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EVALUATION AND TESTING SERVICES BACKGROUND AND PROCESS

What is testing? Testing is used to assess functioning with regards to attention, memory, learning, language skills, reasoning, and problem solving. It is also a way of investigating whether a person is experiencing clinically significant emotional distress, to see if they meet criteria for a formal psychiatric diagnosis, or to identify one's coping skills. Testing can be useful when a person has been struggling with an ongoing problem without a clear diagnosis, when a new problem develops that is unclear in origin, or when a problem is not responding to treatment. Testing is often required for medication changes and to receive disability accommodations for school, work, or standardized testing (such as the GREs).

What does the testing process entail? After an initial phone consultation, you will be scheduled for an intake session which will consist of an in-depth interview. At this time, we will discuss your medical, educational, occupational, social and emotional, and family history, as well how you are currently functioning and what you are hoping to gain from testing. I may request any past testing or other evaluations you have undergone and/or permission to speak to other people who might be helpful in getting a fuller picture of your situation. You are free to provide this information or to exclude it from the evaluation. At the end of the intake session, I will determine what tests need to be done and provide an estimation of the time line for testing.

Testing typically occurs in 1-3 appointments, typically lasting anywhere from 6-10 hours, depending on the type of evaluation needed. When testing is complete, I will score and analyze the material and write a report based on the results. I will also incorporate background information you have provided. Reports will be completed within 4 weeks after we have finished testing. After the report is complete, we will have a final feedback session where I will provide you with the report and discuss the findings. After the feedback session, I am available if you have further questions about the report or anything related to your situation.

TYPES OF EVALUATIONS

I provide comprehensive psychological, educational, and neuropsychological testing services for adults. All evaluations include an initial intake interview, review of past records and contact with other providers as needed, a feedback session to review results, and a detailed report which covers testing results, a diagnosis (if applicable), interpretation, and recommendations. Additional information about each type of evaluation is provided below.

Psychological Evaluation: This type of evaluation is used to help clarify psychiatric diagnosis and better understand symptom patterns, behaviors, coping skills, and emotional issues. The

evaluation typically includes administration of psychiatric and personality tests and completion of symptom and behavior rating scales.

Educational/Learning Disability Evaluation: This type of evaluation is used to understand an individual's academic strengths and weaknesses and to help identify learning disabilities (if present). The evaluation typically includes administration of academic and cognitive tests and completion of symptom and behavior rating scales.

Neuropsychological/ADHD Evaluation: This type of evaluation is used to help clarify strengths and weaknesses in areas such as attention, memory, executive functioning, visuo-spatial reasoning, verbal abilities, problem solving, and cognitive development. The evaluation typically includes administration of psychiatric and personality tests, academic and cognitive tests, and neuropsychological tests as well as completion of symptom and behavior rating scales.

FEES AND INSURANCE

I am an out-of-network provider, meaning that I am not directly contracted with any insurance companies. If you have out-of-network benefits, you may be able to use your insurance to cover part of the evaluation cost. Insurance plans differ greatly in the types of evaluations they cover as well as the amount of testing time they will cover. It is not unusual for insurance to only cover about 50% of the time needed to do a clinically appropriate evaluation and report. Additionally, most insurers will not cover educational/learning disability evaluations and some will not cover testing related to ADHD. I am happy to first work within the insurance system and policies to try to obtain coverage for at least some of the cost of your evaluation. I will fill out forms and provide you with whatever assistance I can in helping you receive the benefits to which you are entitled. Once we have all the information about your insurance coverage, we will discuss what we can expect to accomplish with the benefits available. The options will be discussed before any testing starts so that you can make an informed decision about how/if you want to proceed. Services billed to insurance will be charged according to the following:

- Initial Intake Appointment (CPT Code: 90791): \$200
- Testing/Interpretation/Report Writing fee per hour (CPT Code 96130/96131 or 96132/96133): \$180
- Feedback Session (CPT Code: 90837): \$180

It is important to remember that you always have the right to pay for my services yourself. Flat rate, self-pay evaluation packages are charged according to the following:

- Psychological Evaluation: \$2500
- Educational/Learning Disability Evaluation: \$2500
- Neuropsychological/ADHD Evaluation: \$3500

In addition, I do offer reduced fee rates for those with demonstrated financial need.