

## Minnesota Multiphasic Personality Inventory (MMPI)

The Minnesota Multiphasic Personality Inventory (MMPI) is a personality inventory given for a variety of reasons. Dr. Fletcher uses this assessment in her practice only when clinically necessary, and it is given at an additional charge.

The assessment consists of 500 statements that are answered by a respondent as either mostly true or mostly false. Based on these responses, Dr. Fletcher can interpret information about his or her personality tendencies and assess for various clinical diagnoses. The MMPI is a tool widely used in clinical practice and for more stringent psychological evaluations. Not every Ph.D. Psychologist is qualified to use the MMPI in his or her practice. Psychologists must have the necessary training and experience beyond getting his or her degree or license. Dr. Fletcher has the necessary training and continuing education to administer and interpret the MMPI in her practice.

The reasons Dr. Fletcher may suggest administering this assessment is to further evaluate for the presence of a personality disorder and/or clarify the presence of clinically significant difficulties such as depression, anxiety, obsessive compulsiveness, bipolar disorder, panic attacks and even the symptoms suggestive of AD/HD. The MMPI also reveals information regarding occupational preferences that may be fitting for an individual's personality traits and profiles for the tendency for high risk behaviors. The results of the MMPI help get to the heart of many difficulties people are trying to improve in therapy by helping refine treatment goals. By using an MMPI, Dr. Fletcher is better able to help people get relief quicker instead of wasting time and energy "beating around the bush."

Dr. Fletcher typically uses the MMPI when more information is needed to confirm the presence of undiagnosed clinical disorders or personality characteristics that may be interfering with progress in therapy. Most people who take an MMPI report that the results are very revealing, giving them new and on-target information about themselves. The most important benefit of taking an MMPI is that it gives the patient additional insight into what may be contributing to his or her difficulties that brought him or her to therapy.