

Empowering for all stages of life.

**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.

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

\*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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**FEE SCHEDULE FOR DIALECTICAL BEHAVIOR THERAPY**

Effective February 2019 and subject to change

<i>TYPE OF SERVICE</i>	<i>SERVICES INCLUDED</i>	<i>FEE</i>
<b>Comprehensive DBT: Middle School Teens</b>	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  <b>Monthly Total = \$1,800-\$2,205*</b> (Due on the 1st**)
<b>Comprehensive DBT: High School Teens</b>	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  <b>Monthly Total = \$1,860-\$2,275*</b> (Due on the 1st**)
<b>Comprehensive DBT: Young Adults</b>	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  <b>Monthly Total = \$1,300-\$1,625*</b> (Due on the 1st**)
<b>Add Ons</b>	Additional Individual or coaching sessions	\$200
<b>Add Ons</b>	For family members	\$90 for group; \$200 for individual
<b>Adjunctive Services</b>	Reports and letters	\$200 per 45 minutes (prorated)
<b>Parent Coaching Sessions with Phone Coaching</b>	Parent sessions as needed; unlimited phone coaching for parents with parent coach	\$235 per 45 minutes
<b>Hospital Visit</b>	Discuss with therapist	\$400 per hour
<b>Court Prep/Appearance</b>	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.