

Emaline Friedman, PhD, LPCA  
Her Linus LLC

emalinefriedman@proton.me  
(503) 782-5818

## Practice and Policies

Updated January 2025

### 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, Payment, and Financial Agreement

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. Please note that you are responsible for

your bill, and 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?

**I charge a fee of \$150 per psychotherapy session, including initial consultations.** In some cases I may accept a sliding scale payment for patients who are uninsured and facing economic challenges. I accept all major credit and debit cards, HSA debit cards, Zelle, PayPal, check, cash, and ACH (bank) transfers.

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.

While you can pay using any of the methods I accept, I ask that new patients keep a credit or debit card on file with me as a backup form of payment. I store this information securely. *If your invoice is unpaid by the next billing cycle, you will be assessed a late fee of \$50, and your backup payment method will be used.*