thrive
CENTER FOR PSYCHOLOGICAL HEALTH
Jaime A. Blandino, Ph.D., Licensed Clinical Psychologist

General Practice Information

Hours and Availability

I see adult clients for individual psychotherapy both in-person (at my office) and via Telehealth (using the platform Zoom). I'm in the office on Mondays, Tuesdays, and Thursdays from 9:00-5:00pm. I see clients via *Telehealth only* on Wednesdays from 9:00-1:00pm. I do not see clients on Fridays or on major holidays. Sessions are 50 minutes long (including the first visit). I recommend all new clients plan for weekly or biweekly sessions at least until we establish a relationship and make progress towards your goals. Regular "standing" spots on my calendar are only reserved for clients seen weekly or every other week.

Fees & Insurance

My fee for the first visit is $235 and it's $220 for subsequent therapy sessions. My fee will increase each year, effective Jan 1 (new rate will be announced by Dec. 1 each year). I accept all major forms of payment: cash, check, and all major credit cards including HSA cards. Please note I do not use Venmo, PayPal or any other payment "apps" due to limited security.

I am out-of-network for all insurance. If you would like to use your health insurance benefits to help pay for therapy, you must first find out if your plan carries "out-of-network benefits" and the specific terms of your plan (e.g., deductible, rate of reimbursement, etc.). Please let me know if you would like help interpreting your benefits information once you've contacted your insurance company.

If you do have coverage for out-of-network providers, after each visit, I can send you a statement (upon request) called a "superbill" which has all the necessary information your insurance company will need to process your claim and reimburse you a portion of my fee. Again, given that plan benefits vary, I suggest that you call your insurance carrier directly for accurate information about exactly what your plan covers.

Process for Getting Started

1. If all of the above works for you, and you'd like to explore the possibility of working with me further, please email me at DrBlandino@thrivecenter.com and I will respond within 24-48 hours. If I have a wait list, please send me the requested info found on my webpage.
2. If we determine via email we're a potential "match" we'll then set up a time for a brief call (@ 10-15 min) to review any questions and further discuss what you're looking for. Feel free to ask me anything! I want you to feel comfortable and informed about what to expect and to get a sense of my style and experience. It's normal to be anxious, so think about what you need to know to feel confident in our "vibe" as well as my skills, experience, and competence to work with your specific concerns.
3. Once we schedule an intake appointment, I will email you with an invitation to register for my "Client Portal" which is a secure platform for accessing your intake forms, account information, and to view your confirmed scheduled appointment(s).
4. Once you have access to the Portal you will follow the prompts to complete a series of forms. You will also see the "First Session Information" form to help you prepare for your first appointment.
5. You will get an email reminder 1-2 days before your scheduled appointment(s). Feel free to be in touch with any questions by messaging me via the Client Portal (which is the preferred method of contact from here).