

Psychological Assessment & Support

Overview

Thank you for your enquiry regarding psychological support for your child.

A psychological assessment is recommended to understand your child's emotional wellbeing, behaviour and overall mental health. It is suitable for children and young people experiencing difficulties such as anxiety, low mood, tics or involuntary movements, functional neurological symptoms, social or peer difficulties, and challenges following traumatic brain injury. The assessment will consider home, school and social factors to develop a clear picture of your child's strengths, needs and support that may help.

What the Assessment Includes

A psychological assessment typically involves:

- A parent/child consultation (online or in-person)
- Clinical assessment of your child's emotional and behavioural presentation
- Review of background information (e.g., school reports, previous assessments)
- Screening questionnaires for parents and children (where appropriate)
- A written psychological report or summary letter with tailored recommendations

Who Will Be Supporting Your Child

Your child will be supported by a HCPC-Registered Practitioner Psychologist with expertise in children's mental health and neurodevelopment. All work is conducted under Dr Robinson's clinical supervision, ensuring high-quality assessment, formulation and recommendations based on specialist neuropsychological oversight.

Additional and Ongoing Support

Where ongoing input is recommended, families can access a range of evidence-based psychological support options, including:

- **Follow-up parent consultation:** 30–60 minutes to review findings and planning next steps.
- **Blocks of psychological therapy:** an initial block of 6–12 sessions are typically recommended (weekly or fortnightly) to support anxiety, mood, social, emotional and behavioural needs.
- **Parent support sessions:** 1–3 sessions focused on practical strategies to support behaviour, emotional wellbeing, sleep or routines at home.
- **School consultation or liaison:** 30 minutes to 1 hour with a teacher/SENCo to promote understanding of presenting needs and the consistent use of strategies across settings.
- **Cognitive or neuropsychological assessment:** to assess learning, attention, memory or executive skills, with standardised testing used to clarify needs and inform support.

Assessment Options

To support your child's psychological needs, we offer two assessment pathways. They both involve a meeting with you to explore current concerns but differ in the level of written documentation.

Option 1 – Assessment With Report (£630)

Includes:

- Parent/child consultation
- Emotional/behavioural assessment
- Screening questionnaires
- Review of background information (provided by parents/carers)
- A detailed psychological report with recommendations and treatment plan

Best for:

When a comprehensive written report is required (e.g. for school, GP) or where parents/carers would benefit from a detailed psychological formulation to support understanding of their child's needs and guide next steps.

Option 2 – Assessment With Summary Letter (£420)

Includes:

- Parent/child consultation
- Emotional/behavioural assessment
- Brief screening questionnaires (as indicated)
- A brief summary letter outlining key findings and immediate recommendations

Best for:

When parents/carers would like clear guidance and next steps, but do not require a formal or detailed written report. It provides a concise summary of the key presenting needs, assessment findings and recommendations to guide ongoing support.

Option 3 – Consultation Only (£300)

Includes:

- Parent/child consultation
- Verbal guidance on next steps and recommendations

Best for:

When parents/carers would like advice, clarification of concerns, or direction on next steps, without formal assessment or a written report/letter.

Follow-On Psychological Therapy

Where therapeutic support is indicated, this will be guided by the outcomes of the assessment and tailored to your child's needs. Psychological therapy is usually offered in blocks of 6–12 sessions, delivered weekly or fortnightly depending on what is most appropriate. Support may include (but not limited to):

- Cognitive-behavioural strategies
- Emotional regulation work
- Psychoeducation for parents and the young person
- Anxiety or mood management
- Support to develop coping skills
- Parent sessions to support emotional and behavioural needs at home

Therapeutic input is charged at £200 per hour, with additional liaison, report revisions or written updates charged at the same hourly rate.

Next Steps

If you would like to proceed with an assessment, the following steps will need to be completed before an appointment can be arranged:

1. Signed Terms & Conditions

We will send you our T&Cs, which outline our service, confidentiality and cancellation policy. These must be signed and returned before any clinical work can begin.

2. Request for Support Form

You will receive a Request for Support Form to complete before the assessment (if not already completed). This gathers essential background information about your child and consent for us to contact school or other professionals where helpful.

3. Consent Forms

You will also receive psychological treatment and data-handling consent forms. These provide permission for us to conduct the assessment and outline how information is used, stored and shared in line with GDPR and professional standards.

4. Pre-payment for the Assessment

Payment for the chosen assessment option is required in advance to confirm the appointment slot. We do not accept direct payment from insurance providers, but are happy to provide receipts, invoices and any required documentation to support a claim for reimbursement.

5. Scheduling the Appointment

Sessions can be offered remotely or face-to-face, depending on your location and the availability of the psychologist. We will discuss the most suitable option with you when scheduling.

6. Sharing Documents

Before the assessment, you will receive a secure upload link to safely share any relevant documents (e.g. school reports, previous assessments or medical letters) so these can be reviewed in advance.

If you have any questions or would like guidance on which assessment option is most suitable, please contact us – we are happy to help. We look forward to working with you and supporting your child.

A handwritten signature in black ink, appearing to read "Sally Robinson", is shown within a white rectangular box.

Dr Sally Robinson
Director / Consultant Clinical Neuropsychologist