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*Thank you for your interest in Quiet Light Counseling's Couples Therapy Services. I employ the Gottman Method of Couples Therapy in my sessions and have completed Level 1 training in Gottman Therapy. Please read below for an overview of what to expect and fees associated with these services.*

### Overview of Gottman Method Couples Therapy

The Gottman Method of Couples Therapy is based on Dr. John Gottman's research that began in the 1970's and continues to this day. The research has focused on what makes relationships succeed or fail. From this research, Drs. John and Julie Gottman have created a method of therapy that emphasizes "nuts-and-bolts" approach to improving clients' relationships.

This method is designed to help teach specific tools to deepen friendship and intimacy in your relationship. To help you productively manage conflicts, you will be given methods to manage "resolvable problems" and dialogue about "gridlocked" (or perpetual) issues. We will also work together to help you appreciate your relationship's strengths and to gently navigate through its vulnerabilities.

### Gottman Method Couples Therapy consists of five parts

#### ❖ **Assessment**

Early in the assessment phase, you will be given some written materials to complete that will help us to better understand your relationship.

In the first session, we will talk about the history of your relationship, areas of concern, and goals for treatment.

In the next session, I will meet with you individually to learn each of your personal histories and to give each of you an opportunity to share thoughts, feelings, and perceptions.

In the final session of assessment, I will share with you my recommendations for treatment and work to define mutually agreed upon goals for your therapy.

#### ❖ **Treatment**

Most of the work will involve sessions where you will be seen together as a couple. However, there may be times when individual sessions are recommended. I may also give you exercises to practice between sessions.

The length of therapy will be determined by your specific needs and goals. In the course of therapy, we will establish points at which to evaluate your satisfaction and progress. Also, I will encourage you to raise any questions or concerns that you have about therapy at any time.

#### ❖ **"Phasing Out" of Therapy**

In the later stage of therapy, we will "phase out" or meet less frequently in order for you to test our new relationship skills and to prepare for termination of the therapy.

## ❖ Termination

Although you may terminate therapy whenever you wish, it is most helpful to have at least one session together to summarize progress, define the work that remains, and say good-bye.

## ❖ Outcome Evaluation

In the outcome-evaluation phase, as per the Gottman Method, four follow-up sessions are planned: one after six months, one after twelve months, one after eighteen months, and one after two years. These sessions have been shown through research to significantly decrease the chances of relapse into previous, unhelpful patterns. In addition, commitment to providing the best therapy possible requires ongoing evaluation of methods used and client progress. The purpose of these follow-up sessions then will be to fine-tune any of your relationship skills if needed and to evaluate the effectiveness of the therapy received.

### Assessments and Fees for Initial Intake Sessions\*

Session #1	Intake Interview with both partners (75 minutes)	\$300
Session #2	Individual Interviews 30 minutes/each (60 minutes total)	\$150
Session #3	Treatment Planning (60 minutes)	\$225

Payments are due at the time of service and can be made by: cash/check or by your HSA card or credit card (via Simple Practice, on your client portal)

**After these three sessions are complete, the fee for a couples counseling session will be \$225 for a 60-minute session.**

Please know that I consider the couple relationship my primary client. As such, I will work to strengthen the relationship and will balance concern for the relationship and for each member of the relationship. Please know that I do not keep secrets between partners during the course of therapy. However, I will not disclose them either. If you tell me something during an individual session that your partner does not know and the guarding of such information may hurt or betray your partner, I will support and encourage you to disclose the information to your partner in an appropriate manner in session.

*\*I do not accept insurance and am happy to provide you with a superbill for you to submit to your insurance company for possible reimbursement. Please check with your insurance company for specifics about your out-of-network coverage and deductibles. **Insurance companies require a psychiatric diagnosis as a prerequisite for coverage and this will become part of your medical record.***

## No Surprises Act/Good Faith Estimate

*In compliance with the No Surprises Act that went into effect January 1, 2022, all healthcare providers are required to notify clients of their Federal rights and protections against potential “surprise billing.”*

*This Act requires that we notify you of your federally protected rights to receive a notification when services are rendered by an out-of-network provider, if a client is uninsured, or if a client elects not to use their insurance.*

*Additionally, we are required to provide you with a Good Faith Estimate of the cost of services (below). It is difficult to determine the true length of treatment for mental health care and each client has a right to decide how long they would like to participate in psychotherapy services. Therefore, attached you will find a fee schedule for the services I offer. We will collaborate to determine how many sessions you may need.*

*Please review the Good Faith Estimate and let me know if you have any questions.*

<b>Primary Service or Item Requested/Scheduled:</b>	Couples Therapy Session: 60 minutes
<b>Service Code:</b>	90847

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*The fee for a traditional **60-minute couples therapy session** (in-person or via telehealth) is **\$225**. Most couples will attend one session per week, but the frequency of psychotherapy visits that are appropriate in your case may be more or less than once per week, depending upon your needs and preference.*

*You may project any potential future cost(s) by multiplying the session fee of **\$225** by the total number of sessions. This will result in your total estimated cost for psychotherapy.*

***For example, \$225 session fee x 4 sessions = \$900.***

*If you attend therapy for a longer period, your total estimated charges will increase according to the number of visits and length of treatment.*

*If you have any questions about this Good Faith Estimate, please do not hesitate to reach out to me.*