



PSYCHO-VOCATIONAL SPECIALIZED ASSESSMENTS

FREQUENTLY ASKED QUESTIONS FOR WORKSAFE BC CLIENTS

What kind of psychological assessment have I been referred for?

Back in Motion offers several different psychological assessments to assist with vocational planning. Each assessment is designed to collect information that will help you set vocational goals that are good match for you, and to help you start to develop a clear, manageable plan to move you towards your goals.

You may have been referred by WorkSafeBC for one of the following assessments:

- Vocational Psychological Assessment
- Vocational Psychological - Learning Disorder Assessment

What is the purpose of the assessments offered by Back in Motion?

The purpose of the assessment is to help to identify the best work pathway for you. The information gathered during the assessment will answer questions about your emotional functioning, strengths and limitations, thinking and learning abilities, academic (school) skills, and what kinds of job activities interest you most. This information is used to make recommendations for jobs that would be a good fit for you, and to help you develop a clear, manageable plan to help you succeed in your vocational goals.

Who will be working with me during my assessment?

Back in Motion has a team of professionals who offer assessment services through our Psychological Assessment Services.

A *Registered Psychologist* is registered by the College of Psychologist of BC (CPBC). The Registered Psychologists at Back in Motion all have a doctoral level of training, which means they have a Ph.D. (Doctor of Philosophy in Psychology) or a Psy.D (Doctor of Psychology) degree.

The assessment testing may be done by a *Testing Assistant*. Our Testing Assistants have a university degree and are trained in the administration and scoring of a wide range of assessment measures. The Registered Psychologist is responsible for ensuring the quality of the testing and the interpretation of all test results.

Back in Motion is a teaching facility. You may be asked if you are comfortable with having a graduate-level university student observe or perform part of your assessment. The students always work closely with a Registered Psychologist, who is responsible for the ensuring that the assessment is done properly.

What will I be doing during the assessment?

As discussed above, there are different types of assessments, tailored to your needs. You don't need to study or prepare anything in advance. The assessments usually involve:



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- An interview to gather information about your emotional functioning, physical health, current personal strengths, needs or challenges, education, work history and interests
 - Completion of questionnaires that provide information on your emotional well-being, as well as how you are coping on a day-to-day basis
 - Completion of activities to provide information on your thinking and learning abilities, as well as your academic skill level

Many people are nervous about the assessment before they arrive. Your assessment team will do their best to make you feel at ease. Most clients tell us that they feel comfortable once they meet their psychologist/consultant and the assessment gets started.

What are the timeframes for assessments?

The majority of assessments take between 5 and 6 hours. You will be provided with opportunities for breaks and lunch.

Am I involved in decisions related to my assessment?

Yes, you are involved in your assessment and are free to ask questions throughout your assessment. You will also be invited to give feedback on your assessment through a satisfaction survey provided upon completion of the assessment.

Who gets a copy of my assessment report?

The assessment report will be released to WorkSafeBC. You will also get a copy of the report.

How will I find out the results of my assessment?

Following the assessment, you will be offered a feedback session. During the feedback session, the Registered Psychologist will review the results of the assessment and the recommended next steps with you and your WorkSafeBC Vocational Rehabilitation Consultant. You will be given the chance to ask any questions you may have.