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*Thank you for your interest in Quiet Light Counseling's Therapy Services.*

*Please read below for an overview of what to expect and fees associated with these services.*

### **Fees for Psychotherapy Sessions\***

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Session #1	Initial Intake/Diagnostic Evaluation (60 minutes)	\$200
Typical Session Fee	Individual Psychotherapy Session (50 minutes)	\$175

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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)

*I look forward to working with you! If you have any questions about my services or any of the intake paperwork you are completing, please do not hesitate to contact me.*

*\*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>	Individual Psychotherapy: 50 minute session
<b>Service Code:</b>	90834

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*The fee for a traditional **50-minute psychotherapy session** (in-person or via telehealth) is **\$175**. Most clients will attend one psychotherapy visit 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 individual needs and preference.*

*You may project any potential future cost(s) by multiplying the session fee of **\$175** by the total number of sessions. This will result in your total estimated cost for psychotherapy.*

***For example, \$175 session fee x 4 sessions =\$700.***

*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.*