



AUTHENTIC
THERAPY SERVICES LLC

Neurodiversity-Affirming Autism and ADHD Assessments

Authentic Therapy Services provides virtual Autism and ADHD assessments for adults seeking to expand understanding of their identity and neurotype through a neurodiversity-affirming framework. While self-diagnosis is valid and embraced within the Autistic community, assessments are offered for individuals that find formal evaluation to be an important part of their own self-exploration journey. Our evaluations are centered on the lived experiences of Autistic individuals and are conducted by an Autistic / ADHD clinician, utilizing non-pathologizing measures with a strengths-based, individualized approach to exploration of difference.

Assessment Overview:

- Initial consultation (optional) via phone call or video to discuss personal goals and ask questions regarding the evaluation process.
- Completion of online HIPAA-compliant forms and assessment measures, including the SRS-2, SPM-2, and CAT-Q.
- Administration of a comprehensive psychological inventory exploring potential co-occurring conditions in addition to Autistic profiles.
- 2-3 semi-structured virtual sessions, including administration of the sensory-focused Monteiro Interview Guidelines for Diagnosing the Autism Spectrum, Second Edition (MIGDAS-2).
- Follow-up session to discuss outcomes, review the written report, and explore relevant recommendations.



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Costs:

- Autism Assessment: \$800
- Combined Autism & ADHD Assessment: \$950

Total costs include direct interview sessions, test scoring and analysis, report writing, and licensing fees for assessment materials.

Evaluation fees can be billed up front or collected in installments of \$200. An initial deposit of \$200 is required to begin the assessment process, and all fees must be paid in full prior to the follow-up session and outcome review. Payments are collected through the secure Simple Practice client portal.

Eligibility:

- Adults (18+) located in Pennsylvania or Maryland.

Limitations:

- Not intended for Social Security or disability determinations.
- Many employment and educational institutions have specific eligibility requirements for accommodations (e.g. neuropsychological testing) that should be verified before seeking an assessment (if applicable).



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What to Expect:

1. **Administration of Assessment Measures:** Clients will complete the following instruments via our secure Simple Practice client portal and/or third-party testing platforms (e.g. PARiConnect, Pearson Q-Global, WPS Online Evaluation System):
 - Social Responsiveness Scale, 2nd Edition (SRS-2)
 - Sensory Processing Measure (SPM-2)
 - Personality Assessment Inventory (PAI)
 - Adult Repetitive Behaviors Questionnaire-2 (RBQ-2A)
 - Camouflaging Autistic Traits Questionnaire (CAT-Q)
 - Ritvo Autism Asperger Diagnostic Scale-Revised (RAADS-R)
 - Barkley Deficits in Executive Functioning Scale (BDEFS for Adults)

Combined Autism and ADHD Evaluations will also include:

- Brown Attention-Deficit Disorder Scales for Adults
- Conners' Adult ADHD Battery (CAARS)
- Barkley Adult ADHD Rating Scales (BAARS-IV)

Copies of select instruments will also be sent to designated supports (e.g. parents, partners, friends, family members, mentors) who are able to provide corroborative observations and insights regarding your development and/or current functioning. While helpful in understanding differences throughout your lifespan, please know that



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involvement of external parties is completely optional and not a requirement for diagnostic assessment.

2. **Clinical Interviews:** Upon completion of all measures, clients will be scheduled for 2-3 clinical interview sessions. These sessions are conducted via telehealth, are approximately 90 to 120 minutes in length, and will include completion of the sensory-based Monteiro Interview Guidelines for Diagnosing the Autism Spectrum (MIGDAS-2).
 - Combined Autism & ADHD assessments also include completion of the Diagnostic Interview for ADHD in Adults (DIVA-5).
3. **Follow-Up Session:** Approximately 3-4 weeks after completion of the clinical interviews, clients will be scheduled for a follow-up session to discuss outcomes, review the written report, provide feedback, and discuss relevant next-steps and recommendations.