



Psychotherapy Fee Agreement

The fee for each therapy session is _____, and fees are charged after each appointment.

Our agreement include psychotherapy, and might include other services, with your consent, including talking to other providers, completing letters and other documentation, and interactions outside of our scheduled appointments. These services are typically included in our therapy relationship and do not come with an extra charge. However, if frequent interactions occur outside of a session, I may charge additional fees. I will always discuss this with you and agree on the charges before this occurs.

These extra charges may be:		
Letters and written documentation: \$150	Coordinating with other providers at length: \$100	30 minute phone/video calls outside of our session: 100

If your financial circumstances change (job change, housing situation changes, reduced access to resources, etc.), you are welcome to update me so we can review our fee and adjust if needed.

I have a 48 cancellation policy. If you cancel our appointment less than 48 hours before it is scheduled, you will be charged for the appointment.

Do you have health insurance coverage? This includes private plans like Cigna and programs like Medi-Cal and Tricare.

Yes _____ No _____

If no, would you like assistance with navigating the health insurance system?

Yes _____ No _____

If yes, do you intend to submit claims for these appointments? I can give you a superbill with the information needed to submit to your plan.

Yes _____ No _____

I will provide you with a good faith estimate of our expected fees each year. If you would ever like to receive an additional good faith estimate of the expected charges for our therapy on an individual or yearly basis, you may ask to receive a written estimate and I will provide one within 3 business days. This estimate is available in hard copy, digital, and large-print formats.

A good faith estimate typically includes a DSM (the mental health diagnostic code book) or ICD10 (the physical health diagnostic code book) diagnosis. Diagnoses are complex and I often work by integrating multiple models of understanding your experiences. If we have identified a diagnosis code that we include or work on, it will be included. I list Z71.9, Counseling, if we

have not specifically discussed them. We can discuss diagnosis and how it relates to ongoing therapy any time.

I update and increase my fees every 1-2 years by \$5-\$10 dollars. I will inform you when this is happening, and provide you an updated fee agreement after we discuss and agree on our new fee. I maintain a fee range model that allows us to adjust our fee up or down to recognize financial needs, privileges, and responsibilities that shift in our lives. This yearly increase will never exceed my updated stated rate, and we can discuss a fee adjustment any time or when a change occurs.

This agreement will be offered every year, and when adjustments occur.