

## What to Expect at Your PCS Appointment

### **Initial Appointment (Intake)**

#### **What happens at the intake appointment?**

The initial appointment is scheduled as an intake session. During the first appointment, the provider will spend time with you gathering information about the client's developmental, social, emotional, medical, and academic history, as well as explore current concerns (please complete the [history form](#) included in the intake paperwork so that more time can be spent on current concerns). At the end of the appointment, the provider will discuss a plan for continued services.

#### **Who should attend the intake appointment?**

For adult clients, the client must attend this appointment. Others can be included (e.g. spouse, parent) if desired.

For children and adolescent clients, both parents are encouraged to attend the appointment. If it is not possible for both to attend, the parent who is not able to come is welcome to provide in writing his or her concerns to the provider. Some providers request children attend the appointment with parents; check with the intake coordinator for details.

### **Therapy**

#### **What should we expect in a therapy session?**

Therapy sessions are generally 50 minutes. The psychotherapist will meet with the client and create a treatment plan based on the client's current concerns and information gathered during the intake appointment. Therapy is individualized for each client. More information about different types of therapy can be found [here](#).

#### **Who should attend?**

Providers will discuss who should be present during therapy sessions, which depends on the presenting concerns and age of client.

### **Neuropsychological Evaluation**

#### **What should I expect for a neuropsychological exam?**

Generally, a neuropsychological evaluation involves a wide variety of tasks, most of which are done sitting at a table.

There are no invasive procedures, no pain, no needles, or electrodes. The evaluation often takes 5 to 7 hours of face-to-face contact, but can vary widely depending on what information is being sought. The evaluation is usually scheduled in a series of appointments.

### **How are the Test Results Used?**

That depends on the reason for the evaluation. Neuropsychological evaluations may:

- Confirm or clarify a diagnosis.
- Provide a profile of strengths and weaknesses to guide rehabilitation, educational, vocational, or other services.
- Document changes in functioning since prior examinations, including effects of treatment.
- Clarify the effectiveness of compensatory strategies.
- Result in referrals to other specialists, such as educational therapists, cognitive rehabilitation professionals, neurologists, psychiatrists, psychologists, social workers, nurses, special education teachers, or vocational counselors.

### **Who should be present for the evaluation?**

Children should be brought to the evaluation by a parent. Once at the office, children will be tested by the examiner. Parents will sit in the waiting room and children will take a 10 minute break during which they can spend time with their parents, have a snack, and stretch. If parents need to leave the office, assuming children are OK with that, it is allowed provided that we have a contact number in the event we need to end the appointment early. We do provide some snacks and water, but you are encouraged to bring your own snack and water bottle; particularly if you have specific dietary needs.

### **Will I get information following the evaluation?**

Parents will return to learn results of the assessment approximately two to three weeks following the last assessment session. This allows the provider time to score and integrate testing data as well as to include information from teachers. In addition, a comprehensive written report summarizing the results and recommendations will be available for the parent.