

Story Scripts

Psych/Educ Testing

We've put together some story scripts to help parents explain Teletherapy appointments to their child or teen.



Psych/Educational Testing Script #1 (Elementary)

Once upon a time, there was a little boy named Jack. Jack had a hard time paying attention at school. Sometimes he got in trouble for talking while the teacher was talking. His parents told him that they decided he would meet with a psychologist for some tests so he could get help at school. This made Jack feel really nervous and scared.

As Jack and his parents logged onto the computer for their Telehealth visit with the psychologist, Dr. Rollins, Jack felt like his heart was racing. He didn't know what to expect, and he didn't like the idea of being tested. But Dr. Rollins greeted Jack and his parents with a warm smile and a friendly hello, which helped ease Jack's worries. Dr. Rollins explained to Jack and his parents that the tests they would do would help figure out how Jack was doing with things like learning, attention, and emotions. He also said there is no pass or fail grade-he was just getting information about him. The tests wouldn't be scary, and they wouldn't hurt. He would just ask Jack some questions and have him do some fun activities to help Dr. Rollins understand how he thinks and feels.

At first, Jack felt a little shy answering Dr. Rollins' questions, but he soon realized that the questions were easy and fun to answer. He felt like he was just playing games with a new friend. Dr. Rollins was kind and patient, and sometimes funny. He made sure to explain everything he was doing and why. As the testing went on, Jack started to relax more and more. He even enjoyed some of the activities. When the testing was over, Dr. Rollins thanked Jack for working so hard.

Jack said goodbye to Dr. Rollins and his parent's stayed on the computer to talk to Dr. Rollins for a while. Jack was feeling much better than when he started. He felt proud of himself for having a good attitude and doing the tests even though he was scared. Jack realized that seeing a psychologist wasn't something to be scared of. It was just another way to get help when he needed it, and he knew that the psychologist was someone who cared about him and wanted to help him be his best self. And so, with some help from Dr. Rollins and some fun testing, Jack learned that he was a strong and capable kid who could handle anything that came his way. The end.

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Psych/Educational Testing Script #2 (Tween)



Emma was going through a tough time since turning 12, and her parents thought it would be a good idea for her to see a psychologist for some testing. At first, Emma was a little hesitant. She had never talked to a psychologist before, and she didn't know what to expect. And tests always made her nervous. But her parents reassured her that it was just a way for them and Emma to get some help and guidance during a difficult time.

When Emma and her parents logged on to the computer for the Telehealth visit, she was greeted by a warm and friendly psychologist, Dr. Rollins, who explained the testing process to her. Emma was relieved to hear that the testing wouldn't be physical or painful and that there was no pass or fail grade. Dr. Rollins explained that during their time together, she would be answering some questions and completing some tasks. Dr. Rollins began by asking Emma questions about her thoughts, feelings, and behaviors. Emma answered the questions honestly, even if they were difficult to talk about. She also completed some activities, like puzzles and memory tests, to help Dr. Rollins understand how her brain worked.

As the testing went on, Emma felt like she was learning more about herself. She was surprised to discover that some of the things she thought were normal were actually signs of anxiety, and she realized that she had been struggling more than she realized. After the testing was complete, Dr. Rollins met with Emma and her parents to discuss the results. Emma was nervous to hear what the psychologist had to say. Dr. Rollins told them that Emma was a very smart and capable young woman who just needed some help managing her anxiety.

Dr. Rollins worked with Emma to come up with a plan to help her manage her anxiety. They talked about different techniques, like deep breathing and mindfulness, that Emma could use when she started feeling anxious. They also talked about the importance of taking good care of herself, like getting enough sleep and exercise, and the importance of talking to someone when she was feeling overwhelmed. As Emma said goodbye to Dr. Rollins, she felt like a weight had been lifted off her shoulders. She knew that she still had some work to do to manage her anxiety, but she also knew that she had the support and help she needed to do it. Emma began feeling more hopeful and happy.