



Springfield Psychological Center

Psychological Testing

Parents and guardians often wonder about the testing process, what the tests involve, and how to understand and interpret the resulting test scores. The following information will hopefully provide answers to some of the questions you may have and guide you through the process.

WHAT IS PSYCHOLOGICAL TESTING?

Springfield Psychological Center offers psychological assessment services for children, adolescents, and adults. Depending on the concerns, the psychological assessment may include several domains including cognitive, academic, neurodevelopmental and social-emotional. Testing activities can include a variety of nonverbal tasks, questions to assess cognitive skills, as well as completion of academic tasks and behavior rating scales.

HOW CAN PSYCHOLOGICAL TESTING HELP MY CHILD?

Psychological assessment is often helpful in understanding the strengths and challenges a child may have in their cognitive, behavioral, and emotional functioning. The psychological assessment process allows for diagnostic clarity and individualized recommendations. This allows for parents, teachers, and therapists to provide intervention and accommodations needed to allow each child to reach their potential. Your child's school, pediatrician, or mental health provider may refer you, but a professional referral is not necessary for testing.

HOW CAN I PREPARE?

At the initial intake it is helpful if you bring any previous assessments that have been completed by other professionals, such as Speech Language Pathologist, Occupational Therapist, or from the school if your child has an Individual Education Plan (IEP) or 504 plan. The psychological assessment process includes completing an initial intake with you or the child's/adolescent's parents or legal guardians in order to gather pertinent historical information. You can assist the process by making a list of specific concerns prior to coming to the intake session.

WHAT CAN I EXPECT WHEN I COME FOR TESTING?

Following the intake, testing will usually be scheduled over several appointments. Parents, spouses, or other persons are not typically present in the testing room

during the assessment itself. Depending on the referral question, testing can consist of anywhere from 1 to 6 hours of direct interaction.

WHAT HAPPENS AFTER TESTING?

After testing concludes, the instruments that were used are scored and an integrative report is written. A written report typically takes a minimum of two weeks to produce. The results of the assessment are then reviewed with you in a feedback session if you so choose, including identifying strengths and areas of challenge of the test subject.

WHAT WILL THE REPORT BE LIKE?

The assessment report details how your child scored on each of the tests and also overall on the various areas. At the end of the report will be a summary of the findings and a list of recommendations based on findings of the evaluation.

WHO GETS A COPY OF THE ASSESSMENT REPORT?

The report is a confidential document that will only be sent out with your approval. Releases of information that are signed at the intake appointment generally include the primary care physician; therefore, a copy of the report is sent to your child's physician. However, a copy will also be sent to anyone designated by yourself or the child/adolescent's parent/guardian upon signing of a release of information for that entity.

DOES INSURANCE PAY FOR THIS SERVICE?

It is important to call your insurance company to verify insurance benefits, and to specify that you will be seeking psychological testing. Insurance benefits differ for mental health benefits from regular medical benefits, and even more so for psychological testing, which sometimes requires preauthorization. If preauthorization is required, please contact our office manager to make arrangements. Typically, a psychological evaluation requires a total of 4 - 12 hours to perform, including administration, scoring, interpretation, report writing and feedback to the patient and/or family. After the hourly appointment billing, you may be billed separately if the evaluation is performed over several days, and the remaining time is combined and reported when the evaluation report is completed (which is typically an additional 3-4 hours, as it includes scoring, interpretation and report writing).