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Practice and Policies

Updated January 2024

Beginning Treatment

The 'assessment phase' of therapy typically lasts a few sessions. During this time, it is critical that we consider our goodness of fit, and your readiness, for the often difficult work that lies ahead. In order to pursue a meaningful and effective course of therapy, it is also necessary that I carefully listen to your speech, and observe how your mind works, for some time before intervention or the provision of a prognosis and treatment direction. While I understand how difficult it can be to anticipate a more conversational engagement, I have found that a non-directive approach delivers optimal intake information in the majority of cases.

Telehealth Sessions

I offer telehealth sessions via phone for my patients in the event of illness, and in some circumstances, during periods of travel when face to face meetings are not possible.

Cancellations/No-Show

Cancellation of a scheduled session is acceptable without penalty, up to 24 hours before the session is set to take place. *If, for any reason, you cancel with less than 24 hours notice, or do not arrive for a session without notifying me in advance, you will be billed the normal fee for the session.* Please note that neither OHP nor private insurance will reimburse fees for missed sessions.

Insurance

I accept Oregon Health Plan (OHP) for patients enrolled with the Care Oregon CCO. I do not bill private insurance. However, I can provide you with a 'super bill' so that you may seek reimbursement via your insurer's out-of-network (OON) benefits allowance. Note that I *cannot guarantee* that your

insurer will reimburse you for our sessions. Some questions to ask your insurer to help you determine when and whether you may be reimbursed are:

- * What is my Out-of-Network deductible for outpatient mental health and have I met it?
- * Do I need a referral from an in-network provider to see someone Out-of-Network?
- * What is my coinsurance for Out-of-Network therapy sessions?
- * How do I submit claims for reimbursement?

Sliding Scale

My full fee is \$150 per session., and I operate on a sliding scale beginning at \$90 for patients facing economic challenges. If you are unable to pay my full fee, please consider the following rule of thumb: the fee in therapy should be high enough that you sense you are making a commitment, and low enough that the financial burden does not dominate your thinking about the length and utility of the therapeutic process.

Invoicing

I send monthly invoices, at the end of the month, for sessions that take place during that same month. These invoices are sent via encrypted email, without any information identifying you. I ask that you please pay promptly. *If your invoice is unpaid by the next billing cycle, you will be assessed a late fee of \$50.*

Payment Methods

I accept Zelle, PayPal, check, cash, and ACH (bank) transfers. My account information will appear on your monthly invoices.