

Brief Diagnostic Testing

Therapists can easily refer clients to take a psychological test and get diagnostic recommendations from an ECC psychologist.

Potential Benefits

Diagnostic testing can

- clarify a client's diagnosis
- inform your treatment plan
- highlight any concerns that would impact treatment (e.g. risk of substance abuse, suicidality)
- inform if medication would be helpful
- help set realistic expectations for therapeutic goals.

Clients who might Benefit

This can be helpful if:

- your client is presenting with some oddities that have you baffled
- you believe they may have a more serious diagnosis (e.g. personality disorder, bipolar disorder, psychotic disorder)
- you want to be sure of a diagnosis because it would affect your treatment plan

Describing this to a Client

Diagnostic tests put together all the symptoms someone is experiencing and look for the best fit of how to describe what's going on. It helps identify patterns of thoughts, behaviors, relationships, and emotions.

Our options for tests in this format are:

MMPI-2: This test gives information on general pathology as well as patterns of thoughts, emotions and relationships. It gives some good information on if the client is faking good or faking bad. (For teens, we'd use the MMPI-A-RF)

MCMI-IV: This test gives specific information regarding *personality disorders*. It also screens for thought disorders and bipolar disorder. (For teens, we'd use MACI-II)

You can ask Veronica or Natalie which test would be most appropriate given the situation.

Procedure Overview

Once you know the test your client should take, have them schedule the testing with our admin staff. Testing can be completed in our waiting room or remotely. Once the testing is complete, the ECC psychologist will look over the results and contact the ECC therapist by phone with the findings. The psychologist will give you a recommendation for a diagnosis based on the results. We have set the cost at a cool \$275 – not much more than a typical session!

Importantly - there will be no written report in this new procedure

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Admin Procedures

If scheduling the client to take the test in the waiting room, it should be at a time when the admin staff is present. Jessie will pull the test materials needed.

- The MMPI-2 takes about 90 minutes.
- The MMPI-A-RF (for teens) takes about 45 minutes
- The MCMI is supposed to take about 30 minutes
- The MACI (for teens) takes about 30 minutes

If scheduling remotely, Jessie will send them an email with a brief description of the test. Jessie will also log into QGlobal to send them an invitation to take the test remotely.

Here's how:

- Put them into QGlobal
- Assign the assessment (MMPI-2, MMPI-A-RF, MCMI-IV, or MACI-II)
- Enter Natalie as the examiner
- Choose Delivery: Remote On Screen

Jessie will let Natalie know that a client is scheduled (regardless of how they're taking the test) so she knows it's coming her way.

Whoever chooses the report (Jessie or Natalie), please use the following:

- MMPI-2 Interpretive Report: Clinical Settings
- MMPI-A-RF (FOR TEENS) Interpretive Report
- MCMI-IV Interpretive Report
- MACI-II Interpretive Report

Financial Procedures

- The psychologist will invoice the client for the testing and for his/her time giving feedback to the therapist (please refer to the ECC Testing Fees document).
- The therapist will also invoice the client for a half-session (roughly \$65) for the time he/she will be talking with the ECC psychologist. The therapist should use the "Consultation" option on the invoice.