**Individual Therapy**

**Steps**

1. Phone screening to ensure safety and success. No cost to you.
2. Schedule in person or phone/video diagnostic evaluation. Includes gathering historical information, strengths, areas of growth, symptoms, diagnosis, and treatment.
3. Schedule weekly or bi weekly session focused on achieving set goals. Treatment will be tailored to your individual interests and needs and may include DBT, CBT, art, movement, music, yoga, talk, writing, educational materials et cetera.
4. For TFCBT or ARC cases treatment will follow protocols.

**Cost for accepted insurance plans**

Cost varies dependent on copay, deductible, and other related individual insurance requirements. Insurance companies set cost and rates. Please contact your insurance to determine what the services will cost you.

I currently accept BlueCrossBlueShield.

Other insurances are not accepted at this time. Pending approval, I will also be accepting Aetna, Cigna, and United Health Care (Optum). I am accepting referrals at this time to be on a waitlist.

**Cost for out of network and private pay clients**Intake session: $150.00 which includes phone screening, diagnostic assessment, and goal setting.

Individual sessions: $125 per 45-50 minute session. Sliding scale of $90.00-$125.00 for qualified clients on a limited basis.

Bulk pay: Discount available for full rate payees at a rate of $115.00 when paying proactively for four or more sessions.

This cost may or may not be reimbursed by your insurance as an out of network provider. Please call your insurance regarding whether this is an option for you or not. We will provide receipt of services but are not responsible for contacting your insurance company initially.

**Payment Types Accepted**  
We accept credit card or cash. HSA/FSA accepted.

**Cancellations/No Shows**You are charged the full amount of a session for a less than 24 hour cancellation or no show unless an event which would be deemed as an emergency such as car accident, unexpected hospitalization, familial death, fire, etc or you are able to reschedule for the same week.

**Please Note:**I am not responsible for insurance related questions, concerns, or barriers. You are expected to contact your insurance to understand the benefits and limitations of your insurance.