

psychological testing & assessments

Psychological testing and assessments can be an invaluable piece of the puzzle, providing the **information** and **clarity** needed...

- to identify inherent strengths and resilience, as well as specific challenges
- to support growth, learning and success in every aspect of life, including school, work, and relationships

We do not believe that psychological testing alone can reveal the whole picture - people are complex, unique and inherently valuable; they cannot be reduced to numbers or codes. But in the journey towards healing and growth, and to living one's life fully - psychological testing and assessment can be an important step forward.

a collaborative approach

Our **team approach** to testing and assessment ensures it is as helpful as possible to individuals and families.

We listen closely to understand the reasons why testing is being considered - whether it is self referral, or recommended by a school, physician, or therapist. We work with clients to make sure they are receiving the right testing and assessment process for their needs, considering the overall goals, strengths, and challenges of the person.

Our team approach ensures that testing and assessment is closely tied to effective treatment and support for continued growth and development. If requested, our assessment psychologist will consult directly with other professionals to ensure the information and recommendations of the assessment inform any treatment or help being provided.

our psychological testing & assessment specialist...

Dr. Rhonda Wizniak

Rhonda is a Registered Psychologist who has been providing assessment and consultation services to children, adolescents and adults since 2007. Rhonda started her journey into psychology as a kindergarten teacher in a rural setting. After teaching for four years, she became intrigued with learning more about the diverse learning, emotional, and behavioural needs of the students she was working with. Rhonda completed her masters and doctoral studies in educational psychology focusing on learning, development, and assessment. She has particular specialization in reading assessment and competency, and can provide a comprehensive reading development plan to families and teachers following assessment.

types of psychological assessments we offer:

- cognitive / intellectual / IQ (for assessment of giftedness, learning disabilities, challenges with processing of verbal and visual information, and memory problems)
- academic ability and achievement levels in reading, writing and math
- social / emotional assessments - (for anxiety, depression and social concerns)
- behaviour assessments (for acting out behaviour, inattention, anger, impulsivity)
- specialized reading assessments
- accommodation assessments (for high school and post-secondary)
- adaptive behaviour assessments
- vocational assessments
- ADHD assessments (children, adolescents and adults)
- personality assessments (adults)
- capacity assessments (seniors)

Please see our website for a detailed description of each of these assessment services.