



The Use of Psychological Testing for Treatment Planning and Outcomes Assessment

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Recent years have seen dramatic changes, prompted by out-of-control costs, in the way physical and mental health care services are delivered and paid for. The practice of test-based psychological assessment has been affected by these changes, with limitations on reimbursement for psychological testing and total monies allotted for all aspects of psychological treatment. However, psychological tests enable those skilled in their use to quickly identify psychological problems, plan treatment, and document effectiveness of that treatment. This is particularly important during a time when health care organizations need to provide problem-focused limited treatment and demonstrate its effectiveness to payor and patient.

Professionals with skills and training in psychological assessment can both contribute to and benefit from efforts to resolve the health care crisis. However, many clinical psychologists, applied psychologists, and other professionals schooled in the use of psychological tests have had relatively limited exposure to the full range of applications of testing to day-to-day clinical practice. For many, formal testing courses, practicum and internship experiences, and available published resources have focused primarily on the use of testing for symptom identification while minimally addressing how test results can assist in planning treatment or assessing the impact of that treatment. Consequently, many otherwise well-trained clinicians need to develop or expand their psychological testing knowledge and skills in order to better apply them for treatment planning and outcome assessment. It is to serve their needs and those of students in graduate-level testing courses that this book was developed.

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