

## VALUE

Licensed Professional Counselors typically receive between \$ 95 - \$ 175 per 50-minute session depending upon experience. Psychologists and Psychiatrists typically receive between \$ 175 - \$ 250 per visit depending upon specialization. Psychologists typically see patients for 50 minutes and Psychiatrists may see patients for 15 to 30 minutes. Several factors determine the rate and may vary from one practice to another. These ranges typify the mental health investment. Like a chiropractor, a counselor sees clients on a regular basis to make adjustments that help for the moment but also improve structure over several visits. The perspective of adjustments over time applies to counseling. A session may cost \$75 and treatment may require several sessions; however, the investment gives value over time when compared against living with an ongoing "misalignment."

## PLAN A TEMPORARY BUDGET ADJUSTMENT

The Next Step recognizes a potential conflict of interest between fee-based counseling and the financial stress a client incurs when budgeting for counseling sessions. We aim to balance client ownership of the process and counselor ethic of care. This means a client may need to sacrifice a preference (Dining out) for counseling session but not something essential for daily living (Electric Bill). For many, the standard rates and options below may not be enough to bring counseling within reach. We suggest other options if for now, counseling seems beyond your reach.

## STANDARD RATES (Applies if your insurance accepts The Next Step as a provider)

\$ 155 for 80 minute diagnostic visit (first appointment-"Initial Interview")

\$ 125 per 50 minute subsequent visits

## **INSURANCE**

The Next Step is an "Out of Network" provider. We do not administrate benefits but we can give you the forms needed to submit for reimbursement. Check with your insurance provider for options.

## **PAYMENT OPTIONS (If your insurance does not accept The Next Step as a provider)**

We accept several forms of payment: Cash, Check, Pay Pal, Visa, MasterCard, and Health Savings Account Cards that can be processed like credit cards.

## **SLIDING SCALE (Based upon Gross Household Income and Verified with copy of Federal Tax Form 1040)**

Under \$75K =	1st Visit \$65	Subsequent Visits \$50
\$75K - \$150K =	1st Visit \$95	Subsequent Visits \$75
\$150K - \$200K =	1st Visit \$125	Subsequent Visits \$100
\$200K & up =	1st Visit \$155	Subsequent Visits \$125

## **OTHER OPTIONS**

1. Stagger appointments every two, three, or four weeks.
2. Request assistance from your local church for a designated number of visits (We have a scholarship form that you may use. Please request a Scholarship Form via email).
3. Contact a seminary or graduate school for possible counseling with interns. Confirm that interns are supervised (this is typical). Ask about rates for services.
4. Search internet and / or inquire at counseling centers or local hospital behavioral health departments for group counseling. Group counseling can provide effective and cost-effective treatment.
5. Sign here \_\_\_\_\_ and fill out the **Contact Form** if you agree to allow The Next Step to retain your contact information to notify you if future options develop.