

*The* ANXIETY & STRESS  
MANAGEMENT INSTITUTE

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# PSYCHOLOGICAL ASSESSMENT

## FOR ADULTS

Do you often make careless mistakes when you to work on boring or difficult projects?

Do you often have difficulty getting things in order when you have to do a task that requires organization?

Do you often misplace or have difficulty finding things at home or at work?

Do you often leave your seat in a meeting or other situations in which you are expected to remain seated?

Psychological assessments are beneficial in helping adults and mental health professionals obtain a clearer understanding of an individual's intellectual, professional, and emotional functioning. This knowledge is then used to develop a treatment plan to help the individual achieve greater professional and interpersonal success.

ARE YOU LIVING  
UP TO YOUR  
FULL POTENTIAL?

## *What is the assessment process like...*

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Our assessments include:

- ❖ The intake process includes meeting with the individual to obtain background information and the history of difficulties.
- ❖ The evaluation will depend on the needs of the individual and any questions to be addressed. Testing may include evaluating current cognitive functioning, academic or work performance as well as utilizing tests to evaluate attention, concentration, emotional and social functioning.
- ❖ After the evaluation is complete, a detailed report will be written with recommendations for all areas of your life (work, academic endeavors, home-life, and relationships).
- ❖ Finally, there will be a personal feedback session with the doctor.