



## Diagnosis Disappointment

In the era of social media and limitless internet search articles related to behavioral health issues, it is understandable that many people strongly identify with certain diagnoses or labels. The phenomenon of “self-diagnosis” has been affecting the behavioral healthcare field with increased frequency over the past several years.

We understand that it is natural to be curious and passionate about your mental health – we encourage it! However, we urge you to remember that there is no substitute for quality professional assessment and care. Please keep in mind that many people will have TRAITS of a condition such as Autism Spectrum Disorder, ADHD, or Obsessive-Compulsive Disorder (OCD), but do not meet the criteria for an official diagnosis. A person may be struggling with symptoms related to a specific diagnosis and not meet the standards for the full behavioral health (i.e., DSM-5-TR) diagnosis. To give a diagnosis to a person who does not meet the full criteria would be unethical and represent a lack of commitment to standards of accuracy in diagnostics.

We ask that all clients strongly consider that our psychologists, and the assessments that they utilize, are uniquely equipped to make an accurate diagnosis for clients.

Here are some facts you may not know:

- Our testing psychologists possess a Doctorate in Clinical Psychology. This represents no less than 8 years of education and the completion of thousands of hours of patient care under a supervisor. They also must pass a licensing examination. Only then are they officially qualified to provide psychological assessment services for Genesis. In addition, our psychologists have years of post-licensure experience administering assessments and analyzing results.
- We use only empirically validated testing assessments, which are unavailable to the public. These assessments, or the rights thereto, are purchased by Genesis after careful consideration and research. Our assessment team is extensively trained in their appropriate scoring and usage.
- Psychological assessments have been shown to be predictive of specific, measurable outcomes. The validity of psychological tests is comparable to the validity of medical tests. (Meyer, G., et al. (2001). Psychological testing and psychological assessment: A review of evidence and issues. *American Psychologist*, 128-165.)
- Any symptom typical of a condition can be treated without a person having to qualify as having the full condition (example: a neurotypical person may tend to hyperfocus and have poor time management skills, but not have ADHD or ASD.) Thankfully, you do not need a full diagnosis of a condition to be treated for traits of the condition!

Thank you for trusting Genesis with your psychological testing needs. If you choose to proceed with a psychological evaluation with Genesis, we encourage you to keep an open mind to what the results of the valuation may conclude, which may or may not align with self-diagnosis or prior self-report assessments available online. Please feel free to discuss with your psychologist or therapist any concerns or questions or concerns you have prior to proceeding with the evaluation. We are here to help!

