

Diagnostic Evaluation Assessments

For the Diagnostic Evaluation Session(s), in addition to discussing your motivations for seeking therapy, it is essential to engage in thorough and nuanced exploration of your historical experiences and current level of functioning, both of an emotional and psychological nature. To aid in this extensive exploration, I will provide and ask you to complete the following **brief** assessments for review during our time together:

1. Adverse Childhood Experiences (ACEs)
2. Generalized Anxiety Disorder-7 (GAD-7)
3. Patient Health Questionnaire-9 (PHQ-9) (*to help assess for Depression*)
4. Trauma Screening Questionnaire (TSQ)
5. WHO (Five) Well-Being Index (WHO-5)