

## THE IMPORTANCE AND VALUE OF PERSONALITY TESTING

Welcome to the office of Craig D. Lounsbrough, Licensed Professional Counselor. I appreciate that you have selected my office for your counseling needs. When a person comes to therapy, they can be experiencing a wide variety of concerns. An important part of my treatment program involves clarifying what the problems are and the kinds of resources the person has to deal with those problems. At times the presenting problems, the ones that led the individual to seek help, are symptoms of deeper issues. There are a variety of levels to all relational, emotional, and psychological problems and in order to maximize the therapy process it is valuable to determine as soon as possible the various factors that may be contributing to the problems.

In order to provide you with the most focused and short-term treatment possible, it is my policy that all new patients take the Myers-Briggs Type Indicator. The Myers-Briggs Type Indicator (MBTI) is one of the most popular and useful tools to understand your strengths and how you relate to others. It is a valuable and effective resource in working with individuals, marriages and families.

I have used the MBTI for over twenty years. There is no cost for the initial MBTI. The initial MBTI includes a detailed interpretative report that allows you to become more familiar with your personality and relationship styles as well as assist you and I in the development of your specific treatment plan. This tool is given to you to take at home between sessions and returned at the next appointment for scoring and report generation.

Additionally, during our first session, your situation will be assessed and a recommendation will be made to you regarding the potential use of any additional testing and assessment tools. ***Recommendations will only be made if it appears that testing and/or assessment will effectively provide the information and resources necessary to maximize counseling outcomes.*** Should it be determined that additional testing would be of value in assisting you in achieving your goals for therapy, those instruments will be reviewed at that time. The most frequently utilized tests that we provide are the MCMI-3 at \$200.00, the MMPI-2 at \$200.00 and the TJTA at \$60.00. Types of testing, the rationale for testing, how a particular test would assist you in achieving your goals, as well as any costs will be reviewed should additional testing be recommended. It is within the patient's right to accept or decline any testing recommendations.

If you have any questions, please do not hesitate to ask. My primary concern is to provide you with the most time-effective/cost-effective care possible. Your insurance company may/or may not reimburse you for personality assessment/psychological testing; therefore, I am notifying you in advance. I appreciate your cooperation and look forward to working with you.

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Signature of Patient

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Signature of Partner (if in couple therapy)

Date\_\_\_\_\_

Date\_\_\_\_\_