

## Consultation and Presentations

We believe in going the extra distance for all of our patients; accordingly we take a case management approach in our practice. We consult with other professionals involved in your care to provide a synergistic approach to treatment which leads to better outcomes. We believe that this is a particular strength of our practice. We provide specific solution-oriented treatment plans that allow our patients to achieve greater success in their lives. We also provide comprehensive case consultation with other professionals on your behalf.



Our skilled clinicians are also available for professional in-service training sessions and psycho educational presentations.

## What We Offer

- **We evaluate and treat:** *neurocognitive, behavioral, social, and emotional issues, including inattention, impulsivity, memory, depression, anxiety, behavior, brain dysfunction / disease / injury, interpersonal difficulties and employment / academic performance.*



- *Neuropsychological and psychological assessments.*
- *If you have suffered a brain injury or have other brain-related disorders, we can assess your functioning and provide specific information regarding effective treatment.*
- *We provide solution-oriented individual and couples/family treatment.*
- *We provide neurocognitive remediation for memory deficits, ADHD, and executive function disorder.*
- *We provide Biofeedback for treatment of anxiety, mood, sensory integration deficits, ADHD, executive function disorder, and other conditions.*
- *Professional consultation and advocacy is our strength.*
- *Most insurance plans accepted.*
- *Evening and weekend appointment times are available.*



# NeuroHealth

## Arlington Heights



## Clinical Psychology & Neuropsychology for Adults

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*Testing, Treatment, and Advocacy*

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## What is Neuropsychological Assessment?

Neuropsychological assessment involves the administration of a variety of tests designed to provide diagnostic clarification, which leads to effective treatment planning. Tests that may be used include those that access cognitive / intellectual abilities, memory, attention, executive function, language, motor, and social / emotional / behavioral functioning. We custom-build each testing battery to match the specific needs of each individual.

Neuropsychological assessment allows for greater understanding of brain-behavior relationships and can provide information as to how an individual's daily functioning has been impacted by neurological and/or psychological impairments. Testing identifies both areas in need of improvement and areas of strength, as understanding strengths is essential for increasing overall health and wellness.

**Neuropsychological testing allows for increased accuracy in diagnostics and more effective treatment planning**



## Our Competency

**We are equipped to assess, diagnose, and treat many challenges our patients face including:**

- Depression and Anxiety
- Obsessive-Compulsive Disorder
- Bipolar Disorder / Other Mood Disorders
- Attention Deficit / Hyperactivity Disorder
- Adult learning disabilities, including dyslexia
- Developmental disorders in adults such as Autism, Asperger's Syndrome, Pervasive Developmental Disorder, and other Neurodevelopmental Disabilities.
- Assessment and advocacy for college students experiencing academic struggles.
- Assessments for older adults including testing for dementia, memory loss, loss of motor coordination, and/or speech issues.

Each individual is unique, and we provide a customized approach to testing which identifies the underlying issues affecting an individual's functioning. After testing is completed, we provide specific and pragmatic recommendations to effectively address and treat diagnostic concerns. We also provide referrals to other professionals for additional interventions, as needed.

## Individual Therapy

Our clinicians are equipped to treat a variety of concerns including: Anxiety, Obsessive-Compulsive Disorder, Depression, Bipolar Disorder, ADHD, Adjustment Problems, Adult Autism/Asperger's Syndrome, Developmental Disorders, and a variety of other concerns. Our therapeutic approach is evidence-based, and scientifically supported. Our clinicians take a solution-oriented approach that focuses on the functional needs of our patients. The needs of one individual are different than another, and just like our assessments, we customize therapeutic interventions to meet the individual needs of our patients.

## Couples Therapy

Relationship problems are common. However, some couples simply cannot find a way to avoid disagreements, arguments, or other types of conflict. A variety of stressors can increase a couple's likelihood of separation. If you and your partner are experiencing incessant arguments, lack of intimacy, communication fallouts, and/or feelings of resentment that cause distress, then you may benefit from couples therapy. Couples therapy can increase communication, intimacy, and trust in the relationship.