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UNDERSTANDING THE ADHD ASSESSMENT PROCESS

YOUR COMPREHENSIVE GUIDE TO THE ADHD ASSESSMENT JOURNEY WITH YCP.

INTRODUCTION

Embarking on an assessment for Attention Deficit Hyperactivity Disorder (ADHD) is a significant step, and we are here to support you throughout the process. This guide outlines each stage of our assessment procedure, making it easy to understand what to expect along the way.

TABLE OF CONTENTS

<i>Understanding the ADHD Assessment Process</i>	1
Introduction	1
Summary of the Process	1
Detailed Breakdown of Each Stage	2
Stage 1: Initial Enquiry and Consultation	2
Stage 2: Pre-assessment Questionnaires	2
Stage 3: Comprehensive Clinical Assessment	2
Stage 4: Potential additional Information Gathering.....	2
Stage 5: outcome and Feedback.....	3
Stage 6: Diagnostic report	3
Stage 6: Referral for support.....	3
Process flowchart	4
Additional Information	5
Contact Us	5

SUMMARY OF THE PROCESS

1. **Initial Enquiry and Consultation**
2. **Pre-assessment Questionnaires**
3. **Comprehensive Clinical Assessment**
4. **Potential additional information gathering**
5. **Diagnostic Report**
6. **Referral for support**



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DETAILED BREAKDOWN OF EACH STAGE

STAGE 1: INITIAL ENQUIRY AND CONSULTATION

Timeframe: Scheduled within 1 week of your enquiry.

- **Contact Us:** Reach out via phone or email to express your interest in an ADHD assessment.
- **Information Provision:** We'll provide details about the assessment process, fees, and answer any initial questions.
- **Book your assessment:** If you wish to proceed you can book your assessment.

STAGE 2: PRE-ASSESSMENT QUESTIONNAIRES

Timeframe: Complete at least a week in advance of your assessment.

- **Questionnaires Sent:** We'll email you a set of questionnaires to complete. These will include standardised rating scales and self-report forms.
- **Standardised rating scales:** These assess your symptoms of ADHD and other commonly co-occurring condition such as anxiety, depression and autism.
- **Self-report forms:** These give you the opportunity to tell us a little bit about your suspected ADHD symptoms and what areas of your life are impacted by these.
- **Informant Forms:** We will ask you to send forms to a family member or someone who knows you well for additional insights about their perspectives on your suspected ADHD symptoms. It may also be useful for you to send us any school reports you have access to, particularly from between the ages of 5 and 11.

Note: Timely completion helps keep the assessment process on schedule.

STAGE 3: COMPREHENSIVE CLINICAL ASSESSMENT

Timeframe: One session lasting 2–3 hours. This can be in person or online via videocall.

- **In-depth Interview:** Explore your developmental history, educational background, employment, and social relationships.
- **Symptom Discussion:** Detailed examination of ADHD symptoms across different settings and over time.
- **Mental Health Screening:** Assessment of any co-existing mental health conditions.

Note: This process is not a test, and we are not trying to catch you out. We will work with you to gather as much information as possible to help us determine if a diagnosis of ADHD is right for you or if there may be something else that you need to consider.

You can get a more information on this stage of the process here:

<https://img1.wsimg.com/blobby/go/f41dbe45-05d2-4a0c-8059-fb816fe24de3/downloads/8e0d2c28-9701-4817-8dae-f50dcd9f3179/ADHD%20Assessment%20Process%20Explainer.pdf?ver=1729075354210>.

STAGE 4: POTENTIAL ADDITIONAL INFORMATION GATHERING

Timeframe: Within 1-2 weeks of the assessment.

- **Additional Perspectives:** With your permission, we may speak with a parent, partner, or close friend if we need to gather more information.



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- **Historical Records:** We might need to review any past assessments, school reports, or medical records if these have not been provided in advance of the assessment.

Note: This information enriches the assessment and supports accurate diagnosis.

STAGE 5: OUTCOME AND FEEDBACK

Timeframe: If you have provided us with all the information we before and during the assessment we may be able to provide you with an outcome at the end of the clinical interview. If we need more information, then we will share the outcome with you once this has been received and assessed. This usually occurs within 2 weeks of the assessment.

- **Diagnosis Explanation:** Once an outcome has been decided we will offer you a clear explanation of whether you meet the criteria for a diagnosis of ADHD.
- **Support options:** We will outline the options for support which can include accessing psychological therapy, medication, coaching and peer support as well as access to financial support.

STAGE 6: DIAGNOSTIC REPORT

Timeframe: Within 4 weeks of receiving your outcome

- **Written Report:** You will receive a detailed report outlining the findings, conclusions and support recommendations.

Outcome: You gain a thorough understanding of your assessment results and next steps.

