

Greene Clinic: Neuropsychological Assessment for Adults

What is psychological assessment?

Neuropsychological assessment is an in-depth, scientifically-grounded way of learning about how a person thinks. By gathering information from lots of sources - including interviews, observations, and standardized psychological tests - we learn about your cognitive abilities, personality, and emotions. We then put these pieces together and create a holistic “map” of your mind.

What conditions can be identified through assessment?

- ADHD and executive functioning delays
- Autism
- Learning disorders and differences
- Giftedness
- Developmental delays
- Personality patterns and disorders
- Mood disorders
- Anxiety and trauma disorders
- Psychosis and thought disorders

What makes psychological assessment useful?

All people have the inherent potential to learn and thrive. However, our world is not always set up to support people who process things differently. People with unique minds may struggle to realize their potential or make sense of their experience. Psychological assessment can help you find an explanation for repetitive difficulties at school, at work, or in your relationships. By identifying the real barriers to your success, we can help you find new ways to set up your environment or change your approach to optimize learning and growth. Receiving a formal diagnosis and professional recommendations may also allow you to access needed accommodations at school or in your workplace.

What values guide the approach to assessment at the Greene Clinic?

Client-centered. Our assessments are client-centered and individually-tailored to investigate the specific questions you have about yourself. We approach assessment as a collaborative process of discovery. We honor that you are the best expert on yourself.

Comprehensive. Our assessments go beyond diagnosis. We believe that every mind is unique and no person fits neatly into a specific diagnostic “box.” The report we provide you will describe your unique style of processing information and emotions, as well as your profile of strengths and challenges. We will help you understand how factors like personality, mood, and anxiety interact with your cognitive profile to shape your experience.

Applicable. We believe that test results are only useful insofar as they offer a guide for making real-world decisions. Because of this, we always strive to explain complicated issues and data in clear, understandable language. Our reports always include specific, practical recommendations.

Neurodiversity-affirming. We are respectful of neurodiversity and oppose approaches to assessment that pathologize people’s differences. Our reports address the chronic stress and impact on self-esteem that can result from a lifetime of being treated as different. We believe in working toward a world that supports all kinds of minds.

What are the steps involved in the assessment process?

1. *Introduction and interview.* We will begin by meeting with you to understand the reason you are seeking testing. We will then interview you to gather detailed information about your development and your current functioning. We may also request relevant academic and clinical records or ask to speak with your parents, therapist, psychiatrist, teachers, or other people who may have insight into your past or current functioning.
2. *Assessment.* Next, we will meet with you to administer standardized tests designed to measure different neurocognitive abilities, thinking styles, and personality traits. This process usually takes several meetings.
3. *Integration and report-writing.* During the weeks after our meetings, we will score, interpret, and integrate the information we have gathered and write a detailed assessment report. The report will also include specific recommendations about how to apply the new information.
4. *Debriefing.* At the end of this process, we will send you the report and meet with you to discuss our findings and recommendations.
5. *Optional Consultation.* After getting to know you through the testing process, we will be available on an ongoing basis to consult with you, your school, or others to discuss your needs for support.

How long does assessment take?

Depending on the scope of the assessment, you should expect to set aside 4-12 hours for interviewing and testing (usually spaced over several meetings). After the last meeting, it will usually take us 2 - 4 weeks to complete your final report.

What is the cost of assessment?

Our full fee for comprehensive assessment is \$4500, which reflects the extensive time required for our psychologists to conduct thorough testing and write a detailed report.

For clients with **out-of-network insurance coverage**, we can usually help you to receive reimbursement for 40-70% of the total fee.

For **clients with financial need**, our sliding scale for assessment starts at \$2000. We also offer a 4-month payment for those who cannot afford to pay the full cost at once.

*For more information or to request an assessment, please contact us at
646-470-1853 or Info.greeneclinik@gmail.com.*