

WHAT TO EXPECT

# Your Guide to Psychological Assessment

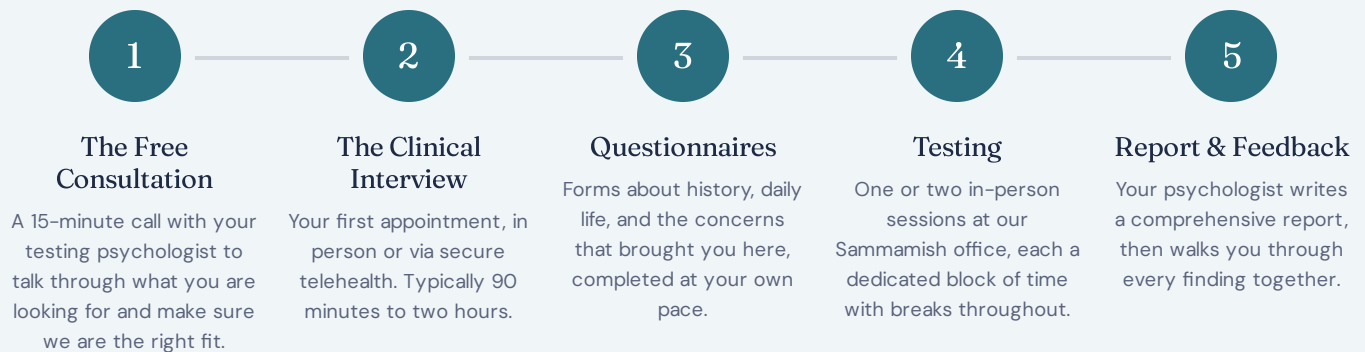
Getting a psychological assessment is a process, not a single appointment. Knowing what the journey looks like from the beginning makes each step easier to walk into.



## THE FULL PICTURE

# How It Works at Centered Connections

From your first call to your feedback session, we are with you at every step.



Each step builds on the one before it. By the time you reach your feedback session, nothing about the process is a surprise — and the findings arrive with the context that makes them useful.

# How to Talk to Your Child About Testing



Our children's space in Sammamish.

You are here because you love your child and you want to understand them better. That matters. Your child will feel it, even if they cannot articulate why.

Most children handle a comprehensive psychological assessment better than their parents expect. They pick up on anxiety more than they pick up on information. If you can approach the conversation calmly, they will usually follow your lead.

Keep it simple and honest. The purpose of testing is to learn about how their brain works so that the people in their life can support them better. That is true, it is positive, and most kids can hear it without alarm.

## FOR A YOUNGER CHILD, SOMETHING LIKE

*"We are going to meet with someone who works with kids and helps them understand how their brain works best. You will do some activities and answer some questions. There are no right or wrong answers. Just show up and be yourself."*

## FOR OLDER KIDS AND TEENS

*"I want to understand what is going on for you so we can figure out how to help, in a way that actually fits how you think."*

Pick a relaxed moment to bring it up — a car ride, a walk, somewhere they feel comfortable and not put on the spot. Not at the end of a hard school day and not right before bed. The more casual the conversation feels, the less anxious they are going into it.

Do not encourage them to practice or prepare. We want to see how their brain works naturally. There is nothing to study. The most helpful thing they can do is show up rested, fed, and as themselves. And when the process is over, celebrate them — not for performing well, but for being brave enough to try. That is enough.

**THE CLINICAL INTERVIEW**

# The Clinical Interview — Where We Begin to Understand You

*This is not a test. There is nothing to pass.*

The clinical interview is your first appointment with your testing psychologist, in person at our Sammamish office or via secure telehealth depending on the nature of your assessment. It typically runs 90 minutes to two hours, and it is one of the most important parts of the entire process. Everything that follows is shaped by this conversation. It is a chance for your psychologist to understand who you are, or who your child is, before a single test is chosen.

**FOR PARENTS OF CHILDREN BEING ASSESSED**

You and your child will both be part of this appointment. Your psychologist will gather a detailed picture of your child's history, development, school experience, medical background, what you have noticed at home, and what questions you most need answered. Your child will also have time with the psychologist. If you have previous evaluations, school records, or report cards, bring them or have them available.

**FOR ADULTS BEING ASSESSED**

Your clinical interview may include both conversation and some initial testing. Your psychologist will ask about your history, your current challenges, and what brought you here. This is also when you will have a chance to shape the direction of the assessment — to say what questions matter most to you and what you are hoping to understand.

**FOR EVERYONE**

Before you leave, your psychologist will walk you through the next steps: the questionnaires, the testing schedule, and the plan going forward. Questions always come up between appointments. We are here. Just reach out.

**BEFORE TESTING**

## Before Testing: The Questionnaires

After your clinical interview, you will receive a set of questionnaires to complete before your testing appointment. These are completed at your own pace, at home, on your own schedule, with clear instructions for how to access and return them. Please complete all questionnaires before your first testing day so your psychologist can make the most of your time together.

