



THERAPY WORKS

WELLNESS CENTRE

PSYCHO-  
EDUCATIONAL  
ASSESSMENTS

HEALTHY INTERACTION IS TO THRIVE



# WHAT IS A PSYCHO-EDUCATIONAL ASSESSMENT?



- The assessment consists of various psychological measures that assess multiple areas, including the cognitive, emotional, behavioural and scholastic achievement domains.
- The psychologist also gathers significant information from different sources such as the parents or caregivers, teacher, and child, in order to gain a clearer and more accurate understanding of the learner.
- The assessment can only be conducted by a qualified psychologist who is registered with the Health Professions Council of South Africa (HPCSA).

A comprehensive assessment process that provides significant information pertaining to a child's current psychological and educational functioning, as well as their strengths and challenges.

## WHAT ARE THE BENEFITS OF HAVING A PSYCHO-EDUCATIONAL ASSESSMENT

- Gain a comprehensive and holistic understanding of your child's strengths and challenges, as well as how these relate to his or her learning and educational context.
- By better understanding your child, you are able to improve the quality of your relationship with him or her.
- Obtain sound recommendations based on the specific needs of your child.
- Early intervention and support, which has a significantly positive effect on prognosis.



**“BEHIND EVERY YOUNG CHILD WHO BELIEVES IN THEMSELVES IS A PARENT WHO BELIEVED FIRST.”**

- Matthew L. Jacobson

# WHAT DOES THE ASSESSMENT PROCESS ENTAIL?

## A CLASSROOM OBSERVATION AND TEACHER INTERVIEW (30 MIN)

A child's school becomes a home away from home and can offer valuable information as to their current functioning and possible challenges. Thus, the psychologist observes the child's learning environment as well as their interaction with that context (teachers, peers and challenges). The child's educator also provides key information regarding the child's day-to-day learning and behaviour in the school setting.



## AN INITIAL PARENT INTAKE INTERVIEW (50 MIN)

This is a vital part of the assessment process which provides the psychologist with background information pertaining to the child's context, development and current difficulty. As a parent or caregiver, you are a primary source of rich information, which, when considered during the assessment process, significantly contributes to our understanding of the child as a whole.

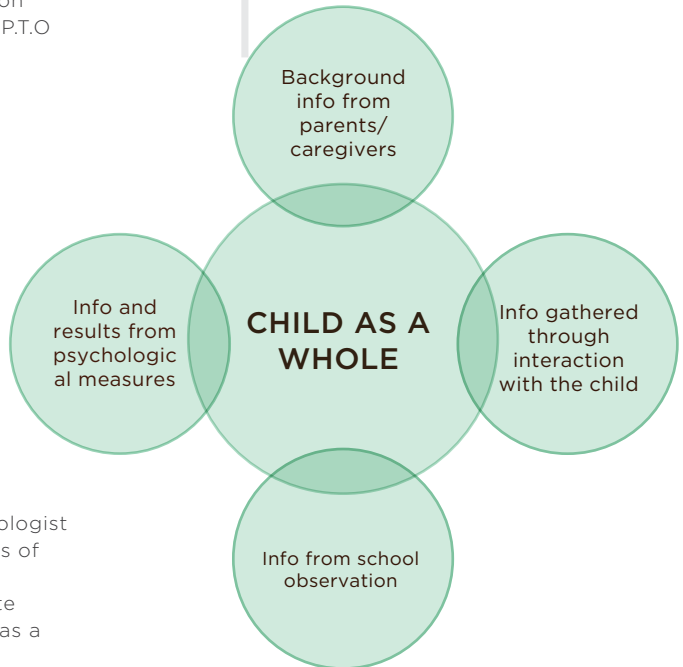


### **ASSESSMENT WITH CHILD (2 X 2 HOUR SESSIONS: +/- 4 HOURS IN TOTAL).**

This is split over two days as the assessment process is lengthy and demands the child's full attention. It is in the child's best interest for the psychologist to conduct the assessment when the child is well-rested (i.e., in the morning), has eaten a nutritious and sustaining meal, and has taken any prescribed medications that directly and positively impact on their ability to sustain their attention and concentration (e.g. Ritalin or Concerta). P.T.O

### **COMPREHENSIVE FEEDBACK (50 MIN)**

This session is essential as it ties the assessment process together. Results, interpretations and recommendations are discussed and the process is drawn to an end. Teacher feedback, where indicated, is also provided by the psychologist after consulting with the parents or caregivers.



*Figure 1: (Right)* The psychologist draws from multiple sources of information so that a comprehensive and accurate understanding of the child as a whole is obtained.

# WHERE DOES A PSYCHO-EDUCATION AL ASSESSMENT FIT INTO OTHER ALLIED HEALTHCARE SERVICES?

A psycho-educational assessment provides indications regarding a child's specific needs, based on their identified strengths and challenges.

To address these needs or to remediate certain difficulties, the psychologist provides specific recommendations, such as referrals to allied health care professionals including, but not limited to: occupational therapists, speech and language therapists, optometrists, as well as audiologists. Similarly, a child is often referred for a psycho-educational assessment after having been to see one of the above-listed professionals. While both routes lead to the same outcome (i.e. the assessment), beginning with the assessment is usually beneficial in terms of gaining a broader understanding of the individual and narrowing down to the particular interventions that are required. This can potentially save parents the process of continuously going from one professional to another, seeking the most effective interventions.



## OUR VISION

Therapy Works is a quiet and tranquil multi-disciplinary wellness centre that provides comprehensive allied health care and therapeutic support to individuals, couples and families in all phases of life, with the purpose of enhancing their interaction and thereby enabling them to thrive.

Our vision is to be a leading allied healthcare service provider in South Africa promoting optimal mental, physical, social, emotional, and interpersonal wellbeing of the individuals, families, and communities we serve.

