



1610 South 70th Street, Suite 101
Lincoln, Nebraska 68506

Psychological Evaluations

Purpose of Evaluations

- **Purpose:** A psychological evaluation is a comprehensive assessment designed to better understand your strengths, challenges, and the factors contributing to your current concerns. The goal is to answer important questions about your experiences, clarify whether a diagnosis is appropriate, and provide personalized recommendations for treatment, school, work, or other areas of daily life.
- **Common Reasons for a Psychological Evaluation:**
 - Clarifying whether symptoms are due to ADHD, autism, anxiety, depression, PTSD, or another condition.
 - Understanding why someone is experiencing difficulty managing attention, emotions, relationships, work, or school.
 - Identifying personal strengths alongside areas of difficulty.
 - Guiding treatment recommendations, such as therapy, medication, or behavioral strategies.
 - Determining whether accommodations at school or work may be appropriate.
 - Helping the individual, their family, and other providers better understand how they function and what supports are likely to be most effective.
- **Trained & Supervised Psychology Assistants:** You may complete all or some portions of your evaluation with a trained psychology trainee or “psychometrist” who works under the direct supervision of a licensed psychologist. This team approach helps make the evaluation process more efficient while maintaining high-quality care. The licensed psychologist oversees the entire evaluation, reviews all testing data, interprets the results, and is responsible for your final diagnosis and recommendations.

Process for Evaluations

- **Diagnostic Interview:** We begin with an interview to understand your concerns and determine whether testing is the best next step. Due to the collaborative and in-depth nature of this process, the diagnostic intake phase typically requires more than one session.
- **Psychological Testing**
 - **Rating Scales w/Collateral:** We may ask you and others who know you well to provide additional perspectives about your functioning across different settings.
 - **Cognitive/Intellectual Testing:** We may administer these tests to help us better understand how your brain processes information and identify both strengths and areas that may be contributing to everyday challenges.
 - **Objective Personality:** We may ask you to complete standardized questionnaires to better understand emotional functioning, coping styles, personality characteristics, stress responses, and mental health symptoms.



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- **Interactive Feedback:** Once testing is complete, we will meet with you to explain the results, clarify any diagnoses, and provide personalized recommendations to help guide your next steps.
- **Written Report:** Following the feedback session and finalization of the process, you will receive a comprehensive written report summarizing the evaluation findings and recommendations. With your written permission, this report can also be shared with other healthcare providers, schools, or organizations as appropriate.

Types and Costs for Evaluations: Costs for self-pay services are paid at time of the first assessment appointment. The diagnostic interview may be a separate fee. Forms for a superbill can be provided following the feedback session. A finalized report is provided upon full payment. Any no show policy (paid day of the no-show via credit card on file) payments need to be paid before rescheduling the missed appointment. If data suggests further assessment, this cost will be calculated and discussed with the client, and paid at the time of the next appointment. HSA/FSA's could be utilized for these services.

- **Attention-Deficit/Hyperactivity Disorder (ADHD)**
- **Autism Spectrum Disorder (ASD)**
- **ADHD/ASD (AuDHD)**
- **Diagnostic Clarification**

Benefits of Private Pay

- Reduces wait times and denials for services and waitlists based on provider shortage
- Greater autonomy to match with a provider of choice
- More gender affirming care
- Fewer preauthorization requirements
- Limits denial of needed services as “not medically necessary”
- Forces the health care and insurance systems to change
- Gives greater security of personal information
- Nothing is disclosed to any entity without written authorization
- More priority care as it reduces clinician’s workload

Insurance Reimbursements

- If you choose to use your insurance, benefits are contracted between you and your insurance company; Phoenix Psychology cannot guarantee reimbursement.
 - Following your appointment, a claim will be sent to your insurance
 - Following insurance reimbursement for that claim, you may still have an outstanding balance owed to Phoenix Psychology for services rendered
- If you choose not to use your insurance, you may still be able to obtain insurance reimbursement.
 - You can request a “Superbill” from our billing office and submit this to your insurance for potential reimbursement for services rendered.