

Testing & Assessment

A GUIDE TO OUR EVALUATIONS

Comprehensive psychological testing for children, adolescents, and adults — tailored to how you actually think.

● COGNITIVE & ACADEMIC

Cognitive (IQ) Assessment

Measures reasoning, processing speed, working memory, and verbal/nonverbal problem-solving to build a profile of cognitive strengths and weaknesses. Useful for understanding how someone learns and thinks, and as a foundation for other diagnostic questions. Results often clarify gaps between potential and performance that aren't visible from grades or behavior alone.

Achievement Testing

Assesses academic skills in reading, writing, and math against grade- or age-based expectations. Identifies specific skill gaps rather than general impressions of "struggling in school." Frequently paired with cognitive testing to distinguish a skills deficit from a learning disability.

Learning Disability Evaluation

Determines whether academic difficulties stem from a specific learning disorder (e.g., in reading, writing, or math) versus other causes like attention, anxiety, or instructional gaps. Combines cognitive and achievement data to identify a discrepancy or processing deficit consistent with a learning disability. Provides documentation suitable for school-based intervention planning.

Executive Functioning Assessment

Evaluates planning, organization, working memory, cognitive flexibility, and self-monitoring — the skills that govern how well someone executes on what they know. Distinguishes executive dysfunction from attention deficits or learning gaps, though the three frequently co-occur. Results translate into concrete strategies for task initiation, time management, and follow-through.

● ACCOMMODATIONS

Educational Accommodations (K-12 / IEP & 504)

Documents how a diagnosed condition affects academic functioning, providing the evaluation data schools require to establish or support an IEP or 504 plan. Connects diagnostic findings directly to specific, actionable accommodations. Written to meet the documentation standards schools and districts expect.

Standardized Testing Accommodations (SAT, ACT, LSAT, GMAT, MCAT, and similar exams)

Provides the formal documentation required by testing organizations to support requests for extended time, breaks, or other accommodations — from college admissions exams through graduate and professional exams. Meets the specific evidentiary standards these testing bodies require — general documentation often isn't sufficient. Includes functional impact evidence tying the diagnosis to the specific accommodation requested.

● CAREER & RELATIONAL

Personality Assessment

Provides a structured, standardized profile of personality traits, interpersonal style, and psychological functioning. Useful for self-understanding, treatment planning, or as part of a broader diagnostic workup where personality factors may be contributing to symptoms. Goes beyond self-report by anchoring results to normative data.

Career / Vocational Assessment

Assesses interests, aptitudes, work-style preferences, and (when relevant) cognitive profile to inform career direction or a career change. Helpful for identifying environments and roles that fit how someone actually works, not just what they're credentialed for. Often used alongside executive functioning or neurodivergence findings to align career choices with real-world functioning.

Relationship Compatibility Assessment

Evaluates communication style, attachment patterns, and areas of alignment or friction between partners. Intended to surface dynamics that are hard to see from inside a relationship, using standardized measures rather than conversation alone. Typically used premaritally, at a relationship crossroads, or to support couples therapy.

● DIAGNOSTIC

ADHD Evaluation

Assesses attention, impulsivity, and hyperactivity across settings and developmental history to determine whether symptoms meet criteria for ADHD versus another explanation (anxiety, learning disability, sleep, etc.). Includes rating scales, interview, and often performance-based measures. Produces a diagnosis, if warranted, along with recommendations for treatment and accommodations.

Anxiety and Depression Evaluation

Evaluates the severity and pattern of anxiety and depressive symptoms to inform an accurate diagnosis and treatment plan. Differentiates situational stress from a diagnosable disorder, and identifies overlap with ADHD, autism, or other conditions. Clarifies next steps for therapy, medication consultation, or further evaluation.

Autism Spectrum Evaluation

Evaluates social communication, sensory processing, and restricted/repetitive patterns against diagnostic criteria for autism, integrating developmental history, direct observation, and self- or informant-report. Designed to be accurate for adults and individuals who mask well, not just presentations typical in young children. Results include a diagnostic determination and a functional profile — not just a label.

Neurodivergence / General Diagnostic Evaluation

For people who suspect something doesn't fit a single category — ADHD, autism, learning differences, or another neurodevelopmental profile — and want a comprehensive workup rather than starting with one hypothesis. Casts a wider net across cognitive, attentional, social, and processing domains before narrowing to specific diagnoses. Especially suited to late-identified adults whose presentation has been shaped by years of compensation.

Mental Health Diagnostic Assessment

Evaluates mood, trauma-related, and other psychological symptoms to arrive at an accurate diagnosis or rule one out, beyond the more targeted anxiety/depression workup above. Useful when symptoms are ambiguous, co-occurring with neurodevelopmental conditions, or when prior diagnoses don't seem to fit. Clarifies what's driving the presentation so treatment isn't guesswork.



Schedule your evaluation
Call or email today