

How Does Psychological Testing Work?

Psychological evaluation can be confusing. We hope this helps you to understand the process and to know what to expect.

Psychological evaluation is always a 3-4 visit process whether you are using insurance benefits or not. The first step is an intake appointment, which is also known as a clinical interview (e.g., social and developmental history and current presentation of symptoms), which we bill under the CPT (current procedural terminology) unit of 90791. That visit can be done in person or virtually via our secure telehealth platform. The purpose of the intake is to understand you as a person, your family or support unit, and how your symptoms, behaviors, and emotions ‘show up’ in your life. At the intake, we create a “referral question.” That referral question usually takes the form of something like, “Do I have ADHD, PTSD, depression, anxiety, a learning disability, or another mental health disorder?” The intake helps your provider to understand what psychological tests and procedures need to be conducted to answer your referral question. If you are using your insurance benefits, a prior authorization request will be submitted to your insurance based on this referral question. If your prior authorization is denied, we will contact you with out of pocket options.

Step two is a testing appointment. This step will be conducted after your insurance has approved the prior authorization or after you have signed a Good Faith Estimate when paying for services out of pocket. Either a psychologist or masters level clinician will complete a battery (a personalized series of tests) that are designed to answer the referral question. The psychologist will always design the battery. You should expect this appointment to take 1.5-3 hours depending on the complexity of your referral question. There are times that this step is split into two separate sessions, especially if the referral question is especially complex.

Step three is a feedback appointment. At this appointment, you will receive a thorough psychological report with a summary of findings, test results, and diagnosis. The diagnosis will include recommendations and next steps that are personalized based on your results.

We hope this helps! Please don’t hesitate to reach out with questions or concerns.



The Team at Mindful Growth