



Contact Information :

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Website: 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.
- Denisse Moreno, Clinical Psychologist M.A.
- Yu Yamamoto, Psychologist M.S. (Spec. in Neurodevelopmental)
- Yoshifumi Nakamori, Clinical Psychologist, M.A.
- Charlotte Michiko Ashcroft, Child and Adolescent Psychotherapist

Following services are available in English and Japanese (Counseling is also offered in Spanish)

Psychological Assessment

Services	Descriptions
Cognitive Assessment	Use of intelligence tests to determine IQ, cognitive strengths and weakness, intellectual giftedness, and intellectual disorders. Approximately 7 hours inclusive of intake and feedback session.
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. Approximately 20-25 hours inclusive of intake and feedback session.
Diagnostic Assessment	Full assessment of cognitive, behavioral, emotional and developmental areas to determine strengths and weakness in children. Additional tests are selected to determine diagnostic traits. Approximately 20-25 hours inclusive of intake and feedback session.

Fees for Assessment:

The total fee would be determined by the number of hours used in the evaluation process. The base fee is JPY12,100* 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 a full evaluation is usually between JPY242,000 and 302,500* (Approximately 20 and 25 hours). 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.

Please do not hesitate to reach out for more information!

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

*Although school observation is generally recommended, it is not a mandatory part of the assessment process.

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.

Fees for Counseling and Consultation: JPY11,000-15,400*.
*Inclusive of 10% consumption tax.

Psychiatric Consultation

Descriptions
The psychiatrist of the clinic, Masahiro Suzuki, M.D. provides medical psychiatric treatments for children to adults of any age. He provides treatment to mental health disorders such as Mood Disorders, ASD, ADHD, Anxiety Disorders, OCD, and others.