

# Psychology Evaluation: WHAT CAN I EXPECT DURING MY VISIT?

## Questions Often Asked By Our Families



Children's  
Specialized  
Hospital



### What will happen during the first session?

Your first session is called a diagnostic interview. During this session, the therapist will ask you questions regarding your concerns and will gather information about your child's behavioral, social, medical, developmental, educational and family history. The therapist will complete notes using a computer, which are stored in an electronic medical record. You and your therapist will work in partnership to help your child. Together, you will develop a treatment plan, in which, most goals can be addressed in 3 to 6 months.

### How long will the session take?

The session may take up to 60 minutes.

### What is my role during the session?

The therapist may be an expert in child behavior, but you are the expert regarding your child. Your report of your child's history, typical behaviors and skills provides valuable information. Depending on the age of your child and the nature of the concern, the therapist will let you know if they need any help during the diagnostic interview. Let the therapist know the name that your child goes by (ex: nickname) and any languages spoken in the home.

### Can I talk to the therapist without my child present?

Certainly, just let your therapist know at the beginning of the session that you would like to speak to him/her alone. Please recognize that your child may also want to speak privately.

### My child was seen for Psychological testing. When will I get a copy of the report?

The clinician will arrange for an interpretive conference after the testing is complete. The conference will be scheduled within two weeks.

### How should I prepare my child for the session?

Let your child know that the therapist is someone with whom he or she can share information with. Children should understand that we all need a counselor ("talking doctor") to help us at times. It is helpful to think of your therapist as someone who can help your family to stay emotionally healthy. Think of therapy as a family resource.

### What do I need to bring?

Please bring:

- A current photo ID (license)
- Insurance card
- Referral if needed
- A current list of your child's medications
- School reports
- Prior evaluations
- Guardian papers (if joint, or sole custody) *The legal guardian must attend the first session*
- A list of questions to ask the therapist.



# Psychology Evaluation: WHAT CAN I EXPECT DURING MY VISIT?

## Questions Often Asked By Our Families



Children's  
Specialized  
Hospital



### Can I bring my other children?

If possible, it is recommended that siblings stay home so that the parent can give their full attention and participate during the visit. If you need to bring your other children with you, it is recommended to have another adult accompany you with activities to occupy the siblings during the session.

### Will insurance pay for the evaluation?

A representative from our insurance team will review your benefit coverage prior to your scheduled appointment. Please respond to communications (email, phone calls, text messaging) you may receive from the hospital as it may be our insurance department reaching out to discuss benefits.

You are responsible for understanding your insurance benefit and are strongly encouraged to contact your insurance company directly for any exclusions, visit limits or out of pocket responsibility. If you have questions about insurance coverage, please contact our **Insurance Team** at **(908) 741-4399** for English or **(908) 741-4424** for Spanish.

### How do I access the patient portal?

MyChart is the patient portal. You may already have access if you or your child has received care at any RWJBH facility. If not, it is recommended that you create an account prior to your visit. Please note, the parent or caregiver must create their own account first, during registration our representatives will explain how to access the portal on behalf of your child.

If you already have access to MyChart for your child, you will receive reminders starting three days prior to your appointment. Once you receive the reminder, we encourage you to complete the e-CheckIn. This will expedite registration once you arrive on site.

[Click Here](#) or Scan the code to access MyChart

