



# Psychology Practice

Psychotherapy, Assessment, Training, Research

## Neuropsychological and Educational Psychological Assessments

### Adults 2024

#### Introduction

Neuropsychological and educational psychological assessments for adults are often requested for by educational institutions, employers, or doctors when a person has difficulties in reading, writing, mathematics, general learning, attention span, or has socio-emotional, interpersonal or behavioural challenges. The assessment aims to understand the neuro-cognitive, educational, behavioural, social and emotional functioning of the client, identify any neurodevelopmental, learning, or mood disorder they may have, and provide recommendations for the client and their family, educational institution and/or employer in response to the client's academic, social-emotional, interpersonal and behavioural strengths and difficulties.

#### Assessment process

The assessment is a process which consists of two to four clinic appointments. The appointments include a developmental history interview with the client and where applicable parents, spouse or other close relatives or friends, neurocognitive, educational, social-emotional and behavioural assessment batteries, and discussion of the assessment results. A detailed report of the assessment results and recommendations will be given and explained to the client first, and can, with client's approval, be shared (in summary form) with the client's family, educational institution, or employer. If a client has already had a full neurocognitive or educational psychological assessment in the past, a (shorter) re-assessment process may be recommended, focusing on the current challenges and support needs.

#### Assessment tools

During the assessment process various internationally recognized cognitive, social-emotional, and behavioural tools are used to understand the client's abilities, strengths, and weaknesses. The following are frequently used: The **Wechsler Adult Intelligence Scale (WAIS IV, 2008)** gives a comprehensive picture of a client's abilities and provides a comprehensive measure of overall intellectual ability, as well as five specific cognitive domains that impact performance in the classroom and beyond.

The **Wechsler Individual Achievement Test (WIAT III, 2017)** is a test designed to measure a client's level of academic strengths and weaknesses. It assesses the specific domains: Oral Language, Total Reading, Basic Reading, Reading Comprehension and Fluency, Written Expression, Mathematics and Mathematics Fluency. It informs decision regarding eligibility for educational services, placement, or diagnosis of a specific learning difficulty.

Depending on the first interview with the client and where appropriate referral information from school, employer, or doctor, and the current age of the client the following assessment tools may be used in addition to

or as replacement of the tests above: the Behaviour Assessment System for Children and Adolescents (BASC-3), Beery Buktenica Developmental Test of Visual and Motor Integration (VMI, 2010), Becks Depression Inventory (BDI), Beck's Anxiety Inventory (BAI), Clinical Evaluation of Language Fundamentals (CELF-5), Communication and Symbolic Behavior Scale (CSBS), Diagnostic Interview for ADHD (DIVA), Dissociation Experiences Scale (DES), Patient Health Questionnaire (PHQ-9), Post Traumatic Stress Disorder Checklist (PCL-5), the Van der Bilt ADHD Diagnostic Rating Scale (VADRS), and Vineland Adaptive Behaviour Skills (VABS), amongst others.

## **Follow up**

After completion of the assessment Psychology Practice can provide follow up depending on the client's needs. The follow up recommendations will be shared with the client during the meeting in which the assessment results are discussed. When a client has a learning disorder, mostly academic or employment related support might be indicated, and further follow up at the clinic may not be necessary. In case of attention, socio-emotional or behavioural challenges, follow up psychological support is often recommended. Psychology Practice provides psychotherapy for individual clients, and families. Common disorders we offer treatment for include Attention Deficiency Hyperactivity Disorder (ADHD), Autistic Spectrum Disorders (ASD), Processing Disorders, Adjustment Disorders, Intellectual Disabilities, Depressive disorders, Anxiety disorders, Post Traumatic Stress Disorder, and Eating Disorders. The most common treatment types we use are Cognitive Behavioural Therapy (CBT), Eye Movement Desensitization and Reprocessing (EMDR), and couple and systemic therapy. Psychotherapy support typically consists of 5 to 10 weekly or biweekly sessions of 45-60 minutes each. Sometimes therapies take longer than 10 sessions. In consultation with The Surgery's general practitioners and consultant psychiatrists, psychotherapy may be combined with psychiatric drugs.

## **Assessment team**

Assessments are conducted by a team of internationally trained clinical and educational psychologists working at Psychology Practice. Psychology Practice has provided assessments, counselling, psychotherapy, trainings, on job mentorships, and program development and monitoring and evaluation services for corporate, private non for profit, international and Ugandan clients since 2003.

**Dr Femke Bannink – Mbazzi** is a clinical and educational psychologist and the director of Psychology Practice. She holds a PhD from the Faculty of Psychology and Educational Sciences, research group Disability Studies & Inclusive Education, and three Master degrees in Clinical Psychology, Educational Psychology / Pedagogy, and Cultural Anthropology respectively from Leiden University in The Netherlands and Ghent University in Belgium. She is an Associate Professor at the London School of Hygiene and Tropical Medicine, and head of the Disability Research Group at the MRC/UVRI & LSHTM Uganda Research Unit. She has 25 years of experience in clinical practice, of which 23 years in Uganda. She conducts all intake interviews, decides on the cognitive assessment tools to be used, and shares the assessment results with the client. Dr Femke works together with **Vivian Olga Kudda – Mukibi** and **Elizabeth Shalom Kawesa**, Clinical Psychologists (MSc) from Uganda, with over 10 years of work experience. They conduct the neuro-cognitive assessments. Follow up therapy sessions where recommended can be carried out by all members of the team. Our French psychologist **Anne Dewailly** and Danish psychologist **Laura Sparre** may be involved in follow up sessions for adult clients.

## Pricing and payment schedules

The cost of the assessment depends on the tests that are administered. A first intake appointment is required to determine the number of tests that need to be conducted. This appointment costs 200 USD. Social-emotional and behavioural assessments usually cost 200 USD, whilst neuro-cognitive testing takes a full day (or two half days) and costs 800 USD. A complete all round neuropsychological assessment with report discussion costs 1,200 USD. Follow up psychological support typically costs 100 to 120 USD per session. In exceptional cases home visits are made. Payments can be made in cash, by credit card or bank transfer. A detailed breakdown of the assessment costs and letter of recommendation for insurance purposes can be provided on request.

<b>Neuropsychological and educational assessments adults</b>	<b>Follow up psychological support adults</b>
<b>Total costs: 1,200 USD</b>	<b>Cost per session: 100 USD</b>
Intake interview 200 USD - clinic	Individual therapy session 100 USD - clinic
Social, emotional, and behavioural assessment 200 USD - clinic	Couple or family therapy session 120 USD - clinic
Neuro-cognitive assessment 800 USD - clinic	Home visit 300 USD - within Kampala

## Appointments

For more information and booking an assessment please send an email with the client's name, date of birth, and reason for the request to [femke.bannink@psychologypractice.org](mailto:femke.bannink@psychologypractice.org). We aim to respond to your request as soon as possible, but can sometimes have a waiting list of 2 to 3 months. In case you need an assessment report to apply for admission or examination accommodations please book the assessment at least 3 months before the deadline of submission of the report to the examination or admission board. For information about child assessments and therapy services please contact the practice for further details.