

Private Pay Counseling Services

Initial Assessment	\$225 for 60-minute session, report writing, and diagnosis
Individual, Couple, and Family Therapy	\$150 for 60-minute session
Client Phone Support	Under 5 Minutes: Free Over 5 Minutes: \$25 per 15 minutes
Collateral Contacts with Lawyers, Physicians etc., and Case Management Services	Under 5 Minutes: Free Over 5 Minutes: \$25 per 15 minutes
Report Writing	\$150 per hour
Court Appearances	\$250 per hour plus travel expenses (2 hour minimum)
Military & Veteran Discount	20% on all services and Relationship Intensives
Late Cancellation	Full Session Fee for cancellation within 24 hours of appointment
No Show Appointment Fee	Full Appointment Fee + phone call required to be reinstated on schedule
Sessions Longer than 60 minutes	Prorated in 15 minute increments at the regular rate

Relationship Intensives

Additional \$100 travel fee for the Williamsburg Office Location.

Relationship Intensives are typically conducted on the weekends. A full relationship assessment is required. This can happen either prior to the intensive to allow for deeper therapy work during over the weekend, or it can happen over the 3 hours at the beginning of the intensive.

1 Day Relationship Intensive (6 hrs)	\$750
Available for current couples who see Liz either weekly or bi-weekly for counseling. A mini intensive is an opportunity go deeper and achieve more security in your relationship after we have already identified and started to change the pattern or cycle that has been blocking the relationship connection.	
1.5 Day Relationship Intensive (9 hrs)	\$950
Want to jump-start marriage counseling? This is an opportunity to reconnect with each other. Whether you are local or traveling from out of town, treat the weekend as a break from daily life. Take a moment to focus on you, your relationship, and reconnect with the one you love most.	
2.5 Day Relationship Intensive (15 hrs)	\$1,350
Hoping to prevent divorce or separation? This full-weekend intensive is for couples who've tried everything else but want to try one more thing. A full weekend of intensive therapy and moments that bring you closer together might be just the thing to save your relationship.	

Insurance Based Counseling Services

Tricare:

Liz is currently paneled with Tricare Insurance only. She is in the process of becoming paneled with Anthem, Optima, and Military OneSource.

Other Insurance Plans:

If Liz is not paneled with your insurance company and you prefer to use your insurance, she will be considered an out-of-network provider. You will be charged the private pay rates and will be provided with a receipt for services that you can submit to your insurance company for reimbursement.

Basic Information for all Insurances:

Most insurance companies cover medically necessary services only. If you do not have a mental health diagnosis, your service may not be covered. Insurance companies typically limit couple therapy sessions to 50-minutes one time per week. *Any services not covered by your insurance plan will be charged at the private pay rates listed above.* Military Service Members and Veterans will qualify for a 20% discount for all private pay services. Relationship Intensives and case management services are not typically covered by insurance.

If you have a mental health diagnosis, it is important to know that every insurance carrier has their own unique out of network coverage. You are encouraged to call the customer service number on the back of your insurance card and ask the following questions:

1. Do I have any out of network coverage?
2. What is my out of network coverage for mental health services?
3. What is my *out of network* deductible? (Often insurance plans have separate out of network deductibles)

If you have out of network coverage, then you can submit the courtesy receipt for services to your insurance carrier for reimbursement through Reimbursify.

Late Cancellation and No-Show Appointments:

Insurance will not pay for late cancellation or missed appointments and last minute time slots cannot be filled; therefore, if you have two non-emergency late cancellation or no-show appointments, the therapy services will be terminated. For Liz to do her best work with couples, consistent weekly or bi-weekly appointments are recommended.