INTERACTION DYNAMICS
THERAPY, ASSESSMENT, COACHING, AND BEHAVIORAL HEALTH CONSULTATION

Neuropsychological Testing: Frequently Asked Questions

What is the purpose of neuropsychological testing?
Testing helps us better understand your strengths and areas of difficulty, clarify diagnostic questions, and develop recommendations tailored to your needs. Depending on your concerns, the evaluation may explore attention, memory, learning, executive functioning, and emotional or social functioning.

What does the evaluation process involve?
The process typically includes an intake interview, an in-office testing appointment, questionnaires, and a review of relevant records. Your clinician brings this information together and reviews the findings and recommendations with you during a telehealth feedback session. Your written report will be sent to you afterward.

What should I expect during the intake?
The intake is typically a **one-hour appointment via Zoom**. We will discuss what brings you in, your current concerns, relevant history, and what you hope to learn from the evaluation. Topics may include school or work, relationships, medical and mental health history, and previous treatment or testing. You will also have time to ask questions.

How should I prepare for the intake?
Please complete any requested paperwork beforehand and join from a quiet, private space. It can help to have a list of current medications and examples of the difficulties you are experiencing. Let your clinician know about any previous evaluations or relevant school or medical records.

What should I expect on testing day?
Testing takes place **in our office and typically lasts three to four hours**, depending on your needs and the questions being evaluated. You may complete verbal, written, hands-on, or computer-based activities, as well as questionnaires. Your clinician will explain the instructions for each activity.

Do I need to study or practice?
No studying or preparation exercises are needed. Some activities will feel easier than others, and you are not expected to know every answer. The goal is to understand how you approach different tasks. Simply give your best effort and answer questionnaires honestly.

How should I prepare for testing day?
Aim for a typical night's sleep, eat beforehand, and wear comfortable clothing. Bring glasses, hearing aids, or other aids you normally use, along with water and a snack. Ask your clinician in advance about any medication instructions.

Can I take breaks?
Please let your clinician know if you need a break, feel tired or overwhelmed, or need

clarification. We want you to feel comfortable communicating your needs throughout the appointment.

Will anyone else need to provide information?
Depending on the evaluation, we may request questionnaires or information from someone who knows you well, such as a parent, partner, or teacher. Your clinician will discuss whether this would be helpful and explain the process.

When will I receive my results?
Our typical turnaround time is approximately **two to three weeks after testing is completed**. Timing may vary if additional questionnaires, records, or appointments are needed. Your clinician will explain when to expect your results. Your results will be reviewed with you during a telehealth feedback session, and your written report will be sent to you afterward.

What will the results tell me?
The findings will describe your strengths, areas of difficulty, and any diagnoses supported by the evaluation. Recommendations may address treatment, practical strategies, school or workplace supports, or additional services. You will have an opportunity to ask questions about what the findings mean for your everyday life.

How do I find out about cost and insurance coverage?
Please contact our office before your appointment to discuss fees, insurance benefits, and your anticipated financial responsibility. Coverage varies by plan.

Should I bring anything to my testing appointment?
You are welcome to bring water and snacks to enjoy during breaks, as well as a sweatshirt in case you feel chilly. Please also bring glasses, hearing aids, or other aids you typically use.

Where can I park?
Paid street parking is available near our office. There are also several nearby parking garages, which you can find and reserve through SpotHero. Please allow extra time to park before your appointment.

Who can I contact with questions?
Email **info@idpsych.com** or visit **www.idpsych.com**. We are happy to help you understand the process and prepare for your appointments.