

ADULT ADHD ASSESSMENT

TAKE THE FIRST STEP TOWARDS A BRIGHTER,
MORE FOCUSED FUTURE

Brisbane

MIND + BODY
Clinic



STEP 1: BOOK YOUR ADULT ADHD ASSESSMENT

Please call our clinic on (07) 3520 2209 or email us at hello@brisbanemindbodyclinic.com.au to book your spot.

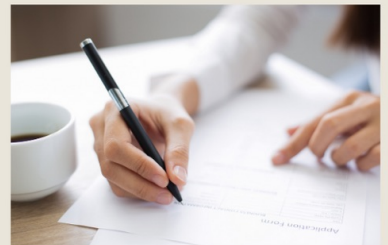
Our friendly team will help explain the assessment process, costs, and timeframes.



STEP 2: PRE-ASSESSMENT FORM

You will receive a welcome email that will include a link to your pre-assessment documentation.

Once completed, this information will be used to commence your ADHD assessment or ADHD-specific intervention.



STEP 3: CHAT WITH ONE OF OUR PSYCHOLOGISTS

Following best practice guidelines, all of our ADHD testing for adults starts with a one on one consultation. In this session, our psychologist will explore your concerns, abilities, strengths, difficulties, challenges, and developmental history.

You should allow 1-2 appointments for this part of the process.



STEP 4: ADHD TESTING

Following the consultation, the next step involves an assessment process that includes completion of various online questionnaires. The specific number and type of assessments will be tailored to address your individual concerns and needs, guided by the insights gained from the initial consultation.



STEP 5: IN-DEPTH ANALYSIS

Your psychologist will then take an in-depth analysis and spend many hours reviewing your assessments and sessions. They'll formulate a written report, offer recommendations, and organise a feedback session with you.



STEP 6: FEEDBACK SESSION

A feedback session is typically arranged approximately four weeks following the completion of your assessments. This session will last up to 50-60 minutes, during which your psychologist will provide you with both a written report and a verbal explanation of the assessment findings.

Our primary focus is on delivering thorough reports and feedback in straightforward language, ensuring you grasp the true implications of the results. Our reports prioritise recommendations and practical suggestions aimed at facilitating immediate improvements in your quality of life.



Service	Fee	Medicare Rebate	Out of Pocket Expense
ADHD & Clinical Assessment Session with a Psychologist (50-60mins)	\$250	\$93.35	\$156.65
Individual Psychological Treatment Session with a Psychologist (50-60mins)	\$225	\$93.35	\$131.65
Comprehensive ADHD Diagnostic Assessment, Interpretation, and Report	\$1250	N/A	\$1250

* It's advisable to chat with your GP about your symptoms and acquire a Mental Health Care Plan. This will make you eligible for a Medicare rebate and lower overall costs. Please note that you do not need a referral from your GP to begin testing for ADHD.

A clinical assessment will typically require **three 50-minute sessions if ADHD is suspected. This includes ADHD diagnosis, feedback, treatment planning, and management strategies. Should the assessment take longer, subsequent sessions are charged at the same rate as a clinical assessment consultation.