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## OFFICE POLICY and FEE SCHEDULE

When you enter my office for each session, please take a seat and I will be with you shortly. If we are meeting via Telehealth, please login at the designated time and I will “click” you in to session shortly. Should you have trouble logging in to a virtual session, text me and I will offer an alternate format.

**Please keep this information for your records.**

<u>Service</u>	<u>Fee</u>
Initial Interview/Assessment - 65-75 minutes	140.00
Individual Psychotherapy: 55 minutes	125.00
Couples Therapy: 60 minutes	130.00 *
90 minutes	195.00*
Marathon Sessions (2+ hours)	Pro-rated at hourly fee
Gottman Relationship Checkup	50.00 * (assessment access and analysis)
Phone Consultation: per quarter hour	30.00 * ψ
Record Review/Summary Preparation	100.00/hour * (pro-rated)
Records copy request	2.00/per page for hardcopy 1.00/per page for faxed copies

### **Employee Assistance Program: 45-minute sessions**

\* Couples counseling is sometimes not covered by your insurance plan. *If* a 55-minute session is covered, one partner will have a mental health diagnosis that becomes part of their permanent medical record. While your insurance plan might tell you that “family” counseling is covered, this applies to sessions where family members are present to gain support for helping the identified client cope with a mental health diagnosis. Technically, “family counseling” is *not* “couples counseling”. It’s an unfortunate distinction with insurance companies who do not consider treating conflict in couples a “medical necessity”. Many couples opt-out of using insurance for this reason as they have more flexibility in how sessions are conducted.

**Note:** If you want an extended session beyond 55 minutes, indicate so when making your appointment. Unplanned extended sessions may occur as the schedule allows, though note your insurance plan will only cover only one 55-60 minute session per day. Any additional cost will be pro-rated and charged directly to you at the time of service.

ψ Payments for phone consults will be charged to the credit card on file prior to the phone consult occurring. ***Brief calls to reschedule appointments and lasting only several minutes will not be charged under this policy.***

**Inclement weather:** Office closures will be announced on the website homepage. Telehealth sessions would remain a good substitute for those times.