



Psychology Practice

Psychotherapy, Assessment, Training, Research

Child Psychological Assessments

Introduction

Educational or neuropsychological assessments for children are requested for by school or parents when a child has difficulties in reading, writing, mathematics, general learning, feels bored in school, has attention difficulties, or has socio-emotional or behavioural challenges. The assessment aims to understand the neurocognitive, behavioural, social and emotional functioning of a child, and makes recommendations for school and home to support the child reach his or her full potential taking into account his or her strengths and abilities.

Assessment process

The assessment is a process which takes 6 to 8 weeks and consists of 4 to 6 clinic appointments, 1 school visit and classroom observation, and sometimes 1 home observation. The clinic visits include a developmental history interview with parents, neurocognitive assessment of the child, social, emotional, and behavioural assessment of the child, and discussion of the report with parents, and where appropriate the child. A full report of the assessment will be given and explained to parents first, and will, with parents' approval, be shared with school for the development of an Individualized Education Plan (IEP) if indicated.

Assessment tools

During the assessment process various internationally recognized cognitive and behavioural tools are used to understand the child's abilities, strengths and weaknesses. In all child assessments for children aged 6 to 16 years of age referred by international schools the following tests are used:

The **Wechsler Intelligence Scale for Children (WISC V, 2016)** gives a comprehensive picture of a child's abilities and provides a comprehensive measure of overall intellectual ability, as well as five specific cognitive domains that impact performance in the classroom and beyond.

The **Wechsler Individual Achievement Test (WIAT III, 2017)** is a test designed to measure a child's level of academic strengths and weaknesses. It assesses the specific domains: Oral Language, Total Reading, Basic Reading, Reading Comprehension and Fluency, Written Expression, Mathematics and Mathematics Fluency. It informs decision regarding eligibility for educational services, placement, or diagnosis of a specific learning difficulty.

The **Strengths and Difficulties Questionnaire (SDQ)** is a short behavioural screening questionnaire used for 3-16 year olds and is available in over 40 different languages. The standardised questionnaire has good psychometric properties and screens for emotional problems, conduct problems, hyperactivity and inattention, peer relationship problems, and prosocial behaviours.

Depending on the first interview with parents and referral information from school and age of the child other assessment tools may be used in addition to the above. These can include but are not limited to: the Ages and Stages Questionnaire (ASQ 3, 2009), Behaviour Assessment System for Children (BASC-3, 2015), Beck Youth Inventories (BYI, 2005), Beery Buktenica Developmental Test of Visual and Motor Integration (VMI, 2010), Dyslexia Screening Test (DST, 2004), Connors Rating Scales (Connors, 2008), Family Relations Test (FRT, 2008), Sentence Completion Tests (SCT), the Van der Bilt ADHD Diagnostic Rating Scale (VADRS, 2003), and the Vineland Adaptive Behaviour Skills (VABS, 2005).

Follow up

After completion of the assessment Psychology Practice provides follow up on a term or semester basis with school and parents depending on the child's needs. The follow up plan will be shared with parents during the meeting in which the assessment results are discussed. When a child has a learning disorder such as dyslexia, mostly school support will be indicated, and further follow up at the clinic may not be necessary. In case of attention, socio-emotional or behavioural challenges, a combination of both psychological out of school and in school support is often recommended. Psychology Practice provides psychotherapy for children, and families, as well as parental support programs, social skills trainings, and IEP support to teachers and schools. Common diagnosis which our team treats children and teenagers for include Attention Deficiency Hyperactivity Disorder (ADHD), Autistic Spectrum Disorders (ASD), Processing Disorders, Adjustment Disorders, Intellectual Disabilities, Depressive disorders, Anxiety disorders, Post Traumatic Stress Disorder, Reactive Attachment Disorders, and Eating disorders. The most common treatment options we use with children are Cognitive Behavioural Therapy (CBT), play therapy, parental and systemic therapy, and Eye Movement Desensitization and Reprocessing (EMDR). Psychotherapy plans typically consist of 5 to 10 weekly or biweekly sessions of 45-60 minutes each. Sometimes therapies take longer than 10 sessions. In consultation with The Surgery's general practitioners and consultant psychiatrists, psychotherapy may be combined with psychiatric drugs.

Assessment team

Child assessments are conducted by a team of internationally trained clinical child and educational psychologists working at Psychology Practice. Psychology Practice has provided assessments, counselling, psychotherapy, trainings, on job mentorships, and program development and monitoring and evaluation services for corporate, private non for profit, and individual clients since 2003. The practice is located at The Surgery in Naguru, Kampala, and has conducted child assessments for students of Acacia International School, Acorns International School, Aga Khan Schools, GEMS International School, Heritage International School, the International School of Uganda, Kampala International School of Uganda, Rainbow International School of Uganda, amongst others.

Dr Femke Bannink – Mbazzi is a clinical and educational psychologist and the director of Psychology Practice. She holds a PhD from the Faculty of Psychology and Educational Sciences, research group Disability Studies & Inclusive Education, Ghent University, Belgium, and master degrees in Psychology, and Cultural Anthropology from Leiden University in The Netherlands. She has 18 years' clinical practice experience, of which 15 years in Uganda. She conducts all interviews with parents, socio-emotional and behavioural assessments of the child, decides on the cognitive assessment tools to be used, and shares the assessment results with parents. Dr Femke

works together with Vivian Olgha Kudda and Elizabeth Kawesa, both Clinical Psychologists (MSc), who administer the neurocognitive assessments. Classroom observations and follow up counselling and training at the clinic, home, and school where recommended can be carried out by all members of the team. In case the family is French speaking Anne Dewailly, psychotherapist and EMDR therapist is involved in the follow up.

Pricing and payment schedules

The costs of the assessments differ based on the request made by school and outcomes of the initial interview with parents. The prices below give an indication of the most common assessments. A deposit of 800 USD is required to book an assessment place and should be paid 2 weeks prior to the first appointment. Payments can be made in cash, by credit card or bank transfer. Bank details are provided after the initial appointment has been made. The full assessment plan and costs will be discussed in the first appointment and a detailed invoice will be provided. Full payment is due one week before the last appointment. In case you need a detailed breakdown of the assessment costs beyond the invoice provided for insurance purposes, please let us know.

Neuro-psychological assessment	Educational psychological assessment	Follow up psychological support
Total costs: 1,600 USD – 1,900 USD	Total costs: 1,400 USD – 1,700 USD	Cost per session: 120 USD – 300 USD
Interview with parents 100 USD clinic	Interview with parents 100 USD clinic	Family therapy session 120 USD clinic
Social, emotional & behavioural assessment 200 USD clinic	Educational & cognitive assessment 900 USD clinic	Child therapy session 120 USD clinic
Neurocognitive assessment 1,000 USD clinic	Behaviour check lists 100 USD clinic / school	Parent therapy session 120 USD clinic
<i>Additional assessment 100 – 200 USD clinic</i>	<i>Additional assessment 100 – 200 USD clinic</i>	IEP meetings 200 – 300 USD school (depending on school location)
Classroom observation and meeting with teachers 200 – 300 USD (depending on location)	Classroom observation and meeting with teachers 200 - 300 USD school (depending on location)	Home visit 200 – 400 USD (depending on home location)
Report discussion parents 100 USD clinic	Report discussion parents 100 USD clinic	

Appointments

For more information and booking a child assessment please send an email with your child’s name, date of birth, school, current year or grade, and reason for the request to femke.bannink@psychologypractice.org. In case your child needs an assessment report to apply for examination accommodations please book the assessment at least 6 months before the deadline of submission of the report to the examination board.