



RICHMOND HEIGHTS
HEALTH CARE



ASSESSMENTS AND THERAPY FOR CHILDREN & ADULTS

Our adult and child psychologists and therapists offer **Psychological Assessments and Psychotherapy Services.**

SOCIAL-EMOTIONAL ASSESSMENT

Recommended ages: 5+

A Social-emotional psychological assessment is conducted in order to better understand a child's inner life by exploring their feelings, thoughts, coping mechanisms, and ideas about the self and the world. It is recommended when a child exhibits emotional, social, or behavioral issues, such as low self-esteem, anger, defiance, depression, anxiety, family and peer conflicts, etc. Information is gathered through a combination of formal and semi-formal techniques such as interviews, questionnaires, observations, projective tests, etc.

RECOMMENDED WHEN:

- The child appears anxious or sad
- Has angry outbursts or tantrums
- Is aggressive towards others
- Experiences social difficulties
- Has low self-esteem

CAREER ASSESSMENT

Recommended ages: 16-25

A Career (or occupational) assessment is usually recommended for adolescents age 15 and up who are interested to learn more about their unique personal and cognitive qualities, and how these qualities map onto the spectrum of real-life jobs and professions. The assessment measures the student's aptitudes, interests, and personality traits along with a series of interviews and discussions that promote self-awareness and goal-setting. Such assessment is helpful for high-school students or for university students who are considering a change of direction.

RECOMMENDED WHEN:

- Unclear about future career path
- Prior to applying to college or university



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