

# ASSESSMENTS

Our assessment services provide comprehensive, evidence-based evaluations to support diagnostic clarity, understanding, and informed pathways forward for children, adolescents, and adults.

At Self Reflections, our psychological assessments are designed to provide clarity, understanding, and guidance. We offer comprehensive, evidence-based assessments to support individuals, families, and professionals in gaining a deeper understanding of cognitive, emotional, behavioural, and psychological functioning.

Our assessments are conducted with care, sensitivity, and clinical rigour, recognising that assessment is not just about diagnosis, but about understanding the whole person and supporting informed next steps.

## KEY ASSESSMENT AREAS

- ADHD Assessments (Children, Adolescents & Adults)
- Autism Spectrum Assessments
- Cognitive & Intellectual Assessments
- Learning & Academic Difficulties
- Emotional, Behavioural & Mental Health Assessments
- Diagnostic Clarification & Differential Diagnosis
- School, Workplace & NDIS Supporting Assessments
- Comprehensive Psychological Reports
- Personality Assessments

Each assessment is tailored to the individual's presentation, history, and referral needs.

## WHAT YOU CAN EXPECT

- A respectful, trauma-informed assessment process
- Clear communication throughout each stage
- Detailed, professional reports
- Time to discuss findings and recommendations
- Support in understanding next steps

Our aim is to provide assessments that feel informative rather than overwhelming, and empowering rather than labelling.

## CONTACT

**Self Reflections Wollongong**



02 4288 2540



[info@selfreflections.com.au](mailto:info@selfreflections.com.au)

## OUR ASSESSMENT APPROACH

Our assessment process is thoughtful, structured, and collaborative. It may include a combination of:

- Clinical interviews
- Standardised assessment tools
- Behavioural observations
- Collateral information (where appropriate)
- Comprehensive written reports

We take the time to explain results in a clear, compassionate, and meaningful way, ensuring findings are understood and can be used to guide support, treatment, accommodations, or recommendations moving forward.

## WHO IS IT FOR?

Our assessment services are suitable for children, adolescents, and adults who are seeking:

- Greater clarity and understanding
- Diagnostic assessment or confirmation
- Support with learning, work, or daily functioning
- Guidance for treatment, accommodations, or funding pathways

We work closely with individuals, families, schools, GPs, and other professionals where appropriate, ensuring assessments are practical, ethical, and clinically sound.