



SERVICE PROVISION

You are entitled to receive information regarding the therapeutic process, to include fees, anticipated number of sessions/length of therapy and methods of psychotherapy employed.

1. FEES

The standard fee for the initial intake session is \$162. The standard fee for a 50-60-minute hour therapy session is \$144. Payment is due at the beginning of each session and may be made in cash or credit card. Pathwise Counseling is also a Colorado Medicaid provider and is in network with TriWest Healthcare Alliance, Anthem BCBS, and Beacon-Kaiser. Any co-payments and/or deductible payments required by insurance plans is determined by that plan and not Pathwise. These required payments are handled in the same manner as indicated above.

OTHER FEES include \$150/hour for attendance at outside meetings and travel time associated with this, \$75 for a brief clinical letter, \$125 for a comprehensive treatment summary, and \$300/hour for any court appearances, court room waiting time, court prep time/report writing, travel time and court-related discussions with others associated with the court process. Letters addressed to you verifying dates of attendance at sessions has a fee of \$20. Sessions occurring at locations other than a Pathwise Counseling office will incur a mileage fee at the rate determined by the IRS, currently \$0.625/mile as of 7/01/2022. Mileage is calculated from the Pathwise office.

2. NUMBER OF SESSIONS/LENGTH OF THERAPY

Sessions are typically scheduled once per week or once every other week, based on your needs and what is determined to be clinically appropriate. Once therapy work is established, sessions are often tapered down to every other week or once monthly as needed, with flexibility to increase back up to weekly as determined clinically appropriate. The number of sessions may vary among different clients based on presenting problems, occurrence of newer problems during the course of already-established therapy, investment in therapy work, reactions to therapy*, and outside requirements (such as from the courts, probation, employers, human services, etc.) A typical number of sessions is approximately 10-12 over the course of 3 to 4 months. *The therapeutic process can create emotional discomfort as difficult and intimate personal issues are addressed. This is part of the healing process and should be discussed in sessions.

3. METHODS OF PSYCHOTHERAPY

Pathwise Counseling and Skills Center uses a variety of theoretical methods, approaches and interventions to best meet your needs. However, all are implemented under a framework lense of being:

- a. **Client-Centered:** Therapy work is with you in mind; your goals/agenda and your resourcefulness and ability to be self-directed. You will be regarded with unconditional positive regard and empathy.
- b. **Strength-Based:** Therapy work is geared around exploring and tapping into your strengths and building upon these. You are regarded as capable and resilient.
- c. **Trauma-Informed:** Therapy work is sensitive to and knowledgeable of the impact trauma has on the whole person, to include cognitions, behaviors, perceptions, brain function, and social-emotional-physical development.

These are the most likely theoretical methods, approaches and interventions that you may experience either singularly or in combination:

- a. Cognitive-Behavioral Therapy (CBT): Focusing on recognizing and discarding self-defeating thoughts, emotions and behaviors stemming from a lifelong accumulation of social learning and experiences. Restructuring automatic thoughts, learning new behaviors, problem-solving, skills building, and specific goal setting are common interventions.
- b. Dialectical-Behavioral Therapy (DBT): This method falls under CBT and focuses on learning skills in the areas of Distress Tolerance, Interpersonal Effectiveness, Mindfulness and Emotion Regulation to change patterns of behaviors.
- c. Reality Therapy: Focusing on identifying whether current behaviors that are meeting internal needs are really getting you what you want. Identifying behaviors and internal needs, evaluating the effectiveness of these behaviors, and developing change plans are common interventions.
- d. Solution-Focused Therapy: Focusing only on the current, specific complaint and finding a solution to it. Previous successes to similar problems are explored.
- e. Motivational Interviewing: Focusing on the Stages of Change and one's level of motivation to change problematic behavior.
- f. Pharmacotherapy: You may be referred to your Primary Care Physician, psychiatrist or a psychiatric nurse practitioner for medications to help treat symptoms of a psychiatric condition. This is generally viewed as an adjunct to therapy sessions.
- g. Evaluation: Used to acquire information, screen and assess for the most effective treatment planning. This may be through verbal or written means.
- h. Homework: Assignments and applications in between sessions to foster internal processing and practicing of skills outside of the therapy environment.
- i. Art: Use of non-verbal and creative self-expression to foster healing.
- j. Journaling: Open-ended or structured writings occurring in between sessions to foster internal processing.
- k. Play: Use of specific strategies and general play to foster communication, self-expression, healing, emotion regulation and social skills development.
- l. Relaxation: Techniques used to decrease tension, anxiety, pain, and distress while increasing a sense of calmness.
- m. Self-Help Programs: You may be encouraged to attend a self-help group to benefit from shared and common experiences of others, which can decrease feelings of isolation about a problem behavior and increase feelings of support, acceptance, accountability and motivation.

Embracing Life's Path