



ADULT THERAPY FEE & INSURANCE GUIDE

FEES

Fees are paid directly by cash or credit card via the [SimplePractice](#) client portal. Credit cards are securely stored and processed by [Stripe](#).

- Therapy Intake Session (90-min): \$320
- Individual Therapy (50-min): \$260
- Family Therapy (75-min): \$320

INSURANCE

Dr. Stephanie is considered an "out-of-network provider." If you have a PPO plan, you might be able to get reimbursed for the cost of therapy at a percentage. If you'd like to use your insurance, we recommend confirming asking your insurance company the following:

- What is my **out-of-network deductible** for outpatient mental health visits?
- **How much of my deductible** has been met this year?
- What is my **out-of-network coinsurance** for outpatient mental health visits (i.e., what % is reimbursed)?
 - CPT Code 90791 = New client intake
 - CPT Code 90834 = 45-min psychotherapy
 - CPT Code 90832 = 30-min psychotherapy
- What **diagnoses**, if any, are *not* covered for these services?
- Do I need a **referral** from an in-network provider or a primary care physician to see someone out-of-network?
- How do I **submit claims** for out-of-network reimbursement?
- Is there a **session limit** for outpatient mental health visits?

FREE OR LOW COST ADULT THERAPY OPTIONS



If you're a **college or graduate student**, you likely have access to counseling for free through your school's Counseling and Psychological Services (CAPS).



Ask **your employer** if you they have an **Employee Assistance Program (EAP)**. Employees often have access to a certain number of counseling sessions for free, and it is confidential who access the EAP service. Read more about these [here](#).



Search for **in-network providers** through your insurance. Dr. Stephanie can help walk you through this process.



Search one of these **low cost or sliding scale directories**:

- [LA County Department of Mental Health \(Medi-Cal\)](#)
- [Open Counseling](#)
- [OpenPath](#) (\$30-80 sessions)