



WHAT TO EXPECT WHEN YOU GET AN ADULT PSYCH ASSESSMENT WITH DR. STEPHANIE

Clinical interviews.

4-5 HRS



Dr. Stephanie meets "face-to-face" via telehealth video with you and any family/friends/partners as appropriate. Some of our conversation may feel informal, and some will be semi-structured asking about specific symptoms and experiences.

Standardized questionnaires.

SELF-PACED



You and other important people in your life are sent standardized questionnaires via email to complete based on your assessment questions. This adds some quantitative (numbers) data to the information given in interviews. It also helps compare what you're experiencing to others your age and gender.

In person testing.

(IF NEEDED)



This is usually only needed if you have concerns about learning, cognitive functioning (IQ), or academic skills.

Visual summary + feedback session + report.

60-90 MINUTES



Dr. Stephanie meets with you to clearly explain the takeaways. The results of the assessment are summarized into a visual slide show presentation covering your strengths and needs, diagnoses, explaining important concepts, and recommendations that you can implement right away. If you choose, a full narrative report with comprehensive details about each assessment result and areas of need is sent to you 4-6 weeks after feedback.

ASSESSMENT TIMELINE

Most assessments follow this timeline. I space out our time together over several weeks so I can get to know you better, you can grow more comfortable with me, and we can process all the information together as we go.



BEFORE WE MEET

- Schedule your first appointment.
- Complete intake forms.
- Complete initial assessment surveys.
- Pay \$360 deposit to secure your appointment.

WEEK
0

WEEK
1

1ST INTERVIEW (2 HRS)

- Meet with Dr. Stephanie to discuss your background, family, and general concerns.
- Begin in-person testing if needed.
- Complete remaining surveys before next meeting.

WEEK
2

2ND INTERVIEW (2 HRS)

- Meet Dr. Stephanie to answer more specific questions about your experiences.
- Continue in-person testing if needed.

WEEK
3

3RD INTERVIEW (1 HR)

- Meet with Dr. Stephanie to wrap up any final questions.
- Dr. Stephanie meets with other people you'd like her to talk to.
- Complete any in-person testing if needed.

WEEK
4

ASSESSMENT FEEDBACK SESSION (1 HR)

- Meet with Dr. Stephanie to discuss the assessments results, diagnoses, and recommendations. Assessment takeaways are presented in a visual summary slide show.
- Dr. Stephanie sends you a PDF of the slides after the meeting.
- If requested, written report is sent 4-6 weeks after feedback.

ADULT ASSESSMENT OPTIONS & FEES



**EMPOWERED
TOGETHER**
PSYCHOLOGICAL SERVICES

WHAT'S INCLUDED:

	PSYCH ASSESSMENT	PSYCH ASSESSMENT + REPORT	NEUROPSYCH ASSESSMENT + REPORT
Formal comprehensive psych assessment	✓	✓	✓
6 face-to-face client assessment hours*	✓	✓	✓
Diagnostic summary letter for providers, employers, schools	✓	✓	✓
Visual assessment summary	✓	✓	✓
25+ page written report w/ background, detailed graphs, explanations of scores		✓	✓
Cognitive (IQ) and/or academic testing**			✓
Expert writeup tailored to substantiating needs for accommodations			✓
+2 face-to-face testing hours as needed			✓
	\$2,880	\$4,320	\$6,480

*Includes up to 6 total face-to-face hours (interviews, testing with client, and the assessment feedback session). Any additional time needed with the client is billed at \$360/hour. In person testing requires \$25 travel fee per visit per 10 mi travel outside of 97330 or 91755. Expedited assessment (completed in 2 weeks or less) available for additional fee of +\$60/hour



ADULT ASSESSMENT INSURANCE GUIDE

Dr. Stephanie is considered an "out-of-network provider" and does not accept insurance for payment. If you have a PPO plan, you might be able to get reimbursed for the cost of services at a percentage. If you'd like to use your insurance, we recommend asking them the following:

