

Clinical Assessment

Southdown offers Clinical Assessments for individuals experiencing significant stress arising from personal problems or some difficulty in ministry or relationships. The assessment offers an in-depth diagnostic evaluation to identify presenting issues and to assist the individual and leadership in implementing a plan to address the concerns. The objective is to identify specific and measurable goals for personal development and determine what course of action may be most appropriate and beneficial to the individual.

The assessment team is comprised of a psychologist, a spiritual director, a nurse and an addictions counsellor. This comprehensive approach reflects Southdown's integrated model of healing where there is an interconnection between the spiritual, emotional and physical aspects of well-being.

Absolutely no information is released to anyone without the specific written consent of the individual assessed. Ordinarily, assessees arrive on a Sunday afternoon and the assessment process is completed by the second feedback session that typically takes place on Thursday afternoon.

All assesees are housed in comfortable, private rooms at Southdown for the duration of their assessment. Eucharist is available and considered an important component of Southdown community life.

Clinical Assessment process includes:

- Orientation to the assessment process
- Interviews and testing with a psychologist
- Spiritual life review with a spiritual director
- Health history and review with nursing staff
- Addictions history with addictions counsellor
- Completion of standard psychological instruments
- Life history and review of spiritual life forms
- Individual feedback session with psychologist
- Joint feedback session, including the assessee, psychologist, and designated diocesan or community representative
- Written report, shared with both the assessee and designated diocesan or community representative



For additional information, to discuss individual needs or concerns, or to schedule an appointment, please call us at **905 727 4214** or e-mail administration@southdown.on.ca