



Specialist Psychological Assessment Service

This service offers comprehensive, formulation-led psychological assessments for individuals with complex, overlapping, or treatment-resistant presentations. Grounded in a **biopsychosocial and psychodynamic framework**, assessments aim to understand the individual in full context: developmental history, relational dynamics, identity formation, neurocognitive functioning, and lived experience across work, education, and relationships.

We acknowledge the increasing demand for quick diagnostic labels, especially in overstretched services. However, **checklist-based assessments often oversimplify** the nuanced interplay between trauma, neurodivergence, personality development, and environment—leading to misdiagnosis and ineffective treatment plans.

Our approach combines **structured clinical assessments** with **depth-oriented psychological formulation**, ensuring that assessments serve as a springboard for meaningful, long-term therapeutic growth, not just diagnostic categorisation.

When is a Specialist Psychological Assessment Indicated?

- When diagnostic clarity is compromised by overlapping traits (ADHD, Autism, trauma, OCD, or personality difficulties)
- Late or missed diagnoses, especially in high-functioning or masked individuals
- Repeated treatment failures (CBT, DBT, medication) without sustained improvement
- Complex developmental histories, attachment trauma, or chronic invalidation
- Discrepancy between external functioning and internal emotional distress
- High masking and social camouflaging behaviours
- Recurrent crises or poor response to standard interventions
- Prior to commencing long-term psychotherapy, to clarify treatment focus and structure
- To inform systemic interventions (e.g., schools, workplaces, or multidisciplinary teams)

Area of Focus

- Complex, comorbid, or unclear diagnostic profiles
- ADHD, Autism, trauma, OCD, or emerging personality difficulties),
- Conditions that have not responded to prior treatment
- Differential diagnosis across neurodevelopmental, trauma-based, and personality pathways
- Clients with a history of misdiagnosis, masking, or misunderstood presentations
- Assessment to inform psychiatric, psychotherapeutic, educational, or occupational planning
- Integration of neurocognitive testing with emotional and relational functioning
- Trauma-informed, relational and personality-focused enquiry

Age Group

Adolescents (14+) and adults

What to Expect

A structured yet reflective process involving multiple sessions, designed to ensure that the assessment captures the full nuance of the individual's presentation. Clients are engaged collaboratively throughout, and feedback is personalised, clear, and actionable. The sessions will be focused on Cognitive and executive function testing, structured clinical interviews (including developmental and psychiatric history), Contextual and collateral input (e.g., school, medical, or family reports), validated psychometric tools

Session Format

- **Initial Consultation** (50 minutes): to explore concerns, history, and assessment goals
- **Testing and Interviews** (3–4 x 2-hour sessions): including cognitive, personality, and diagnostic assessments
- **Feedback Session** (50 minutes): a detailed psychological report with diagnostic impressions, formulation, and recommendations is provided and discussed

Our Approach

At the Biopsychosocial Clinic, our specialist psychological assessments are underpinned by a belief that accurate diagnosis and deep clinical understanding form the bedrock of effective care. Too often, individuals are assessed through the narrow lens of symptoms and checklist-based tools, resulting in fragmented diagnoses and superficial treatment plans. This contributes to cycles of ineffective intervention, with clients moving from one service or crisis to another without meaningful progress.

Our approach is fundamentally different. We combine structured psychometrics with reflective, narrative-based enquiry to construct a formulation that makes sense of both presenting symptoms and underlying drivers of distress. Drawing on psychodynamic theory, developmental psychology, neurodivergence research, and personality structure models, we consider the whole person—not just isolated behaviours.

We are mindful of the cultural tendency towards quick-fix labels and biological reductionism. While these can offer initial relief through simplicity, they often fail to capture the complexity of individual experience and may reinforce feelings of misattunement. We have observed that when previous superficial diagnoses are accepted uncritically, treatment tends to stagnate, leading to frustration and entrenched suffering.

In contrast, our assessments strive to offer a coherent, compassionate account of a person's difficulties, their origins, and their functional role within personality development and relational patterns. This facilitates more realistic goal setting, nuanced treatment planning, and clearer therapeutic direction—ultimately improving outcomes and fostering long-term emotional wellbeing.

