

How is a psychological assessment helpful?

A number of the psychological difficulties that children face are really several problems at once. For example, along with a learning disability your youngster may struggle to get along with others their age because of weak social skills. He or she may be quite disorganized and be depressed or very worried about failing. This assessment will give you a clearer picture of each of the problems involved.

Of course, you are also looking for ways to help your child overcome these difficulties. This assessment will also give you strategies to use at home and/or for school staff to use in their classroom. It may also identify the need for ongoing counselling or for the use of medication.



What is involved in completing an assessment?

At your first appointment I will gather information about your major concerns, about your child's strengths and weaknesses and about anything else important that is going on in their life and yours. During the next visit we will complete a number of specialized tests and questionnaires. These are chosen to address the concerns you and I have. They will help describe your son's or daughter's intelligence, fine motor skills, memory and attention, style of learning, processing of sound and visual information, and their language and academic skills, as needed. I

will also explore any behavioural and emotional factors that are important. At your third appointment we will talk about the outcome of the evaluation, answer any questions you have and talk about what to do next. You will also be given a copy of the written report that is prepared. If added time is needed to discuss the outcome of the assessment, it will also be arranged.



Privacy and confidentiality!

All services provided by members of the College of Psychologists of Ontario are confidential. The things we talk about and anything in my records cannot be released to anyone else without your permission, except when one of the following three things occurs:

- a judge orders the information to be brought to court.
- I learn of any type of child abuse or of the abuse of an adult by a regulated professional (e.g., a dentist, a lawyer, a physician). I must report this information to certain authorities.
- you tell me that you intend to seriously harm or kill someone (yourself or someone else). I need to help protect the potential victim and I certainly don't want you to hurt yourself.

If you want to release information in your child's records to someone else, or if someone else asks for it, I will ask for your permission in writing, in advance.

How do you pay the fees?

My fees are not covered by O.H.I.P. However, many people have insurance benefits which cover some, or all, of the costs. Check with your employer to be sure about your coverage. You will receive a detailed statement to attach to the claim form you will send to your insurance company. I cannot arrange for insurance companies to pay me directly.

The usual fee for a complete assessment is \$1200.00. Please be prepared to handle payment at your first appointment. It can be paid in two equal, monthly installments, if you wish. In this case, be ready to leave a post-dated cheque for the second payment with my receptionist. You can also pay the fee with your VISA or MasterCard.

In certain situations I do rely on a sliding fee scale. Ask about this if it is a concern.



What about medication?

I do not prescribe medications, but I work closely with Dr. Khattak at the Kids' Clinic. If a period of medication may be helpful for your son or daughter I will help to arrange an appointment with him to get his medical opinion and assistance.

IMPORTANT DATES!!

1) Your initial visit with Dr. Carter is

on _____ at _____.

Please bring your son or daughter with you. This visit will last about one hour. Bring any recent school reports and other information you think is important.

2) Your second appointment is on

_____ at 9 a.m. This appointment will last between 3 and 4 hours. It will take the entire morning and may take a part of the early afternoon. Please be prepared for a lunch break of about one hour. Due to the length of this visit, please arrange for child care for your other children. You should plan to stay in or near the office during this visit in case you are needed during this time.

3) Your third appointment, to talk about the outcome of the evaluation, is on

_____ at _____.

It will last about one hour.

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Healing begins with
Understanding

Psychological Assessments