



## Bespoke Evaluation and Counseling Services

### About Dr. Jacqueline Reina:

Dr. Reina earned her Bachelors Degree in Psychology with a minor in Biology from Roger Williams University in Rhode Island. She holds a Masters in General Psychology and a Ph.D. in Clinical and School Psychology from Hofstra University in Long Island. Dr. Reina is a Licensed Clinical Psychologist and has presented her research at conferences for the American Psychological Society and the Eastern Psychological Association.

She is currently the Behavioral Services Manager at a non-profit agency, where she manages a team of seven behavior analysts who work with individuals with developmental disabilities, brain injuries, mental health disabilities, and dementia. Dr. Reina formerly worked as a consultant for Pepsi-Cola North America, where she examined employee health attitudes and behaviors, and implemented programs for the company's Organization Health Survey. Dr. Reina brings to Bespoke many years of testing, counseling, and organizational management experience.

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In collaboration with Dr. Reina, we now offer the following evaluation and counseling services:

### **Educational Testing**

Evaluations help to identify areas of strength and weakness and offer recommendations for overcoming academic obstacles. Bespoke's educational testing program assesses intelligence, academic skills, attention and focus, emotional and behavioral functioning, and adaptive skills. These evaluations are often used to apply for extra time and other accommodations on standardized tests.

### **Counseling and Therapy**

Dr. Reina has trained extensively in cognitive and behavioral therapy, enabling her to treat students for a wide range of psychological and emotional issues. Her therapeutic style combines techniques from various treatment methods in order to help students behave and feel better. Treatment plans and interventions are customized for each client's needs, concerns, and difficulties.

### **Career Counseling and Vocational Assessment**

Career Counseling assists individuals in evaluating and selecting a college major, graduate school program, or career. Career Counseling provides students with an opportunity to discuss their hopes and fears about these life-changing processes.

Vocational testing is often part of the Career Counseling process and can be particularly useful for adolescents and young adults in examining which course of study and occupations best fit their individual abilities, interests, and personality.



## Educational Testing

Our comprehensive evaluations can help students and parents:

- Understand the learning challenges that are particular to that student
- Assess the need for extra time or other accommodations on standardized tests such as the ISEE, SAT, ACT or GRE
- Determine appropriate academic accommodations in school
- Gain skills to help with academic shortcomings and learning differences
- Make informed school placement decisions and work with schools to meet a student's needs
- Clarify areas of strength, interest, or talent

Each evaluation is tailored to meet the specific needs of the student. Practical techniques are taught in follow-up sessions to empower the student to address his or her academic challenges and to make school more fulfilling. All evaluations conform to guidelines set forth by the American Psychological Association (APA), and Dr. Reina spends time after testing to educate parents and students about the results.

Currently, Bespoke offers two different educational testing packages:

### **Intelligence and Cognitive Testing (including Gifted and Talented Testing)**

- Cognitive assessments are often used by academic institutions for admission into specific programs.
- Gifted and talented programs usually require IQ testing and a cognitive evaluation.
- These tests measure intellectual functioning as well as students' ability to understand and assimilate the world around them.
- This cognitive battery of tests assesses memory, visual and verbal reasoning and learning.
- Tests include the Wechsler Intelligence Scales for adults and children; the Stanford-Binet Intelligence Scale; and, the Woodcock-Johnson tests of cognitive ability.

Each evaluation includes a 30-minute clinical interview followed by an IQ test. Dr. Reina conducts a conference with parents and students to discuss the results of the evaluation within three weeks.

### **Psychoeducational Testing**

- This specialized assessment identifies developmental, learning, or attention-related disorders.
- Educational testing provides invaluable insight into how students learn and function in an academic environment, which in turn yields specific recommendations for improvement.
- This type of testing helps assess the student's need for extra time or other accommodations on standardized tests.

This complete battery of tests consists of a 30-minute consultation followed by approximately 9-12 hours of comprehensive testing spread over 2-3 appointments. Within three weeks of testing, Dr. Reina conducts a 60-minute follow-up conference with parents and students to go over test results and to provide recommendations. Dr. Reina provides detailed reports to accompany applications for extra time or other accommodations.



## Counseling and Therapy

Counseling and therapy services start with a consultation with Dr. Reina so she can familiarize herself with the student's needs and history, followed by one-on-one treatment sessions. Dr. Reina also offers counseling for parents looking to change behaviors of their child or adolescent.

### Initial Consultation

- Establishes the individual student's concerns, anxieties, and needs, as well as his or her personal academic history.
- This comprehensive interview often involves both the parents and the student in developing an appropriate treatment plan.

Initial consults are typically 75-minutes long.

### Individual Counseling

- These one-on-one therapy sessions for students of all ages (elementary school through graduate school) can focus on many important and common areas of concern: attention issues, depression, school-related anxiety, social skill-building, divorce adjustment, and life transitions.

Sessions are typically 45 minutes long and take place once each week.

### Parent Behavior Modification Training

- Counsels parents who wish to learn specific techniques to improve their children's behavior.
- Adults learn about "change antecedents" (how they give instruction to children) and consequences (how to react when children do or do not follow instructions).
- Dr. Reina has worked with parents of young children, adolescents, and every age in between so that they can engage in more rewarding interactions with their children.

Sessions are typically 45 minutes long and take place once each week.

## Career Counseling and Vocational Assessment

Choosing a college major or career that one will both enjoy and excel at requires a thorough understanding of one's personality and interests. It can be daunting to tackle these decisions alone. Career Counseling and Vocational Testing can help with self-reflection and confidence building.

Vocational assessment instruments, such as the Strong Interest Inventory, Campbell Interest and Skill Survey (CISS), and Myers Briggs Type Indicator help with the self-assessment process.

Sessions are generally 45 minutes in length and usually occur once a week.