

Psychological/Behavioural Assessment

As children and adolescents grow and develop they may at times struggle with certain challenges, stressful events, environmental settings, or life changes. Parents may have general or unique concerns about their child's development or behavioural issues. A Psychological/Behavioural Assessment is used to identify the emotional functioning, adaptive and social skills levels as well as behavioural issues of an individual. Information gathered from the assessment can be helpful in developing treatment programs designed to improve social/emotional functioning or alleviate psychological or behavioural problems.

The Psychological / Behavioural Assessment can be used to help identify some of the following concerns:

Toilet Training, Noncompliance, Tantrums
Oppositional Defiant Disorder / Conduct Disorder
Aggression / Anger Issues, Sleep Problems, Depression, Anxiety
Academic Difficulties or School-Related Problems
Motivational Issues, Bullying, Habit and Tic Disorders
Obsessive Behaviours, Selective Mutism

Components of the Psychological/Behavioural Assessment

Consultation Appointment: Consists of a one-hour session providing the psychologist an opportunity to meet the child / adolescent and parents in order to discuss the family's current concerns.

Indirect Assessment: Consists of record review (e.g., report cards), interviews conducted with teachers, parents the child / adolescent, as well as questionnaires developed to identify a wide range of skill strengths and limitations, emotional well-being, and behavioural problems that may interfere with daily life, as well as to determine if the child or adolescent's behaviour or emotional state is an area requiring treatment and support.

Direct Assessment: Consists of observations that take place in the school, community, or home and are designed to better understand the child / adolescent and how their symptoms or experiences may impact their ability to meet their day to day needs and goals as well as allow them to grow and develop so they can meet their full potential.

- **Behavioural Observations:** Environmental factors can influence behaviour problems and create stressful events. Direct observations are conducted to gather detailed information about the contexts in which difficulties occur and to gain an understanding of why those behaviours occur.

Clinical Report and Feedback Session: A feedback session is scheduled following the completion of the indirect and direct assessment components. This session provides an opportunity for the parents to review the report with the psychologist in detail and to discuss the findings and recommendations. Follow-up appointments for family therapy, treatment sessions for addressing specific skills deficits as well as appointments to collaborate with school personnel can take place following the feedback session to ensure success in treatment.

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