



## Counseling ~ FAQs

### How does Counseling work?

There are three questions I am most interested in:

- What brings you to counseling at this point in time?
- What do you think may happen if things don't change or you don't get the support or help you need?
- What do you see getting better in your life as a result of a successful therapy experience?

My goal is for you to leave the initial counseling session feeling understood with a sense of hope and direction.

### What else happens in Counseling?

We'll talk about your situation. I want to hear your story. I'll listen to your history and current challenges. We'll collaborate to help you reach your goals. As a seasoned therapist who is committed to providing the best counseling I can offer, I still see you as the expert on your life. So, while I may ride along with you in the car for a while and share my road map; you are in the driver's seat. Any decisions or willingness to follow suggestions, that's your call. I respect your ability to make choices. I'm here to help you sort it out so you can be in a better place moving forward.

### How often will we meet for Counseling?

Consistency brings the best results. Most counseling clients come weekly. It's best to schedule a set time each week. Committing to and prioritizing that time is ideal and equates to a better outcome. Occasionally, people attend therapy more often and may come twice a week for a period of time. Others prefer less frequent or longer sessions. Many reduce counseling frequency once things improve and attend every other week then monthly to maintain gains. Most of my therapy practice is in person, however, I offer counseling on-line or via telephone to Florida and Georgia residents, when appropriate.

### What if my schedule is chaotic?

Some people have responsibilities that require flexibility in scheduling their counseling sessions. Although it's best to schedule a set time, I can sometimes accommodate such needs so long as we can find alternatives. Longer sessions are an option for those looking to get a jump start on the individual or couples counseling process or if there's a need for more

intensive work for a period of time. Extended sessions are helpful for busy clients with schedules or travel obligations that don't allow for weekly therapy sessions to occur.

### **What is the duration of Counseling?**

It depends. About half of my clients come for just a few months for support through a difficult time, to focus on a specific concern, or until they feel they are bouncing back or moving forward. A Tune Up. This is considered shorter term therapy or counseling. I am happy to work on a short-term basis when it's appropriate.

Others benefit from longer term counseling. They may have long standing issues, childhood experiences that are interfering with their lives or legacy, or on-going stressors or changes in their career, relationships, health, recovery, or families. These issues often require a longer period of support, usually for about a year or sometimes longer.

Some clients or couples may attend therapy for a few years as they continue to benefit from on-going or intermittent counseling. Others use therapy for a period of time, take a break, and return when they are ready, something comes up, they need to do more work or for a few booster or tune up counseling sessions.

There are lots of options and flexibility depending on what works best for you. While I love to see people commit to the process, I trust clients to make their decisions about length of time in counseling, hopefully with my input.

### **Can I use my insurance for Counseling?**

As a private counseling practice providing integrated services, we are paneled (in-network) with a number of major insurance companies, and Employee Assistance Programs (EAP). During our initial Intake we will request information as to your desire to use insurance and/or access to EAP services.

If you wish to use your insurance benefits, please check with your plan administrator to determine coverage for licensed counselors (LMHC, LMFT, LCSW) as providers, if there's a deductible and if it's been met, and what percentage, if any, they reimburse for in office psychotherapy/behavioral health services. Codes to inquire about include 90791 for initial session then 90834, 90837 or 90847.

If your therapist determines that counseling services can be appropriately identified as "Medically Necessary" and you request to use insurance for counseling reimbursement, and we are in-network we will work directly with your insurance company to request reimbursement for services. If we are not "in-network", we can work with you as an out-of-network (OON) provider. Many clients who use their OON benefits get reimbursed a % of

the counseling fee often in the 50-70% range. Some clients choose to use their Health or Flex Account (see below) which may cover all of the charges and allows tax advantages.

If requested, we can provide you with a monthly receipt called a Superbill with the necessary info of what you paid. You may submit that to obtain any available counseling or therapy fee reimbursement based on your plan.

### **Can I use my Health Savings Account, Health Reimbursement Account, or Flex Account for Therapy?**

Using a pre-tax Flex or Health Account for therapy is a way to save and avoid the hassles of managed care. Unlike using your health insurance for therapy, this route may not always require you to provide a mental health diagnosis on any forms.

We are able to directly charge credit cards associated with your employer sponsored HRA/HSA type account.

### **What are your Self-Pay Counseling Rates?**

The return on investment and value for therapy can be immeasurable as its goal is to improve your life, relationships, health, family, and well-being.

- 60 min Individual/Couples Session is \$120
- 45-50 min. Individual session is \$100. This is a Regular session.
- 25-30 min. Individual session is \$50. This is a half session or check in.
- 90 min. Individual/Couples session is \$150.
- Some busy professionals prefer longer therapy sessions to work on specific issues. This may be a good choice for those who need relief fast or have a hectic schedule or travel commitments where longer less frequent sessions are preferred. For couples, these longer counseling sessions are often more effective and can act as a jump start if you feel stuck in negative patterns or if your relationship is in trouble. **The 90 min. session length is often best for marriage or couples counseling**, particularly in the beginning of therapy.

Phone and on-line counseling sessions using a secure HIPAA compliant platform are available if criteria, such as residency are met.

### **What type of therapy do you use?**

Each person is unique. I tailor the counseling approach to what works best. Sometimes this means employing evidenced based practices like Cognitive Behavioral Therapy, Motivational Interviewing, Mindfulness, Psycho-dynamic, and Emotionally Focused Therapy or any number of counseling approaches.

Since I've had a wide range of counselor training and experience, I can use tools and strategies within a framework that fits for you. The "room" of therapy can be a safe place to talk through what's going on and that process can be helpful in and of itself.

While this may be a challenging time in your life, I'm solution focused and "strength based", not focused on so called psychopathology, meaning I also recognize you have skills and resources to tap into as well.

While you may have hit a few stumbling blocks in your life or relationships, together we'll work on solutions which allow you to use the resilience and develop skills you need to get and stay better.

I want to help you overcome obstacles to lead the healthier and happier life that you deserve.

Counseling is an Investment in your life, health, relationships, family and future.  
YOU Matter!