

## PAYMENT INFORMATION

### Rates as of November 5, 2024:

- \$150 for intake session (0-60 minutes)
- \$175 for intake session (90 minutes)
- \$125 for one clinical hour (50 minutes)

**Payment:** I accept cash, checks, and all major credit cards.

- **copays can be paid via VENMO with a fee of 2.9% + .30 & Square**
- Example: Your copay is \$20. If you use cash or check, it is \$20 and no fee. If you use VENMO, it will be \$20.88

**For those who opt out of using their commercial insurance:** Over the years, many have opted out of using their commercial insurance for a multitude of reasons. The #1 reason is that people don't want their insurance dictating how many sessions they are allowed to have each year. Without following the insurance company's rules and regulations, you and your therapist are free to experience therapy the way it was intended. This means that you can have longer, more frequent/greater number of sessions, participate in out-of-office sessions (at your home or another location), or receive treatment online without being told "no" by your insurance carrier. You have permission to not involve any third party in billing or paperwork. I can assure you that your anonymity, privacy and confidentiality of your health records will be preserved. Please sign "opt out of insurance" form for this option.

### **Cancellation and no-show policy:**

Bloom Counseling requires 24-hour notice prior to cancelling a session. I request this notice so that your appointment slot can be offered to another client in need. If you do not show up for your scheduled therapy appointment, and you have not notified me at least 24 hours in advance via phone, text, or email, you will be required to pay the full cost of the session (\$125). I absolutely understand that emergencies and circumstances come up. I will evaluate on a case-by-case basis. In addition, future appointments will not be scheduled if there is an outstanding no-show fee or balance on the account; these must be paid before further sessions will be scheduled.

### ***Successful outcomes in therapy are directly related to participation in regularly scheduled sessions.***

Clients who have violated the no show/cancellation policy 3 or more times within the last calendar year will be asked to pay a \$125 deposit going forward. If you late cancel or no show, you will lose the deposit.

### **Contacting me:**

Within reasonable limits, phone calls and texts are a normal part of the therapy process and there is no charge. If phone calls or texts become excessive or lengthy, there will be a session fee incurred for this.

When I provide my personal phone number for clients to use to reach me via text or phone, I may be in session with another client or otherwise unavailable (especially outside of business hours) when you call. Please feel free to leave a detailed message on my confidential voicemail.

**\*\*\*However, if you are calling with an emergency, please go to your local emergency room, or call 911 immediately. \*\*\***