

# Alameda Family Services

## BHCS Assessment Program



**Alameda Family Services offers  
low-cost psychological testing  
using an approach that is both collaborative and therapeutic.**

*What is a psychological assessment/ psychological testing?*

A psychological assessment, or psychological testing, is a process in which a clinician meets with you to gather information through interview and norm-referenced testing measures in order to gain a greater depth of understanding of your unique way of thinking and engaging in the world.

*How can it be helpful?*

By learning your unique way of seeing and thinking in the world, a psychological assessment can help to identify strengths and areas in which further support could be helpful. This can help inform how you might want to use therapy. It also helps to understand if any additional resources, beyond therapy, might be helpful. Most importantly, getting to know yourself better can help you find new and different ways of relating to yourself and others.

*What is being offered?*

-Brief assessments provide an overview of strengths and needs; helps determine if more in depth testing is needed.

-More in-depth testing is also offered, if necessary. Tested areas:

- Attention/Executive Functioning
- Academic/Learning Disorders
- In-depth Social Emotional

If you are interested in this service, your AFS therapist can complete a referral form and/or you can contact our intake line at (510) 629-6210 to gain more information.

For more information, see next page.

*What is the cost?*

Offered on an income-based sliding scale. Insurance is not currently accepted. All testing starts off as a brief assessment.

**-Brief assessments (Base Price):**

Range -\$180-\$1100

**-In-Depth testing** – an additional fee will be added to the base price

Range per area tested-\$75-\$500

**-Complete battery** (includes all areas and brief assessment)

Range- \$360-\$2200

*What do you mean when you say it's collaborative and therapeutic?*

We are the experts on the data and tests. You are the expert on you. We believe that engaging you in the process of testing is the best way to get the most accurate and useful information! Your assessor will work with you to develop questions that you hope the assessment can answer. Children and teens also get to come up with their own questions. Your assessor will work with you to help you understand what the data is saying and be curious with you about what this might mean for you in your life as well as how it might help answer your questions. From this, you will develop new or different ways of understanding yourself which can in turn lead to changes in the thoughts and behaviors that impact you. We believe this is where the change can happen!

***Research has proven that this approach can decrease distress, improve feelings of hopefulness and improve overall therapeutic outcomes.***