



UNDERSTANDING PSYCHOLOGICAL/PSYCHOEDUCATIONAL TESTING

When Someone Should Seek Out An Evaluation?

- Many individuals are unsure when to seek a psychological or psychoeducational evaluation; however, participating in a comprehensive assessment can help in understanding behaviors, personality, educational, and mental health concerns. Such evaluations can be used to assess the following problems: attention deficits; depression; anxiety; adjustment problems; learning disabilities; developmental delays; anger; and personality issues.
- Participating in an evaluation can help someone better understand what is contributing to specific life challenges, whether occurring at school, home or at work.
- This process also can be extremely helpful to treatment providers, such as school personnel, therapists, or a psychiatrist, by providing valuable information about diagnosis or helping to determine which interventions are likely to be most beneficial.
- Psychological and psychoeducational assessments often are very complex because many common behaviors, such as inattention, hyperactivity, anger, and defiance can present for a variety of reasons. When it comes to children, there is significant symptom overlap among childhood psychiatric disorders and conducting a comprehensive evaluation can help to clarify diagnosis.
- The overall benefits of psychological and psychoeducational testing can include: early identification and intervention; enhancing current treatment; diagnostic clarification; and providing recommendations to assist the individual.
- The decision to participate in psychological testing is an important one. While yielding highly valuable and useful information, it can be an extensive endeavor with respect to time and cost.

What Happens During An Evaluation?

- Psychological or psychoeducational testing is an evaluative process by which a licensed psychologist uses various standardized test instruments to assist in determining the emotional, behavioral, cognitive, academic, or personality variables that contribute to an individual's overall functioning.
- Psychological evaluations examine an individual's history (i.e., academic; medical; social; family; mental health; and so on), as well as includes behaviors observed during testing and test results, to provide diagnosis and treatment options.
- During the testing process, a psychologist meets with the individual and/or parents to discuss the current concerns and the reason an evaluation is being requested. This ensures that a comprehensive psychological or psychoeducational evaluation will be most useful and helps to guide what measures are administered.
- The following steps occur when psychological or psychoeducational testing is deemed necessary:
 - Several testing sessions occur that last approximately two to three hours each; however, this varies depending on the age of the individual and the referral question.
 - The psychologist scores all test data and notes all behaviors observed while interacting with the examinee, as well as analyzes and integrates test findings.
 - A feedback session is scheduled to review all test results. Diagnosis and recommendations are discussed as well.

Please call us and we can help you determine if a psychological or psychoeducational evaluation could be helpful and to answer any specific questions you may have!