



FEE SCHEDULE FOR DIALECTICAL BEHAVIOR THERAPY

Effective February 2019 and subject to change

TYPE OF SERVICE	SERVICES INCLUDED	FEE
Comprehensive DBT: Middle School Teens	Weekly multifamily skills group; individual therapy for teen; unlimited phone coaching for teen; monthly parent coaching session; phone calls and or email correspondence with parents/family members/adjunctive treatment providers	\$235 Weekly DBT Individual Therapy (all-inclusive rate) \$165 Weekly 75 min Multifamily DBT Skills Group \$200 Monthly 45 min Parent Coaching Session Monthly Total = \$1,800-\$2,205*
Comprehensive DBT: High School Teens	Weekly multifamily skills group; individual therapy for teen; unlimited phone coaching for teen; monthly parent coaching session; phone calls and or email correspondence with parents/family members/adjunctive treatment providers	\$235 Weekly Individual DBT Therapy (all-inclusive rate) \$180 Weekly 90 min Multifamily DBT Skills Group \$200 Monthly 45 min Parent Coaching Session Monthly Total = \$1,860-\$2,275*
Comprehensive DBT: Young Adults	Weekly group; individual therapy; unlimited phone coaching; phone calls and or email correspondence with parents/family members/adjunctive treatment providers	\$235 Weekly Individual DBT Therapy (all-inclusive rate) \$90 Weekly 60 min Young Adult's DBT Skills Group Monthly Total = \$1,300-\$1,625* (Due on the 1st**)
Add Ons	Additional Individual or coaching sessions	\$200
Add Ons	For family members	\$90 for group; \$200 for individual
Adjunctive Services	Reports and letters	\$200 per 45 minutes (prorated)
Parent Coaching Sessions with Phone Coaching	Parent sessions as needed; unlimited phone coaching for parents with parent coach	\$235 per 45 minutes
Hospital Visit	Discuss with therapist	\$400 per hour
Court Prep/Appearance	Discuss with therapist	\$400 per hour

**The monthly fee range depends on the number of weeks in a month. Most months contain four weeks, but some contain five. You will be eligible to receive an insurance reimbursement form, if you so desire, that indicates every session you attended each month.

**The Institute's DBT Program Fees are due on the 1st of every month. DBT is much more effective with consistent attendance. Therefore, we ask that you attend every session. There will be breaks for holidays. In addition, you have the option to miss two sessions throughout the year without being charged, as long as you provide 24 hour notice.

flourish

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