

GUIDELINES FOR REFERRING PROVIDERS

Neuropsychological Testing vs. Psychological Testing

Referral Process: Fax completed referral (clinical records, demographics, insurance) to **860-748-4432**. Incomplete referrals may be returned.

Please note: Appointments may take several months and are scheduled from a waitlist based on complete referral submission.

Neuropsychological Evaluation:

Purpose: Comprehensive assessment of brain-based functions (attention, memory, language, executive function, visual-spatial skills, social-emotional/behavioral functioning). *Appropriate when there is suspicion or evidence of neurological involvement.*

Refer when:

- New/worsening cognitive, behavioral, or daily functioning changes with suspected neurological cause
- Diagnostic questions about cognitive/functional problems where neurological involvement is possible
- Neurodevelopmental or neurocognitive disorder concerns
- Evaluation of effects of neurological or medical conditions (e.g., brain injury, stroke, epilepsy, MS)
- Safety, independent living, or decision-making concerns related to possible brain dysfunction

Not appropriate when:

- Concern limited to emotional, behavioral, or psychiatric without cognitive changes (refer for psychiatric evaluation first)
- Primary concern is academic/learning problems (school testing is first step; insurance rarely covers academic testing)
- Testing is requested solely for legal purposes (disability claims, lawsuits)
- Diagnosis and treatment plan are already clear, or testing will not impact management
- Patient is medically or psychiatrically unstable, unable, or unwilling to participate

Psychological Evaluation:

Purpose: Assessment of emotional, behavioral, and personality functioning to clarify diagnosis and guide treatment.

Refer when:

- Diagnostic clarification for psychiatric disorders (mood, anxiety, psychosis, personality)
- Behavioral/emotional difficulties affecting daily life
- Pre-treatment psychological clearance (bariatric surgery, transplant)
- Risk assessment (suicide, violence, malingering)

Not appropriate when:

- Diagnosis is clear from clinical interview and history
- Symptoms are mild, situational, or expected responses to stress
- Testing will not impact clinical management or treatment recommendations
- Testing is requested for primarily for legal purposes (disability claims, lawsuits)
- Immediate intervention needed (testing deferred until stable)
- Patient is medically or psychiatrically unstable, unable, or unwilling to participate

Psychoeducational Evaluation:

Purpose: Assessment of academic skills and learning processes to identify **specific learning disorders** and inform educational planning.

Please note:

- Educational/academic evaluations are generally **not** covered by medical insurance
- Psychoeducational testing is typically conducted through schools or private providers
- Referrals for isolated academic or learning concerns should be directed to school-based services or private/self-pay psychoeducational evaluators rather than psychological or neuropsychological testing through insurance

Psychotherapy/counseling is available for all ages (no referral needed). We do **not** provide psychiatric medication management.

For referral guidance or questions, contact us at 860-270-0600.