

THE INITIAL CONSULTATION

Many times the initial consultation with a clinical psychologist, which can be up to 2 or more hours, is sufficient to obtain enough clinical information to provide clients with clinical impressions and recommendations for future growth. Sometimes clients obtain enough information to be reassured that their experiences are part of the stressors of everyday living and that their responses are normal for their circumstances. Other times a clinical psychologist may recommend individual or group therapies. Psychological testing may be recommended when the information elicited in a clinical interview is not sufficient to develop clinical impressions and recommendations or when the consultation being sought is for a specific objective such as the diagnosis of a Learning Disability, in support of accommodations in college, or on admissions tests such as the ACT, SAT, MCAT or LSAT.

LEARNING PROBLEMS

Both children and adults can have learning problems which need evaluation. Parents of children who are achieving on grade level sometimes have concerns about their greater potential or parents of children already receiving services want to supplement these services with providers in the community. Adults may become aware they cannot learn new skills, apply what they know in a new work setting, or pass a proficiency or other exam needed for promotion.

PERSONALITY DIFFICULTIES

At times, a person will become aware that he or she struggles with chronic unhappiness, has difficulty in relationships, has repeated conflicts at work, overreacts to medication side effects, has problems with impulse control or anger management, or is not making progress at work or in individual or marital therapy, even when the therapist-client fit is a good one. Interpersonal change occurs best when personality functioning is understood.

ACCOMMODATIONS

Those seeking accommodations for learning disabilities in college, extra time on graduate school entrance exams such as the GRE or LSAT, exemptions from proficiency exams, compensatory training after an injury or illness, or specialized training in the workplace when learning is a problem, frequently seek psychological evaluations to support their requests for these services. Most colleges and testing services provide specific instructions for these evaluations on their websites for these evaluations. Those seeking evaluations need to make themselves aware of these requirements. For one example, consult <http://www.collegeboard.com/ssd/student/index.html>.

PSYCHOLOGICAL DISORDERS

A psychological evaluation may be needed to identify a psychological disorder such as clinical depression, an anxiety disorder, a thought disorder, or a learning disability, among many others. These symptoms can be wrongly perceived as voluntary or willful if they are not diagnosed as part of a disorder and treated. Psychological testing can also be useful to assess improvement after an intervention.

**PLEASE CONTACT DR. EABON AT 703-691-4204
TO DISCUSS YOUR EVALUATION NEEDS.**