



## **Direct and Non-Direct Services**

### **Direct Services**

\*All direct therapeutic services are \$140F per session. All direct contact services are eligible for insurance. Sliding fee scale based on individual/family need.\*

#### Initial Consultation-Free

Everyone starts with an initial consultation. This is where you will speak to your clinician (therapist) about your needs/goals, type of therapy, insurance, and scheduling.

#### Individual Therapy \$140 (can be eligible for insurance).

Individual Therapy is one on one time with your clinician (therapist). A session is typically 45-55 minutes. Time is influenced by need and insurance. With Individual Therapy you will receive a consultation, Individual Treatment Plan, and sessions developed to address individual needs.

#### Play Therapy \$140 (can be eligible for insurance).

Play Therapy is typically 45-50 minutes and can be conducted in a playroom or office. Play therapy is conducted by a trained Registered Play Therapist who has expertise in reading patterns and behaviors in play.

#### Parent/ Guardian Consultation \$140 (can be eligible for insurance).

Parent/ Guardian Consultation is typically done before the initial Play session and throughout. The therapist will meet with the parent/guardian one on one to discuss parent concerns, therapeutic progress and goals. Parents are able to request these sessions anytime. The therapist will set consultations based on need.

#### Couple's/ Family Therapy \$140 (can be eligible for insurance).

Couple's and Family therapy is typically a 50-55 minute session that focuses on Family Dynamics and rewriting problematic issues and developing healthy and appropriate skills.

#### Therapeutic Family Visitation \$140 (can be eligible for insurance).

Typically runs 45-50 minutes. Whether a part of the reunification process or court ordered, I am able to provide a safe and therapeutic setting for family to visit and spend time together. Therapeutic Family Visits will focus on the family dynamics and parenting skills. To be covered by insurance, a diagnosis and treatment plan must be created and followed.



### Family Visitation - \$140

Typically runs 50-60 minutes. Whether a part of the reunification process or court ordered, I am able to provide a safe setting for family to visit and spend time together. I am present in the room and helping facilitate healthy and appropriate boundaries. Therapeutic goals and treatment are not needed or provided in this setting

\*As no therapeutic services are provided, this cannot be billed to insurance and will be subject to the hourly fee.

### **Non-Direct Services**

\*Non-direct services cannot be billed to insurance and will be based of time and effort spent. Please refer to Non-Direct Services and charges.

*Clinical Letter/ Clinical Treatment Summary and Progress Note - \$50 \$50 (If printed: 0.25 per page and postage)*

A Clinical Letter is a letter or recommendation, requested by the client, to attest to services received, recommendations, etc.

This is a summary of our work together written in letter format.

*Clinical Consultation \$30 per .25 hour*

I can work with another professional, at the client's request, to coordinate services and alter treatment when needed.

*Out of Office Meeting - \$150 for first hour (1 hour minimum) and \$140 per additional hour. (Includes mileage and travel time).*

When working with schools or programs, I may be needed to attend a meeting outside of our therapeutic time. I am not able to bill this to insurance and may charge for my services.

*Travel Time \$50 per half hour*

Anytime driving from my office to the desired location outside of 15 mile radius.

*Program Preparation \$140 per hour*

Anytime spent working preparing or updating a program that is used outside of the therapeutic setting.

*Court/Legal Proceeding \$500 minimum for 3 hours. \$140 per hour after 3 hours.*

Being asked or receiving a subpoena to testify or give recommendation.