance into kindergarten or to qualify for other school services/programs, such as gifted/talented program, 504 Plan, IEP
- ▶ Clarification of mental health diagnoses
- ▶ Neuropsychological evaluations at select clinics
- ▶ Autism Spectrum Disorder evaluations