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GOOD FAITH ESTIMATE—

Effective January 1st, 2022, I am required to post about a new law that broadly applies to all licensed healthcare providers. This is called a “Good Faith Estimate”.

In general, to calculate your estimated out of pocket cost of therapy for cash pay/uninsured clients:

(Session fee) X (Number of sessions in 12 month period) = Total estimated cost of therapy services (weekly attendance).

This number does not include fees for no shows or late cancellations (less than 24 hours notice). As a clinician, it is not possible or ethical for me to diagnose or accurately estimate the length of time for therapeutic treatment prior to meeting with you, so the above 12 month period is an estimate. Together, we will collaborate on your treatment plan; this will be reviewed and updated every ninety days. Please note that a Good Faith Estimate does not require you to obtain any service from me or any other health care provider, and you are able to cancel services at any time, should you wish.

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Under the law, health care providers need to give clients who don't have insurance or who are not using insurance an estimate of the bill for medical items and services.

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My fee schedule is as follows:

\$160 for comprehensive individual mental health assessment (60 minute)

\$190 for couple's assessment (60 minute)

\$130+/session for ongoing therapeutic work depending on length of appointment (50 minute versus 90 minute)

\$140+/EMDR session, depending on length of appointment (50 minute versus 90 minute)

You can expect between 3-12 months of mental health treatment, at the frequency of 2-4 sessions per month, depending on your current needs.

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For questions or more information about your right to a GFE, visit www.cms.gov/nosurprises