

Psychological & Neuropsychological Evaluations

Understanding yourself more clearly can be the first step toward meaningful support.

THE GOAL IS MORE THAN A DIAGNOSIS. An evaluation can help connect the dots between your experiences, strengths, challenges, history, environment, and support needs—so you can better understand what is happening and what may help.

WHAT CAN AN EVALUATION HELP WITH?

- Attention & executive functioning — ADHD symptoms, organization, time management, working memory, and task completion
- Autism spectrum characteristics — social communication, sensory experiences, routines, focused interests, masking, and functional impact
- Cognitive functioning — memory, processing speed, reasoning, language, and problem-solving
- Learning & academic concerns — reading, writing, math, and learning differences
- Emotional & psychological functioning — anxiety, depression, trauma-related symptoms, mood concerns, and stress
- Changes after concussion, TBI, or other medical events
- Work & everyday functioning — productivity, mental fatigue, communication, and competing demands
- Diagnostic clarification when ADHD, autism, trauma, anxiety, depression, sleep, or other concerns overlap
- Treatment planning & accommodations when clinically appropriate

WHO MAY BENEFIT?

- Adults seeking diagnostic clarification
- Individuals exploring ADHD or autism
- People experiencing cognitive or emotional changes after injury or illness
- Students and professionals with learning, attention, or functional difficulties
- Individuals seeking guidance for treatment or accommodations

A COLLABORATIVE, RESPECTFUL APPROACH

People often seek evaluation after years of feeling misunderstood, overwhelmed, or blamed for difficulties that have not been fully explained.

Our approach is collaborative, neurodiversity-informed, and focused on helping clients develop a clearer understanding of themselves and the supports that may improve quality of life.

EVALUATIONS MAY HELP YOU UNDERSTAND

- Why certain tasks or environments feel unusually difficult
- How stress, sleep, pain, trauma, or mood may affect functioning
- Why you may perform well in structured settings but struggle in everyday life
- How masking, compensation, or “pushing through” may contribute to exhaustion or burnout
- Which abilities are strengths and which areas may benefit from additional support
- How to communicate your needs to family, therapists, physicians, educators, or employers

WHAT TO EXPECT

- Initial interview and review of your concerns
- Developmental, medical, educational, occupational, and mental health history
- Standardized psychological or neuropsychological measures
- Review of relevant records or collateral information, when available
- Discussion of findings and recommendations
- Written report explaining results in clear, accessible language

RECOMMENDATIONS MAY INCLUDE

- Individual or autism-informed therapy
- Psychiatric consultation and medication management
- Cognitive rehabilitation or occupational therapy
- Couples or family support
- Sleep and stress management
- Workplace or academic accommodations
- Communication and executive functioning strategies
- Additional medical/psychological referrals, community resources, or peer support