

What is a psycho-educational assessment?

A psycho-educational (“psycho-ed”) assessment is a detailed assessment of a child’s **cognitive and academic skills**. It involves conducting specialized tests that assess multiple factors involved in learning, such as reasoning skills, memory, attention/concentration, phonological processing, and hand-eye coordination.

What is the purpose of an assessment?

The purpose of a psycho-educational assessment is to identify and understand strengths and weaknesses in a child’s learning and cognitive processing, determine if there is a learning disability or processing deficit, and develop a plan to help your child be successful. Psycho-educational assessments are also used to determine **giftedness** or an **intellectual disability**. They are also often completed in the assessment of **ADHD**.



Who should have an assessment?

A psycho-educational assessment helps determine **why** children are struggling academically so that these difficulties can be targeted at home and at school. Any child who is not meeting grade level expectations at school, especially in reading, writing, and/or math, will benefit from an assessment.

What is a learning disability?

Children with a learning disability often have average cognitive abilities, but have difficulties in learning an academic skill, such as reading, math or writing. These children do not meet their full potential in school and therefore require supports to be successful. **A psycho-educational assessment is the only way to determine if a child has a learning disability.**

Types of learning disabilities:

- Learning disability in reading (dyslexia).
- Learning disability in math (dyscalculia).
- Learning disability in writing (dysgraphia).

How is the assessment completed?

The assessment includes the following components:

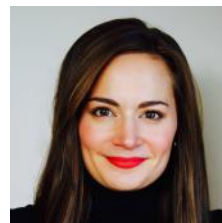
- Intake interview with parents and child to gather information
- Standardized questionnaires completed by parents, child, and teachers
- 3 to 5 hours of psychological testing with the child to determine their cognitive abilities, academic skills, and processing potential
- Report preparation with diagnoses and recommendations
- Feedback session with parents

How much does an assessment cost?

A psycho-educational assessment costs between \$1800 and \$2500, depending on the complexity of the issue and testing time. Our Provincial health plan (MSP) does not provide coverage for psychology. If you have extended health benefits through your employer, you may be able to deduct some or all of the assessment cost. Psychological services are tax deductible.



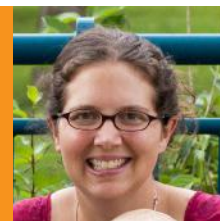
Meet the psychologists



Dr. Kate Aubrey
Registered
Psychologist #2170

Dr. Aubrey has a practice in child and adolescent psychology and extensive experience conducting psychological assessments with children, adolescents, and adults. She is particularly passionate about psycho-educational assessments and enjoys working with youth presenting with complex learning profiles and social-emotional challenges.

Anjee Roth-Peters
Registered
Psychologist #2178



Anjee has over 10 years experience in conducting psycho-educational assessments with a population ranging from 3 years of age through adulthood. She has worked privately as well as within the school system, so is familiar with supports available to learners in both settings. Anjee is passionate about helping families and children reach their goals and grow socially, emotionally, and academically.

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