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Our Testing Process: Broken Down.
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Testing is an integral part of our MFS foundation. As clinicians, we believe that getting an accurate diagnosis offers individuals the most effective and efficient means towards health and healing. When so many disorders have overlapping and comorbid symptoms, a neuropsychological evaluation helps us to create the clearest picture of what someone may be struggling with. When we have all the necessary information, backed by data (not just opinion) the likelihood of missing something important in a person's clinical profile is greatly minimized. Here is what our comprehensive testing process looks like at MFS:

Step One: Meet with your clinician for a 1-hour intake appointment: Your clinician will meet with you to gain insight into your current concerns, while collecting relevant background information. They will likely ask you questions about development, family mental health history, significant life events, prior interventions, academic and occupational functioning, important medical history and relationship patterns (just to name a few!). While your presenting problems are the main priority, insight into your history helps us to keep current information within the correct context and supports the connection of patterns over time. This interview also aids the clinician in creating a personalized testing battery for Step Two, ensuring that we address both acute and long-standing issues. If the patient is a minor, this initial intake is a parent-only session, and any additional interviews will be conducted with the patient on the day of testing.

Step Two: Testing Day- 6 hours of one-on-one individualized testing: Our comprehensive evaluations can include testing for ADHD, Dyslexia, learning disabilities, Autism, mood disorders, OCD, and other various neurological disorders. Evaluations also assess IQ, academic achievement, and personality patterns/profiles. This appointment takes place in office, in a private one-on-one setting, offering individualized attention and rest periods as needed. At MFS, we aim to create a flexible environment that supports the client's ability to work to their optimal capabilities. Additionally, we schedule an extra 2-hour follow-up session in the event that we need more time to complete testing. This extra session allows us to more appropriately adjust to the needs of our patient, moving at a pace that works best for them.

Step Three: Submit documentation for record review and additional data: Your clinician will review any available medical, academic, or important historical records. With your consent, they will often correspond with past or current providers and attempt to collect data from other

individuals (teachers, family members, friends, coaches) who know you well and could offer helpful insight.

Step Four: Attend feedback session with specific recommendations: Our feedback sessions consist of 3 goals:

1. Presenting you with a comprehensive diagnostic profile, based on the evaluation's data patterns.
2. Providing psychoeducation about current diagnoses.
3. Offering empirically supported recommendations to help support current findings, and ongoing care.

During the feedback session, your clinician will help you to understand the “why” and “what” of any pertinent mental health diagnoses. We provide you with psychoeducation and resources for further learning (e.g., support groups, books, podcasts), along with recommendations that have been proven to support the problem at hand. This may involve referrals for specific therapies, parent coaching, behavioral strategies, academic/learning supports, and school plans (504/IEP's). Although we base our recommendations on empirically relevant treatment plans and interventions, we tailor them to each individual patient, providing you with the most efficient and effective plan possible. Feedback sessions can sometimes feel overwhelming, but don't worry! Your clinician will ensure that you leave the appointment with specific next steps, and they will continue to be available to you as needed throughout your healing journey.

Step Five: Receive your comprehensive report: At MFS, our reports contain all the information gathered throughout the evaluation process. It includes a detailed breakdown of current diagnoses, a summary of presenting issues, pertinent background history, a summary of all records submitted for review (e.g., academic, medical, prior intervention), and both immediate and ongoing recommendations that were discussed during the feedback session. Testing data tables are also included in the report, allowing full transparency of the evaluation's findings. Your report is valid for up to three years and can be used to substantiate the need for specific interventions, including academic 504/IEP plans and certain medical necessities. Given the breadth of our evaluations, you will receive your report approximately 30 days after your feedback session.

Our entire process takes about 4-6 weeks to complete, offering you the most comprehensive and individualized support possible. Unlike other practices, we take our time and use (way) more than just questionnaires to arrive at a diagnosis. Call us today to schedule your neuropsychological evaluation or visit our website to learn more about our testing process.

