Therapy Changes
Focused guidance when you need it most.

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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 $275 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.