

No Surprises Act/Good Faith Estimate

** indicates a required field*

The No Surprises Act

In 2021, Congress passed a law to protect individuals against acquiring outrageously high medical bills that were unexpected. This law requires all healthcare providers who are not billing insurance and who are billing a client directly to provide two things. First, the notice of the law. Second, a good faith estimate of the total cost of treatment to solve the "presenting problem."

As you can imagine, this is extremely difficult for a private practice therapist such as myself. In a time in healthcare when mental health is becoming more valued, and understood, it is still not feasible for a mental health clinician to be able to accurately predict the amount of sessions it will take for a client to overcome a particular mental health problem. As we know, mental health problems are often multifaceted and complicated. Of note, private mental health therapists are advocating for exemption to this nearly impossible clause.

In order to be in compliance with the Act, I am providing the following information.

To learn more about the No Surprises Act, visit <http://www.cms.gov/nosurprises>

My session costs are clearly noted on my website, www.shannonschallertlcswr.com

The client and therapist will identify a path to recovery that will include one of the following three modalities. The number of sessions and the "identified problem" will be constantly discussed between the therapist and the client. The frequency of sessions is up to the client and their own personal availability. The client understands that there are many aspects to recovery and that unlike in some other healthcare professions, the therapist can not be held responsible for a particular outcome. The client understands that at any time, they can exit treatment, and no longer receive services.

Individual Psychotherapy - Psychotherapy can be used to treat acute problems (resolving in 2-5 sessions) or long-term problems (requiring years or more of therapy). Estimate will be given based on frequency of session. Most often the clinical recommendation is for weekly to biweekly sessions, and then once a month for maintenance. To determine a reasonable estimation of cost, please multiply your session fee by the number of sessions you'd like to have in one month, or one year to determine monthly/annual cost estimation. Remember, you are in charge of determining cadence (frequency) of sessions.

EMDR Treatment - EMDR is used to treat trauma and can often be effective in short periods of time (2-5 sessions). However, clients often choose to continue their EMDR journey once they benefit from it's relief in order to create an overall improvement,

versus tackling one problem area. EMDR treatment will be provided as part of psychotherapy sessions when appropriate and at this time, the session cost is the same whether the session is primarily EMDR or primarily psychotherapy.

Brief Couples Counseling - Couples enter couples counseling with an identified problem, typically. Brief Couples Counseling is designed to be short term, but couples often choose to stay working with the therapist for maintenance purposes. Session length is anywhere from 8-12 sessions to years for maintenance. Typically, couples choose to meet weekly at first, and then drop to biweekly after 8-12 sessions.

Diagnostic Assessment - This service is completed for a flat rate of \$475. This fee can be increased if there is need for extra time for the assessment.

*** Client Name**

*** Client DOB**

*** Please check the services you may be interested in. You may check more than one.**

- Individual Psychotherapy
- EMDR Therapy
- Brief Couples Counseling
- Diagnostic Assessment

*** Please choose your provider:**

- Shannon Schallert, LCSW-R, Psychotherapist (NPI 1780006577, NYS Lic 081365-R)

*** Please choose the location you'd like to receive services. You may check more than one (I recommend checking both):**

- In Office
- Telehealth Virtual Office

The good faith estimate as shown above is only an estimate. Your total cost of treatment may differ from your good faith estimate. You may initiate a Patient-Provider Dispute Resolution (PDDR) process if the billed charges substantially exceed the expected charges in the good faith estimate. This estimate is not a contract, and does not require the client to receive services from this provider. This estimate will be revisited on a yearly basis.

* **I consent to receive treatment.** _____
I consent to sharing information provided here.

* **Date**