



Unique Opportunity for an Adolescent and Their Parents to Participate in a Therapeutic Assessment

Drs. Raja David & Abby Hughes-Scalise are offering the opportunity for one family with an adolescent to get a psychological evaluation at a discounted price. In return, the family will agree to being video-recorded, and those recordings will be used as part of trainings with professionals and graduate students. The type of evaluation being offered is called a Therapeutic Assessment, and they help teens and their parents understand themselves better, grow, and improve their lives and relationships. Dr. David is a leading expert on the Therapeutic Assessment model and often leads workshops on this model of psychological assessment. Dr. Hughes-Scalise leads the doctoral psychology program at Augsburg University and specializes in working with teens and families.

What Would We Get from the Assessment?

Therapeutic Assessment is a method that helps parents and adolescents understand each other better and answer questions they have about themselves and their relationships. During the first session, Raja and Abby will help the family identify questions they hope that the testing can address. At the end of the assessment during the Discussion session, they will explain the results of the psychological testing and talk about how the results relate to the questions. Several weeks after the assessment, you will also receive letters summarizing the results. The assessment will also clarify the next steps to help you keep growing as individuals and as a family.

What is the Time Commitment and Cost?

Therapeutic Assessment with teens and families often spans several sessions (7-9), over as many weeks. Time with the teen and parents is important so that a deep and individualized understanding of what is occurring can be developed. The frequency of sessions will be determined with the family, but often there are appointments once a week or so, and after school appointments are possible. Given the breadth and depth of a Therapeutic Assessment, they often cost \$6,000. This TA is being offered at a discounted rate of \$2,500, which must be paid out of pocket, although it may be possible for families to get reimbursed for out of network costs. During the initial contact, time will be spent explaining the cost, charges that will occur, and the process for exploring out of network reimbursement.

Why is This Approach Called *Therapeutic Assessment*?

Developed by Stephen Finn and other psychologists, Therapeutic Assessments are designed to produce change, and assessors and clients work together to learn about the client's problems. Many clients find these assessments affect them deeply and that the benefits seem to persist long after an assessment is completed. Parents who participate in Therapeutic Assessments often report that they understand their child and their family relationships better, and what will help the family continue to grow.

What Type of Situation is Best for a Therapeutic Assessment?

Therapeutic Assessments can be beneficial for any client. However, Raja and Abby are not neuropsychologists, and this opportunity is not appropriate for families who want to determine whether their child is on the autism spectrum or whether there are specific issues with a learning disorder, memory, language, or sensory issues. Clients who are in crisis often benefit from stabilization services before stepping into a Therapeutic Assessment. Frequently, teens are referred for a Therapeutic Assessment because they or their therapist feel stuck or uncertain about the best pathway forward. Given parents are involved in this process, and may complete their own testing, it is often beneficial when everyone in the family enters wondering how they can improve their understanding of each other and their relationships.

About Raja & Abby



Raja M. David, PsyD, ABBP, LP 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. Raja has worked for 20 years as a psychologist, primarily with teens and families, and is board certified in Child &

Adolescent Clinical Psychology. He has three daughters and knows what it’s like to have a busy household.



Abby Hughes-Scalise, PhD, LP, is a child and adolescent Clinical Psychologist. She has provided therapy and psychological assessment to kids, teens, and their families in private practices and hospital settings. She has particular expertise in mind-body approaches. She currently teaches future psychologists in Augsburg University's Clinical Psychology (PsyD) program, where she serves as Program Director. Abby is especially passionate about working with caregivers and families. As a parent herself to two spirited and curious children, she finds her time filled with sports and music

practices, orthodontist visits, and lots of reminders about teeth brushing.

How Do We Apply to Take Advantage of This Opportunity?

Email Raja (raja@mnccta.com) to express your interest. After initial questions are answered via email, he will coordinate a Zoom or telephone meeting to gather basic information and further explain the process. More information about the Therapeutic Assessment model can be found on Raja’s website (www.mnccta.com) and the Therapeutic Assessment Institute website (www.therapeuticassessment.com).