

## FAQs



### **What is a Clinical Neuropsychologist?**

A clinical neuropsychologist is a psychologist with specialized knowledge and training in the applied science of brain-behavior relationships. Clinical neuropsychologists use this knowledge in the assessment, diagnosis, treatment, and rehabilitation of patients who have neurological, medical, developmental, or psychiatric conditions.

### **What is assessed in a neuropsychological evaluation?**

A Neuropsychological evaluation is an assessment of how one's brain functions, which indirectly yields information about the structural and functional integrity of your brain. The neuropsychological evaluation involves an interview and the administration of tests. The tests are typically pencil and paper type tests, though the majority of the tests require administration by a neuropsychologist. The areas addressed in an individual's evaluation are determined by the patient's complaints and symptoms, along with observations made during interview and test administration.

A comprehensive neuropsychological evaluation includes:

a full intelligence battery

measures of verbal and visual memory and academic abilities

measures of executive function (such as planning and conceptualization)

a continuous performance and attention battery

a personality assessment

The tests also measure cognitive abilities related to neurological disorders, such as fine motor coordination

### **What will my neuropsychological assessment tell me?**

Neuropsychological testing can help discern a person's overall level of cognitive function. For those with a learning disability, we first determine the overall level of intelligence, and use specific subtests to reveal a person's cognitive strengths and weaknesses. With different brain problems, different patterns emerge. This can tell the neuropsychologist what kind of disorder the person has.

An individual's scores on tests are interpreted by comparing their score to that of healthy individuals of a similar demographic background. In this way, a neuropsychologist can determine whether one's performance on any given task

represents a strength or weakness. Although individual scores are important, the neuropsychologist looks at all of the data from the evaluation to determine a pattern of cognitive strengths and weaknesses and, in turn, to understand more about how the brain is functioning.

Most importantly, the testing can identify the strengths and weaknesses in a person so that guidance for career, remediation or treatment can be made with the most precision possible.

How do I prepare for a neuropsychological evaluation?

Make sure that you dress in comfortable clothes and get a good night's rest before your appointment.

Take any medicine as you do each day. Also, bring these with you, so that you can take them at the normal times if that is necessary.

Bring glasses for reading or a hearing aid if you normally wear these.

Snacks are available for purchase in the building lobby, or feel free to bring these with you if you feel you will get hungry during the session.

How long does a neuropsychological evaluation take?

A complete evaluation can take up to eight hours, depending on the complexity of the issues to be addressed and the patient's condition (for example, fatigue, confusion, and motor slowing can extend the time required for an evaluation). Occasionally, it is necessary to complete the evaluation over two or more sessions.

?How many sessions does neurofeedback take?

This is a difficult question to answer as each individual has different needs. Most people start to see results after only a few sessions. For the majority of conditions, a treatment plan of 30 &ndash; 40 sessions is recommended in order for the effects of the treatment to last. However, many individuals complete the program in less time and some may require more time.

**Do you accept credit cards?**

We accept Visa and MasterCard, as well as personal checks and cash.

**Are services covered by insurance?**

We are not currently on any insurance panels. However, many insurance plans include out-of-network benefits and are willing to reimburse insured parties for psychotherapeutic treatment. We accept direct payments from patients and provide a detailed receipt of services and payments, which you may submit to your health insurance carrier for reimbursement.

The cost of neuropsychological testing, psychotherapy and cognitive rehab is your responsibility and you should seek reimbursement from your health plan.

You may find more information about insurance coverage [here](#).

How late can I cancel an appointment?

We ask that you call to cancel at least 48 hours prior to your scheduled appointment, or you will be charged the full fee for the session.

**Do you provide accommodations for standardized testing?**

We have dealt with over 3,000 cases involving accommodations for high-stakes testing with a 95% success rate in these cases when a learning disability has been previously documented. We have an extremely short turn-around time. Documentation can be provided in as quick as 1-2 weeks following testing, compared to 3-4 weeks at most clinics. You may find more information about high-stakes testing [here](#).

**Do you provide consultations?**

Yes, please visit our consultation page [here](#) for more information.

**What are your hours?**

At The Brain Clinic, we always strive to accommodate your busy schedule. Our regular working hours are:

Weekdays: 10am-7pm

Saturdays: 10am-5pm

How do I get started?

Please feel free to call us at (212) 268-8900. We will be happy to answer any additional questions you might have. You can also e-mail us at [nurosvcs@aol.com](mailto:nurosvcs@aol.com). We look forward to hearing from you soon!