

**Lisa Alber, LICSW**  
**234 Littleton Road, Suite 2B**  
**Westford, MA 01886**  
**Website: LisaAlberTherapy.com**  
**978-866-1435**

**Updated policies, effective Jan 9, 2023**

Payment is expected at each session. If your insurance is invalid at this time, you are responsible for the entire bill. Please verify your coverage before the session.

Some clients do not use insurance and pay out-of-pocket as it is free from the restrictions of managed care (limits on frequency of sessions, reviews of treatment notes, etc.) and your diagnosis is not shared with insurance companies, which might prevent or limit access to Life Insurance. If you have a Health Savings Account, you can use this money to pay for sessions.

**Current Rates:**

\$160 - 45 min Initial Intake  
\$150 - 45 min Couple Session  
\$150 - 60 min Individual Session  
\$120 - 45 min Individual Session  
\$120 - Late cancel or no show  
\$120/hour Out of session requests

**Payment Methods:**

Cash  
Check  
Credit cards (on website only)  
Venmo

**Late Cancellation and No-show fees:**

I reserve time just for you. Please provide me with at least a **24-hours'** notice to avoid the fee. I offer limited exceptions for emergencies and sickness only. Late cancellations and no-shows are not covered by insurance.

**Sickness:**

If you have been exposed to a contagious virus/disease, please let me know and we can decide whether it's best to reschedule during that week (if possible), cancel, or utilize Zoom/phone call for the session. I am unable to omit the late cancel/no show fee due to family members being ill.

**Contacting me:**

To cancel or reschedule, please call or text (do not email) at **978-866-1435**.

I try to return calls within 24 hours, with the exception of weekends and holidays and days I am not in the office. I am typically in the office on Monday, Wednesday, Thursday and Friday.