

PSY-LENS CENTRE :

WE PROVIDE THE FOLLOWING SERVICES:

- ⇩ Different type of psychological evaluations for children and adult.
- ⇩ Special education for special children with mental retardation, cerebral palsy and autism.
- ⇩ Remedial education (Individual classes) for children having learning disabilities, learning difficulties/problems and slow learners
- ⇩ Counseling for children and adults with emotional relationships or adjustments issues.
- ⇩ Psychotherapy for children adult, elderly and couples.
- ⇩ Classes and sessions to improve mental speed, memory overall personality, to reduce negative thinking, to improve thinking and problem solving ability, people who have had some brain injury, epilepsy etc.



Types of psychological tests offered–



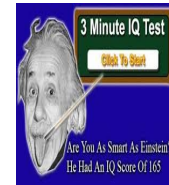
⇩ Introduction to Psychological Testing and evaluation:

Psychological tests are scientific measure used to understand mental and emotional functioning of children and adults. Tests can be used to assess a variety of mental abilities and attributes, including achievement and ability, personality diagnosis, and brain functioning. These tests can help people take key decisions for their life in matters of academic performance, career choices, relationships, proper treatment for their emotional difficulties, etc.

There are many different areas for which psychological tests may be applied. Our centre offers the following.

1). IQ ASSESSMENT

IQ test are ways used to establish an understand intelligence level by measuring a subject's ability to form concepts, solve problems, acquire information, think reason, and use language and creativity.



⇨ **Purpose:**

Knowing a person's IQ can help to understand a child's or adult's potential for performance and success in different areas of life.

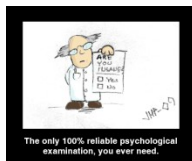
2). **APTITUDE TEST**

Aptitude tests are used to determine an individual's potential to succeed in a given activity. Aptitude tests assume that individuals have some strengths and weaknesses, and are naturally inclined toward success or failure in certain areas based on their inborn characteristics. An aptitude test does not test knowledge. It is not a test that one can study for.



⇨ **Purpose**

People can take aptitude tests to help select what kinds of careers they are well suited for and what course of study they can undertake.



3). **PERSONALITY TESTING:**

Personality tests help you to know more about yourself. A personality test is used by psychologists for a number of different reasons such as tracking changes in personality and to diagnose psychological problems. These tests usually take one of two forms: self-report or projective tests. Self-report personality tests are by far the most common.

4). DIAGNOSTIC TESTING:



Sometimes people become deeply emotional disturbed or have much trouble in adjusting to changes in their life. These difficulties may amount to a disorder or mental conditions. In such a case, diagnostic tests are individually administered tests. They are designed to identify mental health problems. Usually these are administered by trained professionals to select appropriate treatments.

5). NEUROPSYCHOLOGICAL TESTING:



These tests are used to evaluate patients who have experienced a traumatic brain injury, brain damage, or other neurological problems (e.g., dementia). It may also be used to evaluate the progress of a patient who has undergone treatment or for rehabilitation after a neurological injury or illness.

THERAPEUTIC SERVICES AND REHABILITATION SERVICES PROVIDED AT OUR CENTRE:-

⇒ Remedial and Special Education:



Remedial education is used for children who have Average Intelligence but fall behind in Reading, writing, arithmetic for various reasons. It is particularly useful for children with learning disability. (Dyslexia Dysgraphia, Dyscalculia). Remedial education helps to

strengthen a child's weakness pertaining to learning. To know more about learning disabilities read the paragraph below:

LEARNING DISABILITIES:



A learning disability is a disorder that inhibits or interferes with the skills of learning, including speaking, listening, reading, writing, or mathematical ability. Legally, a learning-disabled child is one whose level of academic achievement is two or more years below the standard for his age and IQ level. It is estimated that anywhere from five to 20% of school-age children in the United States, mostly boys, suffer from learning disabilities. Children who have learning disability may have trouble in company their books writing on a topic by themselves, speaking effectively reading and understanding their textbooks exams, doing mathematics, making spelling etc. They may end up getting poor grades, failing in tests repeating a grade etc. Remedial education is a systematic approach to strengthen those fundamental skills that are weak by breaking them up into simpler sub parts which are taught by using multi sensory approaches.

⇒ **Special Education for Children having M.R + C.P**

Special education is a specialized process of teaching- learning to those with people who have Special Learning needs, such as children having Mental Retardation, severe learning Impairment, Multiple Disabilities, Cerebral Palsy, etc. Here are some standard explanations of mental Retardation and Cerebral Palsy.



