

Preparing Your Child / Teen for Assessment Sessions

Here are some general suggestions to best prepare your child / teen for evaluation sessions:

1. Children and teens get "groggy" and tired in the afternoon and are generally at their best in early / mid mornings or afternoons. Your psychologist most likely will recommend that assessment sessions start in the morning. Please ensure that your child / teen go to bed early and comes to the assessment well rested. We ask that you keep any toys or electronic devices belonging to your child/ teen in your possession during assessment sessions.
2. Your psychologist is well trained in making the assessment process as interesting and engaging as possible for your child / teen. For the vast majority of children / teens, this process is not stressful and many often leave telling their parents, "That was fun!"
3. For younger children, we require parents / guardians to stay in the office. In some rare circumstances, we may ask the caregiver to be present in the assessment room with their youngsters while your psychologist builds trust. Whereas how a child "separates" from a caregiver may be part of our evaluation, we ask that caregivers allow their psychologist to assess your child alone in their office. For older children and teens, we ask that you be available by cell phone and pick up your child for prearranged lunch and / or break sessions.
4. On average, the 2-5 hours of assessment time is just the "tip of the iceberg" in terms of your psychologist's time commitment to your child's assessment. Many hours will be spent integrating background history, behavioral observations, prior testing results, school records, your view of your child, and complex testing data into an integrative testing report. You will be told during your intake with your psychologist when the assessment report will be ready. A date and time will be arranged for the 1-2 hour assessment feedback session, based on the estimated completion of the report.
5. During your feedback session with your psychologist to review the report, your psychologist will discuss recommendations and possible treatment plans utilizing resources (i.e. therapy, remedial etc.), or other medical, educational, and /or mental health professionals in our community. Use this time to become an expert advocate for your child's educational and emotional needs. For the vast majority of caregivers, the feedback session is a very educational, therapeutic, and sometimes life changing experience.