

## **Individual Therapy**

Initially you will engage in a phone screening which ensures safety and success in services. This is at no cost. Then you will engage in a diagnostic evaluation which establishes pertinent historical information, strengths, areas of growth, symptoms, diagnosis, and treatment. After assessment sessions will be weekly or bi weekly and focused on established treatment goals.

Treatment will be tailored to your individual interests and needs. Evidence based modalities such as DBT, CBT, TFCBT, or ARC will be utilized with art, movement, music, yoga, etc. as supportive techniques. You will be given education to understand exactly what treatment model is being used and why.

### **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.

Insurances accepted: Cigna, BCBS, Aetna, UHC/Optum

### **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.

### **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.