



Peace of Mind Psychological Services
9810-A Medlock Bridge Road Suite 103-A
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Psychological Evaluation informational sheet

Q. What is a psychological evaluation?

A. A psychological evaluation provides specialized assessment of a client's individual strengths and weaknesses, in order to guide treatment. The area that is evaluated is based on your specific areas of concern, such as attention problems or depression.

Q. What types of difficulties are covered by a psychological evaluation?

A. Various areas of functioning can be assessed including:

- **Cognitive/Learning Disorders:** ADHD or learning disabilities in reading, mathematics, and writing

- **Emotional:** *Mood Disorders* such as Depression and Bipolar Disorder

Trauma Based Disorders such as Post-Traumatic Stress and Reactive Attachment Disorders

Anxiety Disorders including Social Anxiety, Generalized Anxiety, and Obsessive Compulsive Disorders

- **Behavioral:** such as Conduct and Oppositional Defiant Disorders

Q. What is the process to get an evaluation?

A. The process to receive a psychological evaluation includes at least two appointments. During the first appointment, a diagnostic interview is conducted to identify the specific needs of the client and areas which will be focused on during the evaluation. If you are using insurance your carrier may require that we send in a written testing authorization. If this is the case, it takes 5-10 business days to receive their approval before testing can occur. Following this, the evaluation involves completion of a battery of tests which are scored and interpreted in a comprehensive report.

Q. What tests are given?

A. Various tests are given to assess areas being addressed during the evaluation. We can provide you with specific test names at your request. Generally, the psychologist/psychometrist administers a set of tests to the client. Then the client completes paperwork about his/her emotional and behavioral functioning. Additionally, we request that collateral forms be completed by a parent, teacher, and/or spouse depending on the client's age.

Q. What happens after the in-person testing is completed?

A. Following the testing appointment, the client will receive an email from the psychometrist detailing all of the collateral forms that are to be completed. These forms are to be completed by a parent, teacher, spouse, or anyone that the client believes will provide an accurate analysis of their behavior. These forms will be sent from various portals such as MHS, Pariconnect, Qglobal, and from Peace of Mind, the latter of which will be accompanied with a password. All of the forms will be sent to the client or the parent of the client therefore, they would be responsible for disbursing them to the person who is required to

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complete them. Generally, the forms can take between 5-30 minutes to complete, depending on the length of the form. Therefore, it is advised that the client and informants begin on the forms as soon as possible.

Q. What is the purpose of collateral forms?

A. Many times, certain diagnoses (such as ADHD) require that behaviors are present in at least two settings. Therefore, having a teacher, parent, and/or spouse complete a form helps identify whether these symptoms are consistent. Collateral forms also help us identify overall global functioning and provide additional perspectives which help to clarify how the presenting problem(s) is being manifested.

Q. What happens after the evaluation is complete?

A. The client is provided with a feedback session to explain the results of the evaluation and specific recommendations which will effectively address these findings.

Q. How long does it take to receive the results of the evaluation?

A. Receiving the results of your evaluation is based on a few factors, including completing and sending us parent and teacher forms, self-report forms (based on the age of the client), or *other* forms (completed by someone else for adult clients) and receipt of payment (from insurance carrier or self pay). The latter, when using insurance, can take between 3-5 weeks. Once we have received the required forms and payment, we will contact you to schedule your feedback session at our next available time. Therefore, this process can take between eight weeks to a few months, depending on the factors above. The sooner we receive the requested forms, the sooner we are able to schedule you for your feedback. **Please be advised that we try our best to schedule you as soon as possible, but this is based on availability of appointments. If you have a specific deadline please let us know and we will do our best to accommodate you.**

Q. Will clients be contacted if they are missing forms?

A. We try to contact clients who have outstanding forms after about 6-8 weeks. However, we ask that you contact us if you have any questions or to follow up, as we are a busy practice and although we try our best it can be challenging to follow up with everyone. We appreciate your cooperation and willingness to assist us in assuring that this process goes as smoothly as possible.

Q. What if I have questions, who do I contact?

A. We have a testing coordinator, Braxton Freeman, who schedules testing appointments, feedbacks, and ensures all scoring forms are completed. Please feel free to contact her with any questions at bfreeman@peaceofmindpsychology.com or at 678-667-3565 ext 508.

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