This step matters more than it might seem. The questionnaires give your psychologist a detailed picture of how you or your child functions across different settings, not just in a clinical room. Your answers, alongside the testing results, are what make the final report as complete and accurate as possible. Please set aside uninterrupted time to complete them.

**FOR PARENTS OF CHILDREN BEING ASSESSED**

You will complete questionnaires about your child. In some cases, your child's teacher will be asked to complete forms as well, and you are responsible for coordinating this. We will give you everything your teacher needs and clear instructions for returning it. It is worth reaching out to your child's teacher early so there is plenty of time before the testing appointment.

**FOR ADULTS AND ADOLESCENTS**

You will complete questionnaires about yourself. In some cases, someone who knows you well — a partner, a parent, or a close friend — may be asked to complete a brief informant form. Your psychologist will let you know if this applies to your assessment.

**A FEW PRACTICAL NOTES**

Complete the questionnaires on a computer rather than a phone where possible. Answer as honestly as you can; there are no right or wrong responses. And if you get stuck or have trouble accessing anything, reach out to us right away.

## TESTING DAY · CHILDREN

## What to Expect on Testing Day — Your Child

By the time testing day arrives, your psychologist has already begun to understand your child. Testing day is where that picture comes into focus. Testing is scheduled as a dedicated block of time, typically a few hours per session. Most assessments involve two in-person sessions, usually within a week or two of each other.



A few things to do before you arrive: make sure your child has had a good night's sleep and a solid breakfast, and pack a snack and water for breaks. If your child uses glasses, hearing aids, or other assistive devices, make sure they have them. If your child has a comfort item they like, a small toy or a favorite fidget, they are welcome to bring it.

When you arrive, you and your child will meet with the psychologist together briefly. From there, parents are asked to step out — not because your presence is unwelcome, but because children work more naturally and more accurately one on one. You are welcome to wait nearby; just stay reachable in case your child needs you or wraps up earlier than expected.

During the session your child will work through a variety of activities, some that feel more like games or puzzles, some more structured, with breaks throughout. At the end there is a brief check-in together. And when you get home, celebrate them — not for getting anything right, but for doing something that took courage.

## TESTING DAY · ADULTS &amp; ADOLESCENTS

# What to Expect on Testing Day — Adults and Adolescents

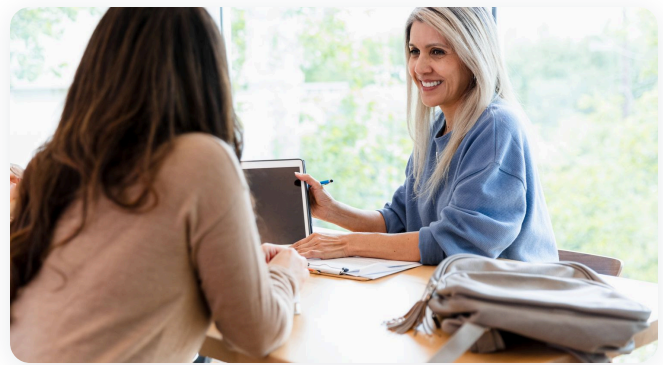


*There is nothing to study. Nothing to practice.*

By the time you arrive, your psychologist already has a meaningful picture of who you are. Testing day is where that picture comes into focus through structured activities designed to show how your brain works.

The most useful thing you can do is show up as yourself — well rested, well fed, and present. Take your usual medications unless your psychologist has told you otherwise. Bring a snack and water, and if you use glasses, hearing aids, or other assistive devices, make sure you have them with you.

The activities vary. Some involve puzzles or problem-solving, some answering questions about yourself, some are more like academic tasks. None have right or wrong answers the way a school test does. If something feels difficult, that is useful information — you are not failing, you are giving your psychologist exactly what they need.



You will have breaks throughout and can ask questions at any point. At the end of the session your psychologist will let you know what comes next and when to expect to hear about scheduling your feedback session.

## THE FEEDBACK SESSION

# The Feedback Session — Where It All Comes Together

The feedback session is scheduled after your psychologist has completed the written report, typically a few weeks after testing is finished. This is not a quick summary handoff. It is a dedicated appointment, just you and your psychologist, where every finding is explained clearly, every question gets answered, and you leave with a real understanding of what the assessment found and what it means for your life, or your child's.

Your psychologist will walk through the report with you section by section, in plain language. You will leave with a copy of the written report. It is more than a summary of findings. It is a map.

## FOR PARENTS OF CHILDREN BEING ASSESSED

The feedback session is primarily with you as the parent. Depending on your child's age and what feels right, your psychologist may also offer a separate, age-appropriate conversation with your child about what was found — framed in a way that feels empowering rather than clinical.

## You Know What to Expect Now.

If you are ready to start, or just want to talk it through, the first step is always just a conversation.

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