

How a **Psychoeducational Assessment** Can Help You, or Your Child

About **Waystone Psychology**

Get to Know Waystone

At Waystone Psychology Clinic in Nepean, Ottawa, we specialize in Psychoeducational Assessments and Individual Treatment. Our practice focuses on providing clients with recommendations to assist and support their learning and functioning through an evidence-based approach.

Our team will setup a tailor-made treatment plan designed just for you that is backed by science. This treatment plan will include key benchmarks to ensure that you will be able to see your progress as you grow with Waystone Psychology!

About Our Team

Welcome to Waystone Psychology, a team of dedicated clinical psychologists and psychometrists practicing in Nepean, Ottawa.

We focus on providing high quality Psychological and Psychoeducational assessments for individuals who



are experiencing challenges within their home, school, or career environments.

We have experience working both within the public school system and working in private practice conducting assessments for individuals experiencing a range of difficulties.

What does a **Psychoeducational Assessment** tell you?

A Psychoeducational Assessment looks at the cognitive abilities such as memory, attention and logical reasoning, as well as the social and behavioural functioning of an individual. This assessment allows our associates at

Waystone to identify learning concerns that the individual may possess. Once we are able to identify these concerns, we can design a pathway for them to navigate in order to reach success in school, work, and social relationships.

Psychoeducational Assessments are for kids and adults.

Identifying and diagnosing a learning difficulty at a young age may be challenging, as children can compensate for their difficulties in another way.

As the years go by and the academic material becomes more complex, the once-masked difficulties will appear once again, and there's no avoiding it this time. Kids and adults alike can benefit greatly from finding ways to

target and develop their strengths and weaknesses, allowing them to move forward in their studies, and in their careers.

Clients can reach their full potential by using the necessary tools and guidance, helping them advance and succeed in their academic or career endeavours.

How to Prepare for a **Psychoeducational Assessment**

Step 1: Maintain a Positive Outlook

Maintaining a positive attitude will make the tests seem less frustrating, and you'll be able to focus and perform better when the thoughts of doing poorly are far from your mind. Think of the test as nothing more than challenges and puzzles used to assess cognitive and behavioural abilities.

Step 2: Schedule Accordingly

Make an effort to avoid scheduling a session that will interfere with a favourite activity, as it can make testing a negative experience.

Step 3: Know What to Expect

Staying informed and knowing what to expect will make the testing session less intimidating and scary. When scheduling your psychoeducational assessment with Waystone, we'll discuss the types of assessment, our testing approach, the length of testing and what to expect.

Step 4: Rest Up

Lastly, be sure to get a good night's sleep before each session. This will help clear the mind and allow you to be alert and ready.

In case of receiving or recovering from an illness, it's best to reschedule to a later date, as fatigue could impair judgment and cause a person to perform poorly.

How Waystone Helps You with **Learning & Coping Skills**

Our team will work with you to pinpoint areas of concern and develop useful strategies and solutions to assist in schooling and functioning. You can

rest assured that we do not use a one size fits all approach but rather treat each patient with the individualized care and attention you deserve.

1



Book an Appointment With Us

Now that you've gotten to know us, why not schedule an appointment to get the journey started?

2



Start the Appointment Process

We begin by running a series of tests that are highly effective in assessing strengths and challenges.

3



Identify Areas for Individual and/or Workplace Learning

The assessments help us proceed working on areas that will lead to better coping at work, school, and life.

4



Improve Functioning at Home, School, and Work

We'll do a deep dive together, isolating specific challenges and finding effective solutions.



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