



Breakthrough Therapeutic Concepts, LLC.

408 Crain Highway, Glen Burnie, MD 21061

(410) 670-9048 ✧ info@btconcepts.org

Psychological Testing Process & Tips

What to Expect

Thank you for considering psychological testing for you or your child. We understand that this may be a new and potentially daunting experience. To help you feel more informed and prepared, we have outlined what you can expect during the psychological testing process.

1. Psychological Testing Team:

- a. The BTConcepts' testing team can be comprised of trained professional such as licensed psychologists, psychological associates, psychology doctoral-level interns or masters-level externs.
- b. All evaluations and assessments completed by externs, interns or associates are **always** supervised by a fully-licensed psychologist.

2. Initial Consultation:

- a. By now, you have met with the lead psychologist (and associated staff) for an initial consultation to discuss your concerns, goals, and reasons for seeking psychological testing at this time.
- b. As a reminder, the psychologist gathered relevant information about you or your child's developmental history, family background, and current functioning.

3. Assessment Planning:

- a. Based on the initial consultation, a personalized assessment plan will be developed to target you or your child's individual needs.
- b. The assessment plan may include various standardized tests, interviews, observations, and questionnaires to gather comprehensive information about you or your child's cognitive, academic, emotional, and behavioral functioning.

4. Assessment Sessions:

- a. Assessment services can be administered during *direct* or indirect sessions.
 - i. *Direct*- assessments or interviews administered during mutually agreed upon, face-to-face sessions
 - ii. *Indirect* – assessments, interviews, report-based measures administered via web-based, teleconferencing, remote, or online methods; scoring, interpretation, and report-writing.
- b. A typical assessment battery includes both direct and indirect services. The length, and amount, of sessions required for each assessment period will depend on the assessment question. You can request a *good faith estimate* for the total costs of the assessment to determine your out-of-pocket costs (in case of no insurance coverage).

5. Feedback Session:

- a. Once all assessments are completed, you will schedule a feedback session with the lead psychologist and/or associated staff to review the results.
- b. Your provider(s) will explain the findings in detail, answer any questions you may have, and discuss recommendations for intervention or support.

6. Comprehensive Report & Documentation Requests:

- a. Following the feedback session, you will receive a comprehensive report summarizing the assessment results, diagnostic impressions (if applicable), and recommendations.
- b. This report can be shared with other professionals involved in you or your child's care.
- c. A PDF version of you or your child's completed assessment report will be uploaded to the secure client portal.
- d. If additional support documentation is required (i.e., college accommodation forms, medical forms, etc.) based on the assessment completed, then such requests would fall under *medical record documentation requests* and may incur a separate fee.



Breakthrough Therapeutic Concepts, LLC.

408 Crain Highway, Glen Burnie, MD 21061

(410) 670-9048 ✧ info@btconcepts.org

e. Such requests can be made through your provider

7. Extra Tips Regarding Assessment Process

- Completion of the assessment process is typically 6-10 weeks; actual length of time and outcome vary by client.
- We do not guarantee an assessment's completion date, results or diagnosis.
- Diagnosis(es) provided are determined by meeting DSM-5-TR qualifications for that diagnosis(es).

8. Follow-Up Support:

- Your provider (or our agency) will provide you or your child with ongoing support and guidance as much possible.

9. Insurance Verification & Payment:

- Before scheduling, we recommend that you contact your insurance provider to verify your benefits. This includes confirming whether psychological testing is covered, what specific tests are included, and any out-of-pocket expenses you might incur. Some insurance plans require pre-authorization for psychological testing. Please check with your insurance company and obtain any necessary approvals before your appointment to ensure coverage.
- Our clinic may be in-network with certain insurance providers. If we are out-of-network, your insurance may still provide partial coverage. It is important to understand the differences in coverage and potential costs associated with out-of-network services.
- The cost of psychological testing can vary based on the specific tests administered and the time required for evaluation and interpretation. A detailed fee schedule will be provided prior to your appointment.
- If your insurance plan does not cover psychological testing, or if you have a deductible or co-pay, you will be responsible for these out-of-pocket expenses.
- If *in-network*, our clinic will bill to your insurance provider, and will share any information with you.
- If *out-of-network*, our clinic will provide you with a Superbill that outlines your services. You can submit the submit to your insurance provider for possible reimbursement.
- You will be required to pay a 40% deposit prior to the first, direct testing session, and pay the remaining balance (if required by insurance company, etc.) prior to the feedback session.

10. Confidentiality:

- Your or your child's privacy and confidentiality are of the utmost importance. All information shared during the assessment process will be kept confidential, in accordance with ethical and legal standards.

A visual depiction of the testing process can be found below:



We hope this information helps you feel more informed and prepared for the psychological assessment process. If you have any further questions, please don't hesitate to contact our main office at (410) 670-9048.

Thank you for choosing Breakthrough Therapeutic Concepts, LLC!

Sincerely,
BTConcepts Staff