



Crossroads Counseling of Chicago

Personal Leadership Development &
Partner Abuse Intervention

Clinical Assessment

Clinical assessment is a process of testing that uses a combination of techniques to help arrive at some hypotheses about a person and their behavior, personality and capabilities. The primary benefit of such testing is to help the clinician better understand and treat the client. There are four main components of clinical assessment.

Formal Tests

A standardized norm-referenced psychological test is a task or set of tasks given under standard, set conditions. It is designed to assess some aspect of a person's knowledge, skill or personality. A psychological test provides a scale of measurement for consistent individual differences regarding some psychological concept and serves to line up people according to that concept. The intent is to gather consistent, actionable information in a short period of time.

Interviews

Valuable information is gained through interviewing. Interviews are more open and less structured than formal testing and give those being interviewed an opportunity to convey information in their own words. A formal clinical interview is often conducted with the individual before the start of any psychological assessment or testing. This interview includes questions about the individual's personal and childhood history, recent life experiences, work and school history, and family background.

Observations

Observations of the person in groups or individual sessions or in a life setting can provide additional valuable assessment information. These observations can help to better formulate treatment recommendations.

Informal Assessment

Standardized norm-referenced tests may at times need to be supplemented with more informal assessment procedures, as such as projective tests. The realm of informal assessment is vast, but informal testing must be used more cautiously since the scientific validity of the assessment is less known.

Clinicians seek to take the information gathered from these assessments and weave it into a comprehensive and complete picture of the client.

Clinical assessment is never focused on a single test score or number. Every person has a range of competencies that can be evaluated through a number of methods. The clinician evaluates the competencies as well as the limitations of the person, and reports on them in an objective but helpful manner. A psychological assessment report will not only note weaknesses found in testing, but also the individual's strengths.

Assessment Instruments

In my practice, I tend to rely on the following assessment instruments:

- Million Clinical Multi-axial Inventory – MCMI-III
- Minnesota Multiphasic Personality Inventory-2-RF® (MMPI-2-RF®)
- Brief Symptom Inventory 18 (BSI® 18)
- Myers-Briggs Type Indicator®

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Million Clinical Multiaxial Inventory – MCMI-III

The MCMI-III is ideal for use with individuals being evaluated for emotional, behavioral, or interpersonal difficulties. The instrument helps:

- Assess the interaction of Axis I and Axis II disorders based on the DSM-IV® classification system
- Identify the deeper and pervasive personality characteristics underlying a patient's overt symptoms
- Gain an integrated understanding of the relationship between personality characteristics and clinical syndromes to facilitate treatment decisions

Features & Benefits

- Developed by Dr. Theodore Millon and supported by more than 30 years of research
- Updated norms increase the utility of the MCMI-III in forensic settings
- A new inconsistency scale has been added, which greatly improves the ability of the instrument to detect random responding
- Correlates with DSM-IV®
- Time-efficient and cost-effective, the MCMI-III is designed to obtain the maximum amount of information with a minimal amount of patient effort
- The Grossman Facet Scales identify personality processes that underlie overall scale elevations on the Personality Patterns scales

Interpretive Report

This report provides an integrated interpretation of the scales, including a description of the patient's personality characteristics and an assessment of clinical syndromes within the context of those characteristics. This report provides:

- Patient's demographic information
- Graphic presentation of base rate scores for all scales
- Listing of possible DSM-IV diagnoses
- Treatment Guide - provides short-term treatment options based on individual results
- Capsule Summary of results - helps clinicians readily put results to work

View a [sample Interpretive Report](#).

NOTE: Copyright and license agreements prevent the clinician from providing copies of this report to the client. The results will be presented verbally in an individual session following test administration.

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Minnesota Multiphasic Personality Inventory-2-RF® (MMPI-2-RF®)

MMPI-2-RF is linked to current models of psychopathology and personality. It aids clinicians in the assessment of mental disorders, identification of specific problem areas, and treatment planning in a variety of settings. The test can be used to help:

- Assess major symptoms of psychopathology, personality characteristics, and behavioral proclivities.
- Evaluate participants in substance abuse programs and select appropriate treatment approaches.
- Assess medical patients and design effective treatment strategies, including chronic pain management.
- Support college and career counseling recommendations
- Provide valuable insight for marriage and family counseling.

The interpretive reports are separated by reference group, thus there are separate reports for men and women. The information is the same, but the norming group is different. In other words, the raw scores for men and interpreted differently than those for women.

Here are sample reports:

[Interpretive Report: Clinical Settings with Normative \(Men\) Comparison Group Data](#)

[Interpretive Report: Clinical Settings with Normative \(Women\) Comparison Group Data](#)

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Partner Abuse Intervention Programs

Brief Symptom Inventory 18 (BSI® 18)

The BSI 18 assessment gathers client-reported data to help measure psychological distress and psychiatric disorders. The BSI 18 test offers an effective, easy-to-administer tool to help support clinical decision-making and monitor progress throughout treatment. Clinicians use the BSI 18 assessment to help:

- Assess patients at intake for psychological problems
- Measure patient progress during and after treatment to monitor change
- Provide outcomes measurement for treatment programs

Key Features

- The BSI 18 test can be completed in approximately 4 minutes. Designed to be brief and easy to administer, the BSI 18 assessment is well-suited for helping measure symptom change throughout treatment.
- The test helps measure three primary symptom dimensions and is designed to provide an overview of a patient's symptoms and their intensity at a specific point in time.
- Dimension and global scores from the BSI 18 test correlate highly (i.e., $> .90$) with analogous score from the SCL-90-R test based on a large community population.

Reports

Profile Report

View a [sample Profile Report](#).

Progress Report

This report is designed for monitoring a client's progress over time. It graphically displays scale by scale changes in a client's scores for up to five previously reported BSI 18 administrations.

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Myers-Briggs Type Indicator®

The Myers-Briggs Type Indicator® helps you see how your personality type impacts your work and those around you. It is used extensively with individuals, couples, career counseling, and with groups in a work setting.

- **World:** Do you focus on the outer world (**E**xtroversion) or on your own inner world (**I**ntroversion)? Extraverts are focused on the external world and other people, and are energized by external stimulation and interaction with others. Introverts are more focused on their internal world, thoughts, ideas, and feelings, and get energy from spending time in solitary activity or quiet reflection.
- **Information:** Do you focus on the basic information you take in (**S**ensing) or do you interpret and add meaning (**i**Ntuition)? Sensors gather information in a very concrete, detail-oriented, and factual way. They tend to be practical and oriented to the present moment. Intuitives tend to be more abstract in their perceptions, and tend to think more about meaning, connections, and possibilities. Intuitives are often more imaginative than realistic.
- **Decisions:** In making decisions, do you first look at logic and consistency (**T**hinking) or at the people and special circumstances (**F**eeling)? Thinkers prefer decisions that are based on facts or data, and like to reason things out logically. Feelers prefer decisions that are consistent with their values and help to build harmonious relationships.
- **Structure:** In dealing with the outside world, do you prefer to get things decided (**J**udging) or do you prefer to stay open to new information and options (**P**erceiving)? Judgers tend to prefer structure, schedules, and plans. They like clear expectations and feel accomplishment from completing tasks. Perceivers prefer an open-ended, spontaneous and flexible existence. They enjoy feeling that their options are open and that there are many possibilities available.

Comparing and contrasting your type preferences with those in your life can help improve understanding and communication. Researchers have found that the more type preferences a couple have in common, the more satisfied they were with their communication. While opposites may attract, it seems to be easier to maintain a relationship with someone who is similar to yourself.

Reports

MBTI® Interpretive Report