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## PSYCHOLOGICAL TESTING

### Why do psychological testing?

To obtain comprehensive diagnoses  
and objective assessment:

---> for children & teens:

ADD/ADHD, specific learning disabilities, developmentally delayed  
Separation anxiety, social phobia, OCD, bully-victim problems  
Trauma & loss—death of parent, grandparent, sibling, pet, friend

Executive brain functions  
Social problem-solving, organizational skills  
Emotional & social resilience

Sadness, fear, depression, bipolar disorder, problem behaviors  
Autism, Asperger's disorder, pervasive developmental disorders  
"Emotional intelligence", giftedness

---> for adults & elderly:

ADD/ADHD, learning disabilities, college accommodations  
Cognitive/memory decline in old age  
Impairment in independent living skills & decision-making

Chronic pain, psychological factors affecting medical condition  
Psychosomatic concerns, substance use including prescription meds  
Bariatric & pre-surgery evaluations, sleeping & eating problems  
L & I, workmen's compensation, vocational rehabilitation assessment

Depressive & bipolar disorders, anxiety disorders  
Panic attacks/OCD/social phobia, trauma & loss  
"Emotional intelligence," stress resiliency, MBTI personality type

- > better outcome, better decision-making
- > help for your doctor in prescribing medications
- > parents/schools for behavioral, emotional, educational issues
- > immediate feedback for you in treatment planning
- > accommodations for school & college
- > vocational rehab & return to work in a job that fits you
- > workmen's compensation & WA Dept of Labor and Industries
- > personnel testing for new hires, e.g. churches, private schools
- > feedback to you & your partner in couples counseling
- > decision-making for family & doctor in age-related cognitive decline

For you & your family, for your physician or pediatrician,  
for your school or college, for your career & return to work

**PLEASE NOTE: insurance covers some, but not all, of the cost of psychological testing**

### What kind of tests do you use?

In every case I endeavor to use the newest revisions of all standardized tests,  
for example:

Wechsler Scales for memory & cognition—WAIS-IV, WISC-V, WMS-IV  
Individual achievement tests—WIAT-III, WRAT-4  
Beck Scales for adults & for youth (depression/anxiety/hopelessness)  
BASC behavior rating scales age 4-22 (child, parent, teacher)  
Conners scales for adult & child, TOVA continuous performance test  
Comprehensive Executive Functioning Inventory  
Feiffer brain-based assessments of math & reading problems

Standardized tests for: auditory comprehension of language, dyslexia,  
dysgraphia, dyscalculia, receptive & expressive language skills,  
reading comprehension, written language skills, math skills, phonics  
& listening skills, problem-solving learning styles, organization skills

Recently normed tests for: child/teen/adult depression, child & adult  
anxiety/phobias/OCD/social phobia/panic, child anger/antisocial  
problems, autism, Asperger's, gifted kids, trauma, resiliency &  
coping skills, adaptive functioning

Standardized tests for dementia/the elderly: Wechsler Memory Scale-IV,  
TOMAL-Senior Ed, Independent Living Scales, Alzheimer Caregiver  
Questionnaire, Rivermeade Behavioral Memory Test 3<sup>rd</sup> ed., Geriatric  
Depression Scale, Calibrated Ideational Fluency Test

Health-related & workmens' comp: Brief Battery Health Improvement,  
Health Dynamics Inventory, standardized assessments of pain/sleep/  
Overeating, work values & styles, chronic pain, rehab problems & coping,  
Loss of earning capacity, substance abuse, vocational preference tests

personality testing, emotional intelligence: with Myers-Briggs Type Indicator,  
NEO-FFI- 3<sup>rd</sup> ed 5 Factor Inventory, MCMI-IV new bipolar & turbulence  
scales, MSCEIT emotional intelligence, 16PF

### So, what do I get if I do testing with you?

- . 24 HOUR brief feedback faxed to parent, school, or doctor
- . written confidential report within 10 business days includes:
  - . numerical test scores, percentiles as compared to national population standard
  - . description of each test & why it was used
  - . interpretation of results & scores
  - . **ICD-10 diagnoses** for all conditions
  - . specific recommendations as to what could be done & why
  - . suggested accommodations for college or for child's school
  - . liaison with physician for medications & further treatment options
  - . report to vocational rehab counselor or workmen's comp
  - . follow-up appointment to discuss results, recommendations, & your questions

## BRIEF THERAPY

### Why have therapy?

- . help in dealing with crises & temporary set-backs
- . help in making transitions, e.g. leaving home, going to college, having a baby, losing a partner or a pet, loss of a child or parent or sibling, return from tour of duty, going thru job stress, retiring, coping with injury & disability or illness, end of life issues
- . therapy can decrease collateral damage to your home life, job life, health
- . therapy can increase life satisfaction, purpose, productiveness

### what kind of therapy?

- . EMDR, Thought-Field therapy, Trauma Incident Reduction, cognitive-behavioral, brief solution-focused therapy
- . 4-10 sessions
- . **practical solutions to everyday problems**
- . adults, couples, families, children accompanied by parents

### Do you have any specialties?

- . depression, anxiety, trauma, fear
- . military veterans & law enforcement
- . older adults, chronic/terminal illness
- . learning disability, ADHD
- . grief, loss of spouse, child, pet
- . Christian counseling when requested

### Who pays?

- . patient pays copay each time + deductible, if applicable
- . I am a preferred provider for most insurance companies including Regence, Group Health, Blue Cross, Medicare, Tricare, Veterans "Choice"

## MY OFFICE

### Where are you?

I am located in the Bellingham Business Park, with easy access from I-5 and just across the street from the Bellingham Athletic Club. I am 30 min from the U.S.A.-Canada border.

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I am on the 2<sup>nd</sup> floor but also have access to the downstairs conference Room for persons with disabilities.

My website is [www.sylviathorpe-phd.com](http://www.sylviathorpe-phd.com) & my Facebook is Sylvia Thorpe, Ph.D.

### What's it like?

I am a sole proprietor, so I have a small quiet office nestled in the pine trees. It is professional, friendly, and restful—with thriving green plants, colorful flowers, nature photos & historic Washington photos, including the old Stehekin molybdenum mine, local steamships on Lake Whatcom . . . and my grandpa's U.S. Army discharge papers from 1898.