1. MENTAL RETARDATION

Mental retardation is a term used when a person has certain limitations in mental functioning and in skills such as communicating, taking care of him or herself, and social skills. These limitations will cause a child to learn and develop more slowly than a typical child. Children with mental retardation may take longer to learn to speak, walk, and take care of their personal needs such as dressing or eating. They are likely to have trouble learning in school. There may also be some things they cannot learn.



2. CEREBRAL PALSY

The Individuals with Disabilities Education Act (IDEA) guides how early intervention services and special education and related services are provided to children with disabilities. Under IDEA, cerebral palsy is considered an "Orthopaedic Impairment," which is defined as ". . . a severe Orthopaedic Impairment that adversely affects a child's educational performance. The term includes impairments caused by congenital anomaly (e.g. clubfoot, absence of some member, etc.), impairments caused by disease (e.g., poliomyelitis, bone tuberculosis, etc.), and impairments from other causes (e.g., cerebral palsy, amputations, and fractures or burns that cause contractures)." Their brain usually functions better than their limbs. Their learning needs are often unique and they require individualized programs to best utilize their skills.



⇒ Psycho Therapy and Counseling:

Psychotherapy is a general term referring to therapeutic interaction or treatment contracted between a trained professional and a client, patient, family, couple, or group. The problems

addressed are psychological in nature and can vary in terms of their causes, influences, triggers, and potential resolutions. Accurate assessment of these and other variables is dependent on the practitioner's capability and can change or evolve as the practitioner acquires greater experience, knowledge, and insight.

Psychotherapy aims to increase the individual's sense of his/her own well-being. Psychotherapists employ a range of techniques based on experiential relationship building, dialogue, communication and behaviour change that are designed to improve the mental health of a client or patient, or to improve group relationships (such as in a family). Counseling is usually used for a range of day- to- day life issues.

⇒ **Psychotherapy and Counseling can benefit a number of people facing mental health problems such as: Stress, Anxiety, Depression, Obsessive Compulsive Disorder, Social Phobia, Personality Disorders and Other Emotional Disorders.**



1. **ANXIETY:**

Anxiety is a vague feeling of dread that something is going to go wrong. The person who experiences clinical levels of anxiety, feels keyed up's "on edge" constantly. They may be ridden with worries and other physical symptoms too.

Depression and anxiety might seem like opposites, but they often go together. More than half of the people diagnosed with depression also have anxiety.

Either condition can be disabling on its own. Together, depression and anxiety can be especially hard to live with, hard to diagnose, and hard to treat.



2. STRESS:

Stress is the body's reaction to a change that requires a physical, mental or emotional adjustment or response. Stress can come from any situation or thought that makes you feel frustrated, angry, nervous, or anxious. Stress is caused by an existing stress-causing factor or "stressor." Dealing with a serious illness or caring for someone who is seriously ill can cause a great deal of stress.



3. OCD (OBSESSIVE COMPULSIVE DISORDER):

This is an anxiety disorder characterized by two core symptoms -- obsessions and compulsions.

⌚ **Obsessions** are thoughts, images, or ideas that won't go away, are unwanted, and cause extreme distress. For example, you might worry constantly about becoming contaminated with a deadly disease; that you will do something terrible, like scream out an obscenity at a funeral; or that something horrible will happen to a loved one. Other common obsessions include repeated doubts, such as believing you may hit someone with your car; a need for order; aggressive or disturbing ideas such as thoughts of murdering your partner or child; as well as disturbing sexual and religious imagery.

⌚ **Compulsions** are behaviours that you feel you must carry out over and over. For example, if you are obsessed with contamination, you might wash your hands over and over again. Other

common compulsions include cleaning, counting, checking, requesting or demanding reassurance, and ensuring order and symmetry



⇒ **Neuro Cognitive Retraining:**

Neuro cognitive Retraining is a therapeutic model that combines neuro feedback therapy with active mental stimulation or cognitive rehabilitation training. Neuro Cognitive processing therapy is designed to simultaneously treat both systems resulting in more attentive focused mind. Pre- existing neuro- pathways are strengthened through the feedback system called neuro feedback therapy while the cognitive rehabilitation program improves attention, processing speed, memory, hand- eye coordination, visual discrimination, executive function, visual memory, auditory discrimination and auditory comprehension.

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