

## Good Faith Estimate

You are entitled to receive this “Good Faith Estimate” of estimated charges for psychotherapy services provided to you. While it is not possible for a therapist to know in advance how many psychotherapy sessions are appropriate for a given individual, this form provides a general estimate of the cost of services provided. Your total cost of services will depend upon the number of psychotherapy sessions you attend, your individual circumstances, and the type and amount of services that are provided to you. This estimate is not a contract and does not obligate you to obtain any services from the provider listed, nor does it include any services rendered to you that are not identified here.

This Good Faith Estimate is not intended to serve as a recommendation for treatment nor a prediction that you may need to attend a specified number of psychotherapy visits. The number of visits that are appropriate in your case, and the estimated cost for those services, depend on your needs and what you agree to with your therapist. You are entitled to disagree with any recommendations made to you concerning your treatment, and you may discontinue treatment at any time.

The fee for a 50-minute individual psychotherapy session, in-person or via telehealth is \$160.00.

Most clients will attend a psychotherapy session once every 1-2 weeks, but the frequency of psychotherapy sessions that are appropriate in your case may be more or less depending on your needs.

Based upon a fee of \$160.00 for psychotherapy sessions, if you attend one psychotherapy session per week, your estimated charge would be:

\$640.00 for 4 sessions over one month  
\$1280.00 for 8 sessions over two months  
\$1920.00 for 12 sessions over three months

Based upon a fee of \$160.00 for psychotherapy sessions, if you attend one psychotherapy session every two weeks, your estimated charge would be:

\$320.00 for 2 sessions over one month  
\$640.00 for 4 sessions over two months  
\$960.00 for 6 sessions over three months

If you attend therapy for a longer period, your total estimated charges will increase according to the number of sessions and length of treatment. If you attend therapy more often than once per week, your estimated charges will increase accordingly. If you attend therapy less than once every two weeks (e.g., once every 3-4 weeks), your estimated charges will decrease accordingly. If you receive a reduced rate for therapy, your estimated charges will decrease accordingly.

You have a right to initiate a dispute resolution process if the actual amount charged to you substantially exceeds the estimated charges stated in your Good Faith Estimate (which means \$400 or more beyond the estimated charges).

You are encouraged to speak with your provider at any time about any questions you may have about the information provided to you in this Good Faith Estimate.

