



How Do I Know if a Psychological Evaluation (a.k.a. Psychological Testing) is Right for Me or My Child?

Psychological evaluation is when a unique group of tests is put together, which are meant to help assess a certain person's functioning in a variety of areas. Information about a person's strengths and needs in developmental, educational/academic, social, and emotional areas, is gathered during this process. A report is then written up to help clarify what all of the results mean. Most importantly, an integrated summary, often with diagnostic impressions (where diagnoses are identified) and specific recommendations for the home, school, therapeutic, and other environments is provided. A designated time to review the information together will be scheduled after all of the testing, scoring, interpretation, and write up is complete; this is called a feedback session.

The following scenarios or concerns may indicate that a psychological evaluation is right for you:

1. You have been in therapy awhile and the origin of the problems you are having is still unclear.
2. Therapeutic or other support avenues have not been yielding the desired results, and you would like to have more specific recommendations for appropriate supports or in what direction to head toward health and wellbeing.
3. You have thought about psychotherapy but are not sure what direction it should take, or what the real problem actually is.
4. Knowing about intellectual abilities or weaknesses (a.k.a., IQ, including giftedness or disability) is important for educational support reasons.
5. Knowing about specific learning styles, differences, and disabilities is important for educational and general life support reasons.
6. The school has not able to provide testing for your child but you believe this is important to identify what they truly need for success.
7. You feel that it is important for you to understand what specific factors lie at the bottom of challenges that have been showing up in relationships, academic or work motivation or productivity, and/or owing to a variety of impulsive, dysregulated, or problematic behavior.

***Please note: It is best to first be evaluated for physical or medical problems that might be related to the challenges of concern.** For example, having eye sight and hearing tested, or blood tests to assess for hormonal imbalance, are common precautions to take prior to having a psychological evaluation.