- Do I need a **pre-authorization** for mental health assessments/evaluations?
- What is my **out-of-network deductible** for outpatient mental health visits and psychological assessments/evaluations?
- **How much of my deductible** has been met this year?
- Do you **grant exceptions for specialized care** to fully cover my out-of-network treatment? Dr. Stephanie is considered a specialist in intersecting needs that are often not covered by in-network providers (neurodiversity, LGBTQIA+, OCD).
- What is my **out-of-network coinsurance** for outpatient mental health visits and assessments/evaluations (i.e., what % is reimbursed)?
 - CPT codes: 90791, 90834, 96130, 96131, 96136, 96137
- What **diagnoses**, if any, are *not* covered for these services?
- Do I need a **referral** from an in-network provider or a primary care physician to see someone out-of-network?
- How do I **submit claims** for out-of-network reimbursement?
- Is there a **session limit** for outpatient mental health visits?

ADULT ASSESSMENT FAQ



How long does the whole process take?

From start to feedback session, most assessments can be completed in 6 hours over the course of 3–4 weeks. If you opted to have a report written, it is sent to you 4–6 weeks after the feedback session.

What if I need a quick turnaround?

Sometimes clients have a very tight deadline (e.g., board exam schedules)! I often can accommodate expedited timelines for an additional fee (see page on fees).

What if I don't like the results?

I can't guarantee a specific diagnosis or outcome. But if I do my job right, you will have a better understanding of yourself and how to move forward. Everything I share should sound like I heard and captured your experience.

What if there's conflicting information? Or my family contradicts what I say?

Clients are often worried I will let a piece of information (or lack thereof) totally sway results one way or another. Humans are complex, and this stuff is complicated. Be assured we are partners on this journey, and I contextualize everything. This means taking into account "masking," culture, family, bias, and looking at all the pieces as a whole.

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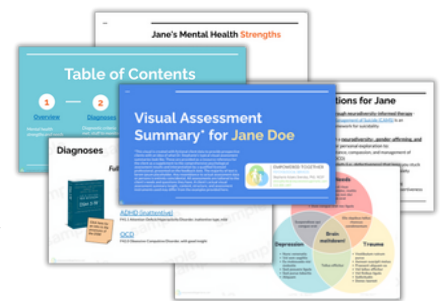
ADULT ASSESSMENT FAQ (CONT.)

When would I need a report?

Some entities like the SSA, schools, and exam boards (e.g., ACT, LSAT, Bar, MCAT) may require written reports in order to verify eligibility for services and supports. Some clients also like to have a written narrative of the work we did together and more detailed explanations of areas assessed to read later on their own, keep for their own records, or share with loved ones or other treatment providers. Also, some people like to see their scores and pretty graphs! :)

What does the “visual assessment summary” include?

At the end of our assessment together, I present key takeaways using a visual slide show. I started creating these visual summaries as a more client-centered way to convey the information needed to help yourself right away. Included are 40+ slides summarizing your strengths, needs, diagnoses, recommendations, and personalized visuals and links to relevant books, audio, video, and online resources.



What’s a “diagnostic summary letter?”

This is a brief letter that you can provide to employers, medical providers, schools, or anyone else that indicates the assessments we completed, your diagnoses, and my recommendations.

More questions?

Schedule a free 15-min video meet-and-greet with Dr. Stephanie at drstephanie@empoweredtogetherla.com or [using this link](#).

ABOUT NEURODIVERSITY ASSESSMENT

As a neurodiversity-affirming and autism-knowledgeable provider:



I always trust and prioritize your description of your experiences. You don't need to "prove" anything to me.



I understand ADHD and autism often look different in women and people with complex histories, compared to the stereotypes.



I acknowledge psychology and medicine's problematic past and present.



I respect self-diagnosis and self-advocacy.



I accommodate different learning, thinking, and communication styles.