

## **Access to Care Without Insurance**

There are many benefits of making an outside-of-insurance arrangement with your therapist including increased privacy and more customized treatment planning. Benefits for a fee-for-service arrangement are:

1. Your therapy is tailored for you and created collaboratively between you and your therapist; without restrictions and limitations imposed by a third party insurance company
2. You will have increased privacy because your information, including diagnosis and progress notes will not be provided to any third party insurance company without your explicit permission

Our fee-for-service rate for most services is \$180 per session. However, we do offer a reduced rate based on a sliding fee scale when necessary. You will have the opportunity to discuss the session fee with your therapist at your first visit.