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Welcome to Heartland Christian Counseling Psychological Consultation Services. This packet contains everything you need for the diagnostic assessment you have requested. We thank you for this opportunity to serve you! We promise a high quality, professional, and comprehensive assessment with results and recommendations that will be helpful and useful.

**What to Do Before the 1<sup>st</sup> appointment:**

1. Sign the Testing Contract
2. Use the Insurance Worksheet for Psychological Testing to check your insurance benefits. Communicate with the office if you have any questions after speaking with your insurance company
3. Complete the rest of the new patient forms that have been sent to you
4. Schedule – Once all initial paperwork is completed, you can schedule for testing

**What to Bring to the 1<sup>st</sup> appointment:**

1. Completed New Patient Paperwork (unless submitted online)
2. Insurance card
3. Payment (cash, card, or check)
4. Glasses/contacts/hearing aids
5. Optional: Someone who knows you well (parent, sibling, spouse, best friend, etc). It is a recommendation if you feel someone close to you could provide helpful additional insight and information.

**What to Expect at the 1<sup>st</sup> Appointment:**

You can expect to be at the clinic for 90 minutes. This time will include:

- Interview
- Interview with any accompanying individuals (if applicable)
- Discussion to determine what tests may be most beneficial for you.

**What to Expect at the 2<sup>nd</sup> Appointment:**

If you are on ADHD medication (Adderall, Ritalin, or Concerta), you must be off the medication for 24 hours prior to the testing. You can expect to be at the clinic for approximately 3 hours. This time will include:

- A battery of appropriate tests, typically including an intelligence test, a simple sustained attention test, a test of executive functioning, and multiple personality assessments. This will vary.
- Scheduling a feedback appointment for your testing results.

**What to Expect at the 3<sup>rd</sup> (Feedback) Appointment:**

You can expect to be at the Clinic (or on telehealth call) for approximately 1 hour, during which you will meet with the psychologist to review results, receive recommendations, and answer your questions.

**What to Expect After the 3<sup>rd</sup> Appointment:**

- A written report will be mailed to you within four weeks of the 3rd appointment.
- With properly signed releases of information, a written report can be released to your primary care doctor, school, and/or other professionals involved in your care within four weeks of the 3rd appointment.

**If you must cancel or change scheduled appointments for any reason, we request a 48-hour notice.**

**Call 641-628-9599 to cancel/change appointments.**