STAGE 6: REFERRAL FOR SUPPORT

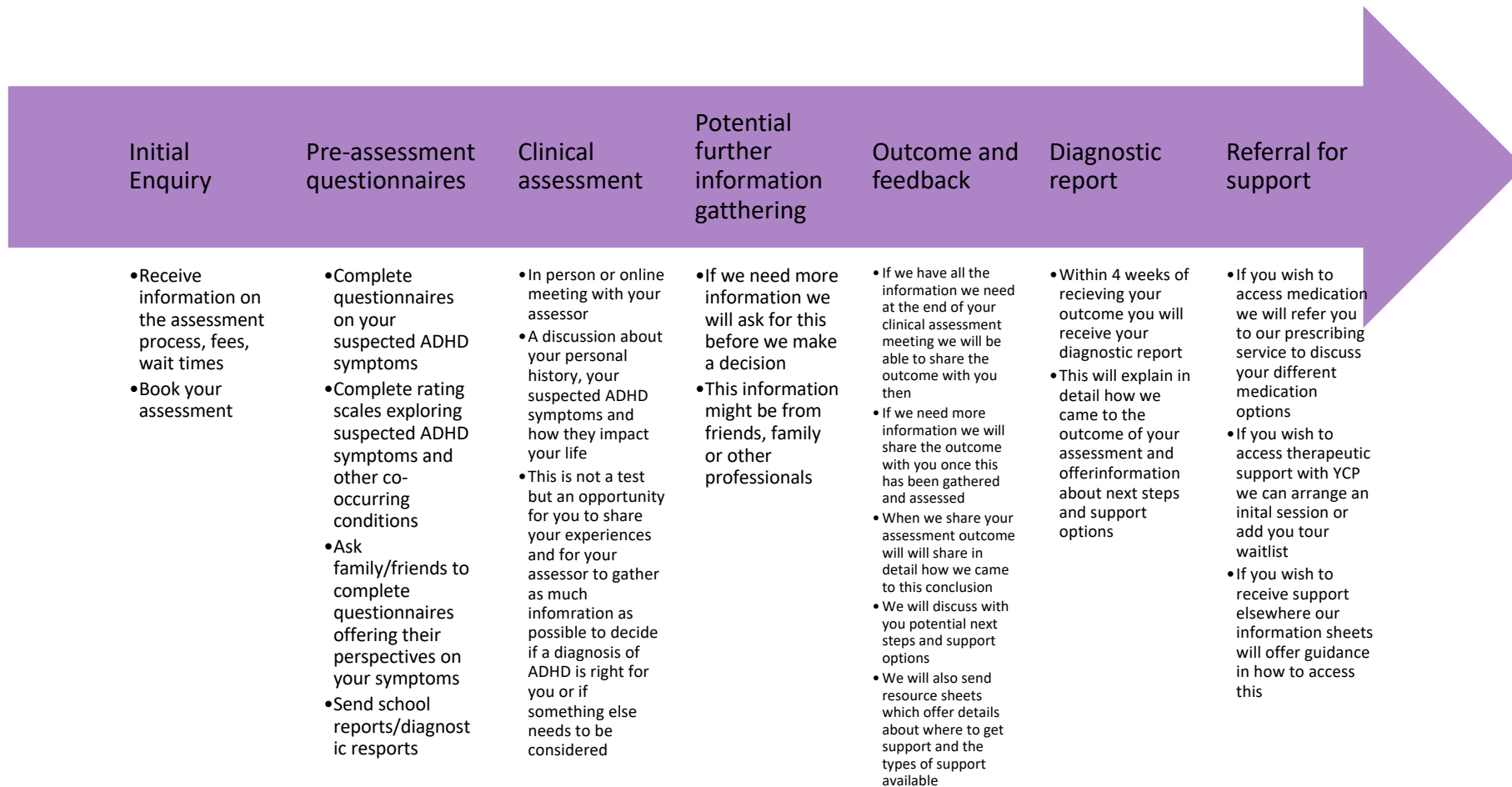
Timeframe: Following the feedback session and report completion.

- **Medication:** If you wish to access medication, we can refer you to our prescribing service where you can discuss different medication options.
- **Therapeutic Interventions:** If you wish to access therapeutic support from YCP we can offer you an initial appointment or add you to our waitlist. We will also send resources which detail how to look for therapeutic support if you wish to seek this elsewhere.
- **Support Resources:** Guidance on support groups and educational materials.

Note: We're here to help you navigate the next steps for managing ADHD.



PROCESS FLOWCHART





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ADDITIONAL INFORMATION

- **Fees:** Detailed information about costs will be provided during the initial consultation.
- **Accessibility:** Assessments can be conducted in-person or via secure video conferencing, depending on your preference.

CONTACT US

If you have any questions or need further assistance, please don't hesitate to contact us:

- **Phone:** 07947562626
- **Email:** contact@yorkshirecounsellingpsychology.co.uk
- **Website:** www.yorkshirecounsellingpsychology.co.uk
- **Address:** 74 Main Street, LS29 7BT

We hope this guide clarifies the ADHD assessment process with Yorkshire Counselling Psychology. Our goal is to make this journey as comfortable and informative as possible.