



Contact Information :

Email:counselingcenter@1st-step.org

HP:http://www.1st-step.org

Tel:03-6384-2515

Address: Room 205, Rosa Bianca 3-42-11, Jingumae, Shibuya-ku, Tokyo 150-0001

Our team of Psychologists:

- Miho Wang Suzuki, Clinical Psychologist, M.A
- Yu Yamamoto, Psychologist, M.S. (Spec. in Neurodevelopmental)
- June Ng Sheng Chun, Clinical Psychologist, M.Psych,MSPS.
- Saori Kusumoto,Clinical Psychologist, M.A

【English】

**Following services are available in English and Japanese
(counseling is also offered in Chinese and Hindi)**

Psychological Assessment

| Services | Descriptions |
|----------------------------------|--|
| Cognitive Assessment (WISC/WAIS) | Use of intelligence tests to determine IQ, cognitive strengths and weakness, intellectual giftedness, and intellectual disorders. Includes parent interview, individual testing, assessment report and feedback. 104,000~156,000 yen |
| Academic Assessment | Use of academic tests, cognitive tests, questionnaires and interviews to determine academic performance in areas such as Reading, Writing, Mathematics and other related areas. Includes parent interview, school observation, teacher interview, individual testing, questionnaires, assessment report and feedback. 377,000 ~ 442,000 yen |
| Diagnostic Assessment | Full assessment of cognitive, behavioral, emotional, developmental and tests to determine diagnostic traits. Includes parent interview, school observation, teacher interview, individual testing, questionnaires, assessment report and feedback. 364,000 ~ 442,000 yen. |
| Risk Assessment | Assessment of emotional stability and safety of patient. It includes an intake interview, assessment, feedback interview, and report writing. 78,000~91,000 yen. |

Assessment Fees:

The total fee would be determined by the number of hours used in the evaluation process. The base fee is JPY13,000 per hour (inclusive of tax). The number of hours will depend on each individual case and the total fee will vary accordingly. The estimated range for various evaluation is not a fixed amount and alternative assessment packages are also available depending on the client's needs. Please feel free to consult our psychologist for the package that best suits your needs.

*Inclusive of 10% consumption tax.

*There will be an additional 2-4 hours applied for clients requiring accommodations for school assignments/tests or standardized exams (IB/AP/SAT).

*Fee structure is different for children attending boarding schools. Please contact us for details.

| Steps | |
|-------|---|
| 1 | Identification of difficulties by parents/ Referral from school |
| 2 | Initial meeting with psychologist (parents only) |
| 3 | Contact with school (via email or phone) |
| 4 | School observation and interview with teachers |
| 5 | Testing(2-6 hours) |
| 6 | Test scoring and report writing (3-4 weeks) |
| 7 | Feedback and discussion of intervention plan with parents |
| 8 | Feedback meeting with school |
| 9 | Follow-up (optional, base fee applies) |

* Steps 3 ,4 & 9 are recommended but not necessary for all cases

Counseling and Consultation

| Services | Descriptions |
|---------------------|---|
| Children and Adults | Specialized sessions for children based on Cognitive Behavioral Therapy, Play Therapy, Emotion and Behavior Regulation, Social Skills Training , etc. |
| Parents | Sessions with parents to teach strategies and techniques to work with the children at home. |
| Teachers | Consultation regarding students and recommendations for classrooms. |

**Initial Consultation Fee: JPN20,000 inclusive of tax.
Counseling Fee: JPY17,500 inclusive of tax.**

Psychiatric Consultation

| Descriptions |
|--|
| The psychiatrists of the clinic, Dr. Masahiro Suzuki, M.D. and Dr. Tomoko Sugawara, M.D. provide medical psychiatric treatments for children to adults of any age. They offer clinical treatment to mental health disorders such as Mood Disorders, ASD, ADHD, Anxiety Disorders, OCD, and others. |

Please do not hesitate to reach out for more information!