



About Therapeutic Assessment

What is Therapeutic Assessment?

Therapeutic Assessment is a brief intervention using psychological tests to give clients a better understanding of their unique concerns. People come for a Therapeutic Assessment when they need help with a particular problem, want to understand themselves better, or are facing a major decision about which they want input. In Therapeutic Assessment, we talk about the test findings together to understand your concerns and explore the next steps. Clinicians who practice Therapeutic Assessment are guided by the values of collaboration, curiosity, compassion, humility, openness, and respect.

Adapted from the Therapeutic Assessment Institute website.

How does a Therapeutic Assessment work?

Therapeutic Assessment begins with us discussing areas of life that are puzzling or troubling. Together we form questions to be addressed by the Therapeutic Assessment that are unique to you. For example, “Why do I let people hurt me and am not able to protect myself?”; “Why do other people keep saying that I seem so angry?”; “What can we do to improve our communication?”; “Am I smart enough to go to law school?”; or “How can I make my parents trust me more?”.

A central and important value of Therapeutic Assessment is collaboration. We work together to discover answers to the questions posed. Based on the client’s questions, the clinician chooses tests that can best help answer them. We then meet and complete a number of tests. Our reactions and thoughts during the testing are important guides that influence our journey together. It is imperative that we both contribute to the process.

At the end of a Therapeutic Assessment, we discuss the results of the testing and answer your initial questions in a way that fits with your life. The goal is to help you understand yourself and your life in a more accurate, useful, and compassionate way.

How do I know Therapeutic Assessment is right for me?

Various studies demonstrate how Therapeutic Assessment can help individuals take important steps to overcome difficulties and feel better about themselves. That does not mean it is right for everybody. Therapeutic Assessment requires more effort than a traditional assessment. It often takes more time than a traditional assessment and less time than traditional psychotherapy.

Therapeutic Assessment works best for people who are curious about themselves. It is more about increasing understanding than following a recipe for change. Therapeutic Assessment works best when participation is voluntary (i.e. not court ordered or required for employment, though some Therapeutic Assessment elements can be included in these). Therapeutic Assessment is more about exploration and discovery than diagnosis, though diagnosis is often one component explored.

How much does a Therapeutic Assessment cost and how long does it take?

The length and cost of a Therapeutic Assessment depends on how many questions are posed, how complicated the questions are, and how many tests will be necessary to answer these questions. Dr. Vance is in network with many insurance companies. Our team will work with your insurance companies to determine what they will cover. Once we work together to determine the questions that we will explore together, we will be able to estimate the time and tests needed and provide you with an estimate of time and costs.

Dr. Jeff M. Vance holds a Level I Certification in Therapeutic Assessment from the Therapeutic Assessment Institute.

*More information about Therapeutic Assessment is available on the Therapeutic Assessment Institute website. **therapeuticassessment.com***