

FINANCIAL POLICY

Updated 08/22/2024

Fees for any psychotherapy services are due at the time of the appointment. Fees are non-negotiable at the time of service and non-refundable after services have been rendered, as they are reflective of my time and the service provided rather than any anticipated outcome. Any requests for the adjustment of therapy fees must be discussed with me in advance, and I reserve the right to decline requests.

I maintain a limited number of sliding scale slots in my practice for clients with financial concerns. Eligibility will be determined on a case-by-case basis.

INSURANCE

I am in-network with Aetna, Anthem Blue Cross, Cigna, Oscar Health, Oxford, and UnitedHealthcare. Please note that I am unable to accept Anthem Blue Cross plans where behavioral health benefits are administered by Beacon Health Options.

I am considered out-of-network for all other insurances. If you wish to seek reimbursement for out-of-network services directly with your insurance company, I can provide you with a superbill, which is a detailed invoice outlining the services you have received. A superbill will include all the information your insurance company will require to process the claim, such as your identifying information, my practice information, the date of service, the procedural code for psychotherapy services, and diagnosis information. As a superbill will contain Protected Health Information (PHI), I will only provide it through the SimplePractice Client Portal to ensure confidentiality and compliance with privacy laws.

The submission of a claim directly to your insurance company using a superbill does not guarantee reimbursement. Any payment received from your insurance company for claims you directly submit are separate from the fee you pay me at the time of service, which is non-refundable.

LATE CANCELLATION FEE

I have a 24-hour cancellation policy. If you are unable to attend your appointment, you must cancel or request to reschedule at least 24 hours in advance of the scheduled appointment time. Late cancellations within the 24-hour window and no shows will be charged the full session fee based on the fee schedule effective at the time.

FEE SCHEDULE

The following fee schedule is effective as of 08/22/2024 and subject to change in the future. Should the fee schedule change, I will provide you with an updated version of this Financial Policy and Fee Schedule.

- Initial Consultation, 20 minutes – Free
- Initial Assessment, 50 minutes – \$150
- Individual Therapy
 - 30-minute Session – \$120
 - 50-minute Session – \$150
 - Each Additional 30 Minutes – \$50
 - Collateral Session with Family/Significant Other, 30 minutes – \$100
- Crisis Psychotherapy
 - 50-minute Session – \$180
 - Each Additional 30 Minutes – \$50
- Relationship Therapy
 - Conjoint Session, 50 minutes – \$180
 - Conjoint Session, 80 minutes – \$230
 - Non-Conjoint Session, 50 minutes – \$150
- Family Therapy
 - Conjoint Session, 50 minutes – \$180
 - Conjoint Session, 80 minutes – \$230
 - Non-Conjoint Session, 50 minutes – \$150
- Professional Consultations
 - First 10 minutes – Free
 - 30-minute Consultation – \$50
- Paperwork Preparation, each 15 minutes – \$25

NOTES ABOUT SERVICES

Collateral Sessions are meetings with one or more significant others in a client's life that have an authorized Release of Information on file. The purpose of these appointments is twofold: 1) I receive additional information about a client's current symptoms and any updates that may help me to better understand their situation and support them, and 2) I am able to provide psychological education and coaching to significant others on how to best support a client's recovery. Collateral Sessions are different from Family Therapy in that the purpose is solely to support the individual client's therapy goals rather than to assess and treat issues related to family dynamics and communication.

Crisis Psychotherapy is different from Individual Therapy in that the focus is on the assessment and management of a psychiatric crisis, such as acute suicidality and other urgent situations where a client may experience high risk of danger to themselves or others. These are considered emergency appointments. Services that fall under this category include suicide and other-harm assessment, safety planning, and potential referral or coordination with emergency response teams and other crisis resources. Follow-up appointments to continue the management of high psychiatric risk level will be treated as Individual Therapy and follow the appropriate rates.

Relationship Therapy and Family Therapy are conjoint by default, meaning that all members of the relationship or family are present during the session. Non-conjoint sessions occur when the client is not present. In the case of relationship counseling, a non-conjoint session is an individual session provided to one of the partners in the relationship without the other(s) present. In terms of family therapy, the primary client that I see for individual therapy is absent during a non-conjoint session but any or all other family members attend the appointment.

Paperwork Preparation encompasses any type of documentation request, such as letters of accommodation, diagnosis verification, disability forms, treatment summaries, etc. Requests for paperwork or documentation must be received no less than 7 calendar days prior to the due date, otherwise I cannot guarantee the completion of your paperwork by the required date. Rush requests are subject to my discretion and may carry an additional charge. Please note, **I DO NOT provide verification letters for Emotional Support Animals.**

Please do not hesitate to discuss with me any questions you may have regarding the types of services offered and what qualifies as a specific service.