

# Alameda Family Services

## BHCS Assessment Program



AFS is pleased to begin offering psychological assessments.

### *What is a psychological assessment?*

A psychological assessment, or psychological testing, is a process by which information is gathered through interview and data from norm-referenced testing measures in order to gain a greater depth of understanding of an individual.

### *How can it be helpful?*

Psychological assessments allow us to better understand personality traits and thinking styles unique to each individual. By exploring this, a psychological assessment can help to identify strengths and areas in which further support could be helpful. This helps the individual and therapist figure out the best way to utilize therapy by further individualizing approaches to the work. It also helps to understand if any additional resources, beyond therapy, might be helpful.

### *What is being offered?*

Currently, we are offering a brief psychological assessment that includes an in-depth interview, as well as measures of cognitive functioning and social emotional functioning. This information will be written up into a brief summary of results and recommendations that will be discussed in person with the individual being assessed and anyone else the individual would like to include in that feedback.

### *What does it entail?*

Once a referral is received, the individual or caregiver will be contacted to schedule an initial meeting. Over the course of approximately 1-4 sessions, ranging from 1-3 hours (depending on the individual), an assessor will meet with the individual and caregiver (if relevant) to gather information about the current situation and relevant history as well as to administer various testing measures. Approximately 3-5 weeks after testing is completed, the assessor will schedule a feedback meeting to review the results, recommendations, and report. This evaluation costs a flat-rate of \$250. No insurance is currently being accepted.

If you are interested in this service, your AFS therapist can complete a referral form and/or you can contact Sarah Bharier, PsyD (510) 629-6322 to gain more information.