

Sarah Bharier, Psy.D.
Licensed Clinical Psychologist
License # PSY26083
1904 Franklin Street, Suite 300
Oakland, CA 94612
(510) 853-4271

Therapeutic Collaborative Assessment (TCA)

I utilize a therapeutic collaborative approach to assessment. This process is more dynamic than a traditional assessment model. While I collect data to answer the referral question, I work with parents and youth to encourage their own learning and insight throughout the process and data collected. I am the expert on the tests and you are the expert on your child. I find it is a much more fruitful experience when learning happens together.

How this happens is that I work with parents on identifying the questions they hope the assessment might answer. "What is my child's diagnosis" is often the question parents have. However, I find it more helpful to understand what parents are hoping having a clearer diagnostic picture could provide and focusing more on that question. For example, perhaps a parent wants to know their child's diagnosis because they want to understand why they become easily overwhelmed. I find that the following questions might be a more useful area of focus, while also considering diagnosis: Why does my child become easily overwhelmed? And/Or How can we best support them?

When developmentally appropriate, I encourage the youth to also come up with their own questions they hope the assessment could answer (i.e., Why can't I make friends? Why do I get mad so easily?). This helps the youth be engaged in the process as well. In addition to the assessment report, I give the youth a letter or story (based on their age) that answers their questions. For adolescents, I encourage parents to allow the youth to ask private questions since it is often developmentally appropriate. If I feel there is information in those questions that are important for the parent to know then I will work with the youth to share that.

Therapeutic Assessment (TA)

The TCA model is an approach I use with all of my assessments. I also offer Therapeutic Assessments, a brief therapeutic family intervention. It is helpful when there are clear assessment questions but there is also a strong desire to improve family relationships and communication.

Testing remains focused on the youth. Yet, I also meet with parents on a regular basis to look at the testing data and process together. This allows for in-vivo (and deeper) learning to occur. At times, parents meet individually with me to complete some brief measures. This proves useful in helping parents understand their own unique personality traits and how similarities and differences among family members could influence interactions.

After the testing is complete, I have one or two family meetings aimed at creating new opportunities for understanding and/or new ways of engaging. At the conclusion, we meet to summarize and discuss the answers to the assessment questions, as well as any other learning that occurs. Families often find this process immensely impactful on shifting narratives and ways of engaging.

Additionally information about this process can be found on the website:

<https://www.therapeuticassessment.com/faq.php>

Cost

I charge at a rate of \$300 per hour (which includes testing sessions, collateral communication as necessary, scoring, interpretation, and report writing.) Once I understand the reasons for referral and needs of the assessment, I send an estimate of costs prior to moving forward. The type and length of report needed will influence the total cost, as is discussed in the first session. Assessments vary in cost. For example, a brief assessment might include 12 hours of billable time while an extensive therapeutic assessment could be 35-40 hours of time.