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Overview of the Autism and ADHD Assessment Process

(Updated September 2026)

Scheduling

After completing our [Secure Contact Form](#), our administrative support team will reach out to you via email with additional information that includes our assessment options and current scheduling timelines. If you decide you would like to move forward, we will set you up with a virtual client portal to complete the necessary informed consent documents, schedule a consultation, submit your initial \$200 deposit, and officially reserve your evaluation dates.

Next Steps: Self-Report Measures and Assessment Forms

Once your evaluation dates are reserved, you will begin completing a battery of selected self-report measures. You will also be asked to complete our written Assessment Intake and History Form, which provides us with important insights into your development and lived experiences. Clients are encouraged to take their time with the history form, as the information offered helps us best center your story, personal insights, and lived experiences during our video clinical interview sessions. All progress on these forms is automatically saved, allowing you to work at your own pace and capacities.

There are specific instruments that will be administered to you through secure psychometric testing platforms, and several of these include the option of involving trusted support persons for collateral information. The involvement of partners, family members, and/or close friends is strictly optional. While we welcome this input (and the helpful insights it can provide), we also encourage you to consider whether it feels safe and helpful to do so.

Frequently Utilized Measures

While there may be instruments that are selected based on your unique profile and needs, our assessment batteries often include the following:

- Biopsychosocial Clinical Interview
- Monteiro Interview Guidelines for Diagnosing the Autism Spectrum, 2nd Ed. (MIGDAS-2)
- Survey of Autistic Strengths, Skills, and Interests (SASSI)
- Diagnostic Interview for ADHD in Adults (DIVA-5)
- Social Responsiveness Scale (SRS-2)
- Sensory Processing Measure-2 (SPM-2)
- Personality Assessment Inventory (PAI)
- Conners Adult ADHD Rating Scales 2nd Edition (CAARS™ 2)
- Behavior Rating Inventory of Executive Function – Adult (BRIEF2A)
- Brown Executive Function/Attention Scales (Brown EF/A)
- Barkley Adult ADHD Rating Scale - IV (BAARS-IV)
- Barkley Deficits/Differences* in Executive Functioning Scale (BDEFS-LF)



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- Self-Report Screeners
 - Monotropism Questionnaire (MQ)
 - Adult Repetitive Behaviors Questionnaire-3 (RBQ3-Self)
 - Camouflaging Autistic Traits Questionnaire (CAT-Q)
 - Ritvo Autism Asperger Diagnostic Scale-Revised (RAADS-R)
 - Autism Spectrum Quotient (AQ)
 - Comprehensive Autistic Trait Inventory (CATI)
 - Adult ADHD Self-Report Scale v1.1 (ASRS)
 - Difficulties in Emotion Regulation Scale (DERS)
 - Autistic Burnout Construct (ABO)
 - Online Alexithymia Questionnaire (OAQ-G2)
 - Extreme Demand Avoidance Questionnaire for Adults (EDA-QA)
 - PTSD Checklist for DSM-5 (PCL-5)
 - International Trauma Questionnaire (ITQ)
- Collateral Instruments and Interviews

Clinical Interviews

The clinical interviews are typically scheduled as two 3-hour or three 2-hour telehealth video sessions, with additional appointments scheduled as needed. The first portion of these sessions will focus on a Biopsychosocial Clinical Interview, where we explore areas related to your early childhood development, family of origin, education, medical and mental health history, and employment (if applicable). This offers us an opportunity to expand upon the information you will have already shared in the Assessment Intake and History Form, with a particular emphasis on exploring themes of potential underlying neurodivergence.

Depending on your assessment type, the clinical interviews will also include the MIGDAS-2 Autism interview, the SASSI Survey of Autistic Strengths, and/or the DIVA-5 ADHD interview. Unlike Autism and ADHD evaluations that rely on surface-level observations of your behavior from a neuronormative lens, these interviews are meant to feel like a collaborative conversation about your own experiences and internal world.

- **Autism Assessments** will largely explore domains that include social and relational experiences, communication differences, sensory processing, nervous system patterns, emotional processing, executive functioning, strengths, and passionate interests, in addition to functional impacts, support needs, and adaptive strategies.
- **ADHD Assessments** will largely explore domains that include executive functioning differences in attention, organization, activity, time perception, emotional regulation, and kinesthetic engagement needs, in addition to functional impacts, support needs, and adaptive strategies.
- **AuDHD Assessments** will explore all of the above domains, but from a framework of understanding that reflects the unique cognitive, emotional, and sensory differences of an AuDHD profile, which is distinct from either Autism or ADHD alone.



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Follow-Up Session

During the follow-up session, we will meet to collaboratively review the outcomes of your evaluation together, including identified neurotype(s), diagnoses, and recommendations. These sessions are also intended to begin laying the groundwork for the “*What Now?*” stage, wherein your journey begins shifting towards the *integration* of a neurodivergent identity into your authentic sense of self.

In order to best accommodate neurodivergent processing differences, clients who anticipate having difficulty with the immediate auditory and information processing demands of the follow-up session format are offered the option of reviewing a written overview of assessment findings prior to their appointment. This option allows us to ensure that follow-up sessions are as helpful as possible for each individual.

Additional Follow-Up Sessions (\$150)

While your assessment includes a follow-up appointment to review your outcomes and relevant recommendations, we also offer clients the option of scheduling up to five additional sessions upon completion of their assessment process. These additional sessions are completely optional, and are simply an opportunity for continued support as you integrate understandings of your neurodivergent identity into your daily life. Topics for these sessions often include: processing emotions around neurodivergent identity, navigating unmasking or burnout, identifying and communicating support needs, and exploring formal accommodations.

Report Timelines

Depending on your selection of the abbreviated or the comprehensive option, assessment reports are typically available within 3-6 weeks. While we make every effort to get your report to you as soon as possible, please let us know if there are any time-sensitive documentation needs so that we can prioritize accordingly.