What Does the Psychology Assessment Process Look Like?

At Healthy Young Minds, we aim to make the assessment process clear, supportive, and collaborative. Assessments help us develop a thorough understanding of your child's strengths, challenges, and support needs, while providing practical recommendations for home, school, and the community.

Initial Parent and Child Appointment

The assessment process usually begins with a **60-minute appointment attended by both the parent and child**.

During this session, the clinician will:

- Get to know your child and family
- Discuss your concerns and reasons for seeking an assessment
- Gather developmental, medical, educational, and family history
- Discuss your child's strengths and interests
- Clarify the assessment questions and goals
- Explain the assessment process and answer any questions

In some situations, parents may attend part or all of the initial appointment without their child present. This can be helpful when discussing sensitive information or when a detailed history is required.

Assessment Sessions

Following the initial appointment, your child will attend one or more assessment sessions directly with the clinician.

The number and length of assessment sessions will depend on the type and complexity of the assessment being completed. Most assessments involve:

- **1 to 3 assessment sessions**
- **1 to 2 hours per session**
- A combination of structured activities, standardised assessment tools, observations, and discussions

Assessment sessions are designed to be engaging and supportive while allowing the clinician to gather the information required to answer the referral questions accurately.

Depending on the assessment, information may also be collected from parents, teachers, schools, medical professionals, or questionnaires completed by caregivers and other key people in your child's life.

Feedback Session

Once the assessment has been completed and the results have been reviewed, a **30-minute feedback session** is arranged with parents.

During this appointment, the clinician will:

- Discuss the overall findings of the assessment
- Explain how the results relate to your child's strengths and challenges
- Answer questions about the assessment outcomes
- Discuss recommendations and next steps
- Provide guidance regarding supports, interventions, or accommodations that may be helpful

Our goal is to ensure families leave with a clear understanding of the assessment findings and practical recommendations moving forward.

Written Report

Following the feedback session, a comprehensive written report will be finalised and emailed to parents.

Reports typically include:

- Background information
- Assessment procedures completed
- Observations and findings
- Interpretation of results
- Clinical conclusions
- Recommendations for home, school, and other settings
- Information about supports and services that may be beneficial

The report can be shared with schools, medical professionals, and other support providers as required.

Working Together

We recognise that undergoing an assessment can feel overwhelming for families. Our team aims to make the process as clear and supportive as possible, ensuring parents are informed at each stage and have opportunities to ask questions throughout the assessment journey.