



## **A GUIDE TO PSYCHOLOGICAL ASSESSMENT & TREATMENT FOR THE POST-SECONDARY STUDENT**

### **WHAT DO PSYCHOLOGICAL SERVICES INCLUDE?**

- ▶ **ASSESSMENT**
- ▶ **TREATMENT**
- ▶ **CONSULTATION**
- ▶ **EDUCATION**
- ▶ **BEHAVIOUR MANAGEMENT**

**WHEN SHOULD I CALL FOR HELP?** It can be difficult to know when help is needed.

#### ***Ask yourself:***

- Have you been struggling at school?
- Have others (family, teachers, doctors) expressed concerns?
- Has the struggle seemed to last for a long time? Is it getting worse?
- Did you have a problem learning to read, write or do math as a younger child? Did you have a formally identified learning difficulty?
- Did you or others think you had "grown out of it" and now wonder?

#### ***Current Learning:***

- Are you intelligent, but have trouble studying, completing assignments, and getting consistent success at school?
- Do you struggle to remember things?
- Do you get distracted easily?
- Do you struggle to stay focussed, to start and/or finish activities?
- Are you getting overwhelmed with the volume or complexity of reading materials?
- Do you have trouble getting ideas down on paper? Is note taking in class difficult?
- Do you avoid homework and assignments until the last minute?
- Do you get anxious about learning, assignments or exams?
- Are your struggles creating stress for you and other family members?

## WHAT DOES A PSYCHOLOGICAL OR PSYCHOEDUCATIONAL ASSESSMENT INVOLVE?

- The clinician will meet with you to discuss your concerns. You are welcome to invite along a concerned parent.
- A review of old school records or reports may occur to assist the clinician.
- You and/or your parents or teachers may be asked to fill in questionnaires to describe your behavior and learning.
- You will then attend a number of individual sessions to identify *both strengths and difficulties*.
- An assessment includes: interviews, observing behavior and interactions as well as completing a series of tests which compare you to aged based expectations.

### **Next Steps:**

- All this information is reviewed with you and a plan is designed, aimed at helping you.
- You should expect information on strengths and weakness; details on the nature and degree of difficulties; ideas to help you cope better; ideas for school programming; ideas for future career plans and a plan to manage your concerns.
- Next, with your permission information can be shared with your school. Other referrals and resources could also be contacted with your informed consent.
- Finally, a written report will be completed for you.

### **DID YOU KNOW?**

- Identification of difficulties even at the college/university level can lead to accommodations. Colleges/Universities have an Office of Disability or Special Needs Office which can arrange resources/supports after assessment.
- Access to certain community resources requires diagnosis and delay in evaluation limits success.
- Even very bright individuals may have specific learning difficulties/disabilities and you can be educated about how you learn best.
- Most parents are pleased see their adult children pursuing an assessment to help understand themselves and to improve success.
- Most students are covered under their parents workplace health benefits plans as long as they are a full time student.
- It is never too early or too late to get help.

## WHAT IS PSYCHOLOGICAL TREATMENT?

Our team provides a number of different treatment approaches including:

- ✓ **Educational/Behavioral** Consultation to develop and implement direct strategies for managing difficulties,
- ✓ **Individual Treatment** which may be most helpful for addressing internalizing problems and need to develop coping strategies.
- ✓ **Parent Counseling** to assist families in understanding and supporting you.
- ✓ **Family Therapy** may be most beneficial in situations where communication patterns or stresses in the family contribute to the problem.

## WHAT CAN WE DO TO HELP?

- ✓ Typically we can see you fairly soon after the first call avoiding lengthy wait lists and worry,
  - ✓ We will involve you directly in the process and together decide the best approach for you and your family.
  - ✓ Together we can decide who should have access to information on you. You can hold/release details as needed.
  - ✓ We will advocate for you for resources in the school/community.
  - ✓ We provide a comprehensive approach to assessment/treatment so you receive the most information with long term value.
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- **Our practice is multi-disciplinary with qualified professional in psychology, speech/language pathology, behavior consultation and education.**
  - **You may access one or more members of the team and we can consult with each other to best meet your needs.**
  - **Many extended health insurance plans through your or your parent's workplace will cover the services offered. Fees may also be tax deductible.**

**If you have any additional questions regarding coverage and services, or wish to book an appointment, please;**

**Call our Intake Coordinator at:**

**905-874-4737**