Good Faith Estimate

Beginning January 1, 2022, federal laws regulating client care have been updated to include the “No Surprises” Act. This Act requires health care practitioners to provide current and potential clients a “Good Faith Estimate” (GFE) on the cost of treatment. This applies to clients that pay out of pocket and those with whose insurance I do not participate.

This new regulation is designed to provide transparency to patients regarding their expected medical expenses and to protect them from surprises when they receive their medical bills. It allows patients to understand how much their health care will cost before they receive services. **EXAMPLE:** you have surgery, and you expect health insurance to pay, but a few months later you receive a bill from the anesthesiologist who you later learn is not in network with your insurance. I believe this bill is very important for these kinds of situations, but it’s application to a private pay psychotherapy practice, like mine, is unclear at the moment.

Under this Act, I am to provide an estimate of the cost of your therapy and to do so I have to know how many sessions you are likely to attend. There are a number of factors that make It challenging to provide an estimate on how long it will take for a client to complete therapeutic treatment, and much depends on the individual client and their goals in seeking therapy. Some clients are satisfied with a reduction in symptoms while others continue longer because it feels beneficial to do so. Others begin to schedule less frequently, and may continue to come in for “tune ups” or when issues arise. I feel good about my communication with clients and for EMDR therapy I always provide an estimate of number of sessions per issue. My rates are clear and I offer sliding scale. I always leave it up to you, as my client, stay in charge of when and how often you wish to meet. This inherently means clients are not surprised by amounts charged.

Ultimately, as the client, it is also your decision when to stop therapy.

If you ever wish to determine the total estimated cost over the course of a month, you could simply multiply the fee per session by the number of estimated sessions. For example, if you see me weekly, then you would multiply my session fee x 4 weeks to get a total monthly estimated cost (not including missed sessions for illness, holidays, vacation, etc.).

At your request I can provide a Good Faith Estimate in writing.

I have provided here my current session fees, projected for one month period with differing levels of sessions scheduled.

Good Faith Estimate Details for Individual Clients

Individual 60 minute session $175

Weekly 60 minute sessions for 4 weeks $700

Bi-weekly 60 minute sessions for 4 weeks $350

Missed appointments without canceling within 24 hours $125

The above examples are provided to give an idea of the financial expectations for a month. Other fees are included in my Informed Consent. The frequency and duration is dependent on your individual needs and goals.

I am happy to answer any questions you may have about the “No Surprises” Act and Good Faith Estimates.