

Treatment Cost and Duration

Based on the “No Surprises Act” legislation, providers are required to offer patients an estimated cost and duration of treatment.

Cost of Treatment:

When we begin treatment (or for existing patients receiving this form), we will agree on either my billing your health insurance company for our sessions, or your paying out of pocket for sessions.

If I am to bill your insurance company, It is your responsibility to be aware of, and to inform me of, any deductible associated with your health insurance plan at the time of our first appointment, and annually thereafter if it still applies. You are required to pay for sessions in full until your deductible is met.

If your health insurance coverage changes, it is your responsibility to notify me of this change within 30 days.

For patients paying for therapy out of pocket, the fees as of June 2022 are as follows:

- Initial TWO sessions are billed at \$200 each
- Subsequent sessions are billed at \$175 each

Fees are subject to change according to insurance company rate changes (no more than once per year) and will be discussed in therapy at least one month in advance.

If your insurance company denies coverage of our therapy sessions (either because of a deductible or for any other reason), you are responsible for payment at the above noted rates.

Duration of Treatment:

Based on recent research reviews (2022), the average length of psychotherapy treatment is between 3-6 months. In practice, duration of therapy is often much more split between those people that require only a few sessions of therapy to make significant change, and those that require longer therapy treatment of a year or more.

The duration of our therapy will always be a topic of conversation not just at our initial visit, but periodically as we go forward. I will make recommendations as to my professional opinion of your needs in this area, but the decision will always be collaborative. My goal is to help patients reach a point where they don't need further therapy. Ultimately, the length of treatment is up to you- what you want, what you feel you need, what feels helpful.

If at any time during therapy treatment you have questions about the cost or duration of our work together, please ask me right away.

Patient Signature _____

Date _____

