

## FEE SCHEDULE FOR GENERAL THERAPY SERVICES

Effective August 2020 and subject to change
Our therapists offer varied rates depending on experience, specialized training and
type of service being offered. See below.

STANDARD **TYPE OF SERVICE STANDARD** STANDARD STANDARD **LENGTH OF** RATE A RATE B RATE C RATE D **SERVICE** Psychotherapy 45 minutes \$200 \$185 \$165 \$100 - \$150 (additional session sliding scale available) \$215 60 minutes \$250 \$245 Prorated 90 minutes \$420 \$370 \$320 Prorated Group Intake Session 60 minutes \$245 \$245 \$245 \$245 **Group Sessions** 60-75 minutes \$300-375\* \$300-375\* \$300-375\* \$300-375\* Per month. Per month. Per month. Payment Per month. due at the 1st of the Payment due at Payment due at Payment due the 1st of the the 1st of the month. month. month. the 1st of the month. \$600-750\* Per month. \$600-750\* Per month. \$600-750\* 60 - 75 minutes \$600-750\* **Group Sessions** Per month. Per month. with concurrent Payment due at Payment due Payment due Payment due at parent group the 1st of the the 1st of the month. the 1st of the the 1st of the month. month. month. \$ 93 Phone 20 minutes \$82 \$71 Prorated \$140 Consultations \$123 30 minutes \$107 Prorated \$210 45 minutes With the client, \$185 \$160 Prorated client's family, other professional, or school personnel. Report & Letter 45 minutes \$210 \$185 \$160 \$100 Writing Prorated School visit: IEP or Per 1 Hour (includes other \$260 \$230 \$100 \$325 travel time) Hospital Visit Per 1 Hour \$400 \$300 \$300 \$200 Court Per 1 Hour \$400 \$400 \$400 \$400 Prep/Appearance

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<sup>\*\*</sup>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 that indicates every session you attended each month.



## 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	\$235 Weekly Individual DBT Therapy (all-inclusive rate) \$180 Weekly 90 min Multifamily DBT Skills Group \$200 Monthly 45 min Parent Coaching Session
Comprehensive DBT: Young Adults	members/adjunctive treatment  Weekly group; individual therapy; unlimited phone coaching; phone calls and or email correspondence with parents/family members/adjunctive treatment providers	Monthly Total = \$1,860-\$2,275*  \$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 Add Ons	Additional Individual or coaching sessions	\$200 \$90 for group;
Adjunctive Services	For family members  Reports and letters	\$200 for individual \$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

<sup>\*\*</sup>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.

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<sup>\*\*</sup>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.

