



Office Procedures

The 45-minute Hour

Individual and Couple Sessions last approximately forty-five minutes. Group session lengths are sixty or ninety minutes, depending on which group you have joined.

Fees

Individual : \$195.00 Group: \$80.00 (weekly for 60 minute group) \$95.00 weekly for 90 minute group) In cases of financial hardship, I can arrange a lower fee for a certain period of time.

Billing

Fees are paid at the end of each session. I accept check, cash, Venmo, Paypal and several other forms of electronic payment. If you are going to use a check, my preference is that you have this made out before the session.

You are responsible for billing your insurance unless arrangements have been made with me. I will provide you with the necessary paperwork to do so. No matter what form of payment you are using, you are fully responsible for any balance for therapy charges (including missed or cancelled sessions)

Cancellations and Missed Appointments

If you need to cancel or reschedule an appointment, please do so with 48 hours notice. This allows me to offer that hour to someone else. If you do not show for your appointment, or if you cancel or reschedule without 48 hours notice, you will be charged the regular fee for that hour. Please note that as a general policy that most insurance and managed health care providers do not reimburse for missed or canceled sessions. Nor do they usually allow you to apply the charge toward your deductible or co-pay.

Psychological Emergencies

If you are experiencing a medical emergency please dial 911 or go to the nearest emergency room. If you have an urgent message for me, you may leave a voice mail message. Messages are checked every few hours; expect it to take this long (or longer). I will return your call as soon as possible. Late night messages are not likely to be returned until the following morning.

Vacation and Calls

Billing for extended phone calls over ten minutes is pro-rated according to hourly fees. Short calls are not billed. Long distance charges are billed to the Patient. I will inform you in advance if I am to be out of town or on vacation.