

No Surprises Act-Good Faith Estimate

You have the right to receive a Good Faith Estimate explaining how much your medical care will cost. Under the No Surprises Act, health care providers need to give patients who don't have insurance or who are not using insurance an estimate of the bill for medical items and services.

- You have the right to receive a Good Faith Estimate for the total expected cost of any nonemergency items or services. This includes related costs like medical tests, prescription drugs, equipment, and hospital fees.
- Make sure your health care provider gives you a Good Faith Estimate in writing at least 1 business day before your medical service or item (my Disclosure Statement serves this purpose). You can also ask your health care provider, and any other provider you choose, for a Good Faith Estimate before you schedule an item or service.
- If you receive a bill that is at least \$400 more than your Good Faith Estimate, you can dispute the bill and initiate the dispute resolution process.
- Make sure to save a copy or picture of your Good Faith Estimate.
- The Good Faith Estimate is not a contract and does not require the uninsured or self-pay individual to obtain the items or services from me (or any of the provider identified in a Good Faith Estimate).

For questions or more information about your right to a Good Faith Estimate, visit www.cms.gov/nosurprises or call the Colorado Division of Insurance at 303-894-7490 or 1-800-930-3745.

Guidelines for Determining Treatment Frequency, Duration, and Cost

Unlike many medical procedures, private pay counseling is a flexible service, where the length and frequency of care is determined by your changing needs and circumstances over time. This prevents me from calculating the precise cost of your therapy in advance of providing services. Instead, I can provide you with the guidelines I use to estimate treatment length. You may use these to determine your length, frequency, and cost of services based on the kinds of concerns you wish to address in therapy.

- My current rate for a counseling session is \$165 for a 50-minute session. Payment is due at the time of service, by cash, credit card, or check. Cancellations made less than 48 hours in advance are charged at the full rate of \$165. The only after-session billing you would ever receive would be for a credit card that was declined at the time of service or a check that did not clear. If we meet once per week, the monthly cost would be \$660 based on a rate of \$165 per session. (Please note this amount is for sessions only, not for phone calls or additional time spent outside of sessions. As such, the actual charges may differ for additional work/time.) The length of treatment depends on a variety of factors (presenting concerns, diagnoses, desired frequency of sessions, type of treatment being sought (short-term versus long-term), etc.). Depending on the amount of progress we are able to make together, I typically meet with clients who are seeking short-term therapy for 3-6 months, and those seeking longer-term treatment, for 1-2 years or longer depending on their needs.
- Fees for third-party reproduction vary from counseling fees due to the differing amount of workload and time for such consultation sessions. Please call to inquire about your specific scenario. As a reminder, the consultation session is not intended as ongoing therapy.
- **Documentation:** If you want me to provide documentation, case summaries, or advocacy letters, I charge \$165 per hour. I will tell you in advance how many hours I expect the work to take. Payment is due in advance. As noted in the Practice Policies & Disclosure Statement, any court-related or legal services, including preparing written treatment summaries, will be charged at twice my regular hourly fee.
- **Specific, Unitary Focus:** If there is one particular issue you want to work on (e.g. learning discrete coping skills, working on for a troubled relationship, gaining new insight into a confusing life circumstance, brainstorming about a life decision) AND you want to focus on that problem exclusively during our session time, you will likely notice some relief, if not full resolution from this problem, in 10 to 15 sessions or fewer. If other connected problems emerge during this time, you may choose to prolong therapy to explore these additional concerns if you like.
- **Complex, Multi-factorial Focus:** Some issues that are simple to state, like "depression," do not have a single cause. They may stem from trauma, stuck circumstances, biological factors, thinking errors, attachment disturbances, existential crises, etc. I will not always know right away if your problem is complicated because that only becomes clear after we've tried several solution approaches without full success. We can discuss this throughout our sessions, and we can discuss the range of factors involved, what you are willing to try and for how long, and how you want to define sufficient resolution to warrant ending therapy.
- **EMDR:** If your therapy involves trauma processing to resolve PTSD-related symptoms, some issues can be resolved in relatively few sessions. Other issues, which are connected to childhood experiences, attachment disruptions, or repetitive traumas can take many more sessions. If you have questions about this, please ask.
- **Ongoing Support:** Rather than focusing on particular problems, you may prefer to use therapy to process whatever is occurring in life at the moment. In that case, therapy lasts as long as you want regular support. You determine therapy frequency and end date according to your current stress level and support needs.

If you have further questions about the duration or cost of your therapy, please let me know and we can discuss them.