



Frequently Asked Questions

What services do you offer?

- C4L comprises a team multidisciplinary professionals:
 - Licensed psychologists
 - Speech and language pathologists
 - Educational specialists
 - Educational therapists
- We are equipped to do a full array of neuro-psychological assessments, including cognitive, academic, social/emotional, speech and language, auditory processing, executive function, attention and processing.
- We also provide educational remediation services, social skills classes, as well as individual, family and group therapy.
- At C4L, we look at each client as a whole and, after gathering all the necessary data, we coordinate and collaborate with all parties involved (parents, teachers, other educational professionals, doctors, etc.)

What differentiates you from other organizations?

- Fusing psychological and educational services in order to create a unified path to success is a rare and difficult task. Often, psychologists in our field are not aware of the intricacies of working with the public school system. Likewise, school/educational systems are unable to address the social-emotional needs of the child.
- Our staff has extensive training and practice in both psychology and education, and has vast experience in working cooperatively with school districts.

Dr. Ansari founded this practice after realizing the frustrations and limitations of practicing one without the other. Our multidisciplinary team is able to understand the needs of both the educational environment as well as the social-emotional environment and can therefore work closely with clients, families and schools.

- C4L is a family-owned business that prides itself on the work of its staff and the success of its clients. Our services are all cutting-edge, research-based practices and our staff maintains a strict ongoing training schedule.

These practices are all used to scaffold skills to the client so that learning becomes something he/she is able to eventually do independently. We educate the client so that they are aware of their own unique learning style. Metacognition and the ability to self-monitor help our clients to become empowered, confident, independent learners and problem solvers.

What's the difference between educational therapy and tutoring?

- When a child struggles in a specific subject because they are experiencing some short term difficulties in the classroom, a tutor is required to help catch them up.
- In contrast, educational therapy targets specific areas of concern that may hinder the student's ability to perform in the classroom and/or complete homework efficiently.

If a student displays signs of long-term struggles or larger gaps in their learning such as struggling in English due to issues such as reading comprehension or difficulty in math due to an inability to manipulate numbers, an educational therapist is needed to help remediate those gaps.

- The purpose of educational therapy is to build on and utilize a student's strengths in order to address their areas of weakness. Therefore, the student becomes an active, rather than passive, learner who is able to take control of their learning and walk away with more confidence, problem solving skills, and a repertoire of strategies to pull from when faced with similar challenges at school. In most cases, our educational therapists work closely with tutors and teachers to help supplement their work without overwhelming the student.

What programs or strategies do you use in your program?

- In order to provide our clients with the best practices available in our fields, we only utilize programs that are backed by a substantial amount of research. These programs are all geared to give our clients the tools and strategies necessary to become independent learners. We have staff specifically charged with the goal of seeking new research-based programs and our educational therapists and clinicians are all trained in a variety of such programs.
- Prior to starting services, each student is given an "Educational Therapy Plan" based on their age, grade and current level of functioning. We define clear goals that are monitored by formal and informal assessments (which are repeated as therapy continues) in order to determine the effectiveness of the program.
- Communication is maintained with parents, and if warranted, teachers and tutors. Clients working with a clinician establish goals and work with their clinician to monitor those goals closely.

How long will it take to see results?

- Each child learns in his or her own unique way.
- Results depend on the child's needs as well as response to intervention.
- We have a solid track record of success (we cannot ethically offer a guarantee because of the very individual issues we deal with.)
- We establish specific and measurable goals prior to starting services and monitor progress by collecting ongoing data and observations during each session.
- Ongoing communication between parents, teachers, and other professionals who work with the student is established in order to see how the strategies are translating to his/her independent work habits.
- A formal review is held every 2 months.

What is involved in the assessment and what will this help to determine?

- If an assessment is recommended, the first step is to gather all the necessary information and develop a testing plan based on all the presenting concerns and prior data (if applicable).
- The goal of an assessment is to obtain accurate, empirical data regarding the client's current state of functioning versus their potential and to find what underlying causes may be affecting their performance.
- This knowledge allows the parties involved to better understand the client's true profile and develop a clear and coherent plan for the client's future success both academically and socially.

What are the costs associated with services?

- Because our services are all individualized it is difficult to quote a cost prior to developing a plan with the clients.
- As a professional incorporation, we are aware of the current fees associated with our services and pride ourselves on staying within the commensurate rates of our industry.

Does insurance cover any of the services?

- C4L is contracted with Cigna. If you have health insurance coverage through Cigna, please contact them to inquire about your "in network, outpatient, mental health" benefits.
- If you do not have Cigna insurance, C4L is an out-of-network provider which means we are not covered under any insurance plans. However, most PPO plans will reimburse the client for a portion of the services. To find out more about coverage, contact your

insurance company to inquire about “out-of-network, outpatient, mental health benefits.”

If my child is diagnosed, does that mean he/she will be labeled for his/her lifetime?

- “Labeling” depends on the client’s preferences. Because C4L is a private practice, we abide by strict confidentiality rules.
- We only release information to the client/parents unless otherwise permitted. We focus more on educating all parties involved in order to help them better understand the symptoms associated with the diagnosis. We develop a plan to address and reduce those symptoms rather than the diagnosis itself.
- An assessment is only valid for 3 years and needs to be renewed in order for the diagnosis to be current.
- In most cases it behooves our clients to have documentation dating back. In order to qualify for accommodations during most high-stake testing situations (i.e. SAT, LSAT, GMAT, etc) and in college, a history of learning difficulties requiring accommodations is necessary. The further back it goes, the easier it is to qualify for accommodations.
- We leave it to our families to determine what they want to do with their results.

What is your success rate?

- Due to the individual needs of our clients, success can only be measured through reassessments and the transferability of the new strategies learned into real life situations (i.e. improvements in grades, social/peer relations, home life, etc.), making it difficult to quantify results.
- We measure our success by our client/parent and professional referrals. The fact that parents have been referring their friends and family to us since C4L first opened its doors is a great source of pride for our team.

What is the experience/background of your therapists?

- Our educational therapists all have a BA and a teaching credential. The entire staff undergoes a 2-month training period on the strategies and programs implemented by C4L prior to starting with their own clients.
- Our master and/or doctorate level clinicians are all licensed school psychologists, who are trained to administer and interpret educational assessments, or neuropsychologists, who are trained to administer and interpret neuropsychological and psychological assessments. C4L’s licensed psychologists and psychotherapists offer psychotherapy to address the social/emotional needs of our clients.
- Ongoing professional development twice a year ensures that our entire staff is up to date with the changing standards and demands in the educational and psychological fields.