

## Psychological Formulation

Sometimes parents may be asked to attend an appointment to discuss current and early childhood experiences. This helps us to understand the child's behaviour. The report will be used as a part of the final assessment.



## Which Assessments will be used?

This will depend on the child or young person being assessed and the information we may already have about them. We do not always need to do all of the assessments or observations listed in this leaflet.

## Psychological Support

If you would like further support with issues related to mental health, the following organisations can help you to access talking therapies and other support for emotional well-being.

Child and Adolescent Mental Health Service  
(CAMHS)  
**0151 293 3662**

Young Person Advisory Service (YPAS)  
**0151 707 1025**

Merseyside Youth Association  
**0151 702 0700**

**Please note:** This leaflet only gives general information. You must always discuss the individual treatment of your child with the appropriate member of staff. Do not rely on this leaflet alone for information about your child's treatment.

This information can be made available in other languages and formats if requested.

Alder Hey Children's NHS Foundation Trust  
Alder Road  
Liverpool  
L12 2AP  
Tel: 0151 252 5252  
Email: [asdqueries@alderhey.nhs.uk](mailto:asdqueries@alderhey.nhs.uk)

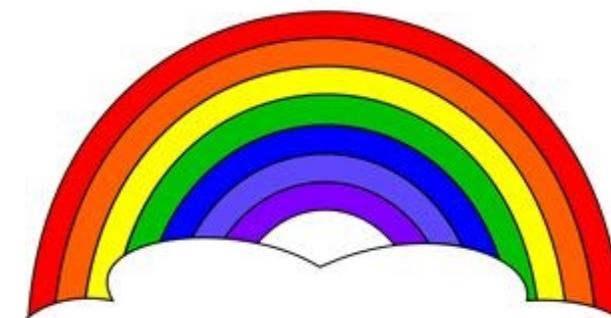
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## Department of Developmental Paediatrics

# Alder Hey Autism Spectrum Pathway

## Clinical Psychology



## Who are Clinical Psychologists?

Clinical Psychologists are trained to help people understand and cope better with many different kinds of problems.



We work closely with Assistant Psychologists who have a degree in Psychology .

## What do Clinical Psychologists do?

We focus on how people think, feel and behave. On the Autism Spectrum Disorder (ASD) Pathway we help to decide if a child or young person has ASD. We do this by making sure we:

- Understand ASD in children
- Understand mental health in children
- Understand child development
- Understand social communication
- Understand social interactions
- Make sense of family history
- Assess behaviours
- Deliver psychological assessments
- Complete school observations
- Assess cognitive strengths & weaknesses

## Cognitive Assessment

They assess abilities such as: attention, memory, language and the way we think. Our tests are child friendly and consist of puzzles and quizzes.



Some assessments might also be done using iPads.



Testing things like memory and attention is not like measuring height or weight. A person's performance can be affected by lack of motivation, tiredness and worries.

## How long do Cognitive Assessments take?

Testing usually takes up to two hours, but because we all work at different rates, if more than one session is needed then we can arrange this. We always offer breaks during testing.

## How does Cognitive Testing Help with issues of Diagnosis?

Cognitive assessments cannot determine whether a young person has ASD but they can help us to understand their strengths and weaknesses.

## What happens next?

We will send a report to you with the results. This will also be sent to the ASD Pathway Coordinator and the child's GP. If you let us know, we can also send a copy to school. The report will be used as a part of the final assessment.

## Helpful Information

Please bring with you any aids such as glasses or hearing aids. A good night's sleep prior to the appointment is important. It may also be helpful to bring a drink and a snack with you.

## School Observations

They are used to gather information about interactions and behaviour in school. We will speak to teachers and then observe different activities e.g. a lesson and break time. A report will be written and will be sent to you and to the ASD Pathway Coordinator. The report will be used as a part of the final assessment.