



## **Unique Opportunity to Participate in Psychological Testing and Receive Expert Consultation**

Dr. Raja David is seeking 2-3 adults who are currently involved in therapy, and willing to participate in two free sessions that include personality testing and a discussion of the test results. These sessions will occur virtually and video recorded. Parts of those recordings will be shown during a workshop with professionals and graduate students who are learning how to discuss test results with clients. Workshop participants are likely to be from various countries across the world.

The test being administered is called the Personality Assessment Inventory (PAI), and it is one of the most widely used personality measures. The PAI comprises 344 items, can be completed on a computer at home, and typically takes between 30-50 minutes. It has scales that measure common psychological issues, such as anxiety and depression, as well as personality characteristics.

### **What are the Benefits and Risks?**

Raja is an expert on personality testing, the Therapeutic Assessment model of psychological assessment, and how to collaborate with clients to make sense of test results. After this experience, clients' self-understanding will hopefully be improved, their questions answered, and they will have new ideas to focus on in therapy. As for risks, the self-examination process that is part of psychological testing can produce difficult emotions (sadness, anger, shame). If those arise, Raja will support you through them. In a typical psychological evaluation, multiple tests are given, in part because one test may not reveal very much. It is possible that some clients may end this process feeling that the experience validated their self-understanding but didn't lead to new learnings.

### **What Is the Time Commitment Involved?**

This experience will last about three hours and we will meet virtually twice. Appointments are likely to be one week apart.

**Session 1**—Time will be spent focused on identifying and exploring 1 or 2 questions you hope to get answers to about yourself through the testing. At the end of this discussion, you will be sent a link for the PAI and complete it on-line while we meet.

**Session 2**—We will review your test results and discuss the answers to your questions.

Four to six weeks after that session, you will receive a brief write-up explaining the test results and answers to your questions.

### **What Type of Client Situation is Best?**

The client who partakes in this opportunity must be involved in their own therapy, as the conversation that occurs will help the therapy process. Clients who have been in therapy for some time and feel stuck are excellent candidates. Questions such as, “What more can I understand about my anxiety?” or “What does the testing suggest about my relationship style?” are possible to answer. Clients who are in crisis are not good candidates. Further, given only one test is being administered, this experience is too brief to answer complex questions about issues such as ADHD, bipolar disorder, or autism.

### **About Raja**



Raja is the founder and owner of the Minnesota Center for Collaborative/Therapeutic Assessment. He has written various chapters and articles on Therapeutic Assessment (TA), and is co-author of the “TA manual,” *Therapeutic Assessment with Adults: Using Psychological Testing to Help Clients Change*. Raja routinely consults with clinicians and organizations looking to implement the TA model and teaches TA through workshops and graduate courses.

### **How to Take Advantage of This Opportunity**

You can email Raja (raja@mnccta.com) to express your interest. A Zoom or phone call can be arranged before the first session to discuss this opportunity.

If you want to learn more about Raja, you can find information about him and his approach to psychological testing on his website: [www.mnccta.com](http://www.mnccta.com).