

Psychological Assessment FAQ

What is a psychological assessment?

Psychological assessment is a clinical tool used to answer specific questions around diagnosis, daily functioning, or personality. Assessments (also called testing or evaluations) consist of standardized tests that look for patterns of behaviors, symptoms, or personality qualities. Alongside these tests, the clinician conducts an interview in which they gather information about you and your concerns to meet your specific needs.

What is the cost of a psychological assessment?

Cost is based on the type of assessment requested and a sliding-scale fee determined by total family income and size of household. Assessments can be paid in full at the first meeting or by payment plan where you would make one payment per month for 3 months. Also, we do not accept insurance however, your insurance may be able to reimburse you. Please call or send an inquiry and we would be happy to discuss the cost for specific testing.

Do you take insurance for a psychological assessment?

No, we do not take insurance, however we provide quality assessments that generally fit within your financial means. Please see the question regarding the assessment cost and sliding scale.

What assessments do you provide?

We provide psychological assessments to children, adolescents, and adults. We offer testing for general mental health diagnosis, learning disability, and ADHD. We also provide vocational assessments to applicants for religious life.

Do you provide psychological assessments that were ordered by the court?

No, we do not provide with court ordered assessments.

How do you do an ADHD assessment?

ADHD is a developmental condition meaning that it is a condition someone is born with and that will emerge as a child gets older. ADHD primarily affects attention and related areas such as organization, keeping track of things, and behavior. An ADHD assessment seeks to answer the question, does this person have ADHD or is something else affecting attention? An ADHD assessment starts with a clinical interview in which a clinician will speak with you about your concerns, history, and potential symptoms. The clinician also administers a test to better determine how you tend to focus and concentrate. In addition, the clinician will ask you to complete questionnaires about your experiences and to have other people in your life provide input as well. Through this process, the clinician is looking to see what specifically is affecting your attention to direct you toward best treatment.

What is a general mental health assessment?

A general mental health assessment is used to diagnose mental health conditions you may be experiencing. Frequently clients come for these assessments when they need clarification about what is concerning them. The assessment will include a clinical interview where you are asked about your history and symptoms. The clinician will then provide testing and questionnaires which are compared to the information you provided about yourself to determine if and what diagnosis may best fit. In some cases, the clinician may ask to speak with other people in your life to better determine what might be going on.

How long does an assessment take?

The duration of the assessment process is based on two factors, your specific needs, and your availability. Typically, an assessment will take between 4 and 6 hours completed in one day or spread out across multiple appointments.

What is the process of a psychological assessment at Catholic Charities Family Services?

When you call requesting a psychological assessment, our intake coordinator will take general information from you and give it to our assessment coordinator. Our assessment coordinator will then give you a call to gather more details about the assessment and provide you with the cost of the assessment. If you choose to continue with the process, you will then be assigned to an assessor who will contact you for an initial meeting where you will provide relevant background information. From there, you and the assessor will complete the testing and questionnaires. Finally, the assessor will score, interpret, and write a report and then provide you with feedback. The general length of time between completing the testing and receiving feedback is 4-6 weeks.

The duration of the assessment administration process where you complete the testing and questionnaires is based on two factors, your specific needs, and your availability. Typically, an assessment will take between 4 and 6 hours completed in one day or spread out across multiple appointments.