

TRAIL FORWARD

COUNSELING

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Good Faith Estimate

Your Rights Under the "No Surprises Act"

As an individual receiving psychotherapy services, you are entitled to receive this "Good Faith Estimate" for charges associated with the service provided to you. Sessions vary on a client-by-client basis thus it is difficult for a treating professional to know the exact number of sessions a client will need; however, this form provides an estimate and breakdown of treatment duration and costs associated with said duration. Please note that this estimate is not a contract and does not obligate you to obtain any services from the provider(s) listed, nor does it include any services rendered to you that are not identified here.

This Good Faith Estimate is not a recommendation, not is it a prediction, for treatment: the duration of treatment and sessions you attend are specific to your individual needs which you and your therapist will discuss. You are entitled to terminate treatment at any point, and are entitled to disagree with regards to treatment recommendations made by your psychotherapist.

The fee for a standard 50-minute psychotherapy session is \$150, and \$250 for a 90-minute intake session. All clients will attend one 90-minute intake session, and most clients will attend weekly psychotherapy sessions; however, the frequency of psychotherapy sessions will depend on your individual needs and can be more or less than once per week.

Session & Cost Breakdown

Treatment Duration	# of sessions		# of intake sessions		Total Cost
Frequency of 1 session per week					
1 year	51 x \$150	+	1x \$250	=	\$7,900
9 months	38 x \$150	+	1x \$250	=	\$5,950
6 months	25 x \$150	+	1x \$250	=	\$4,000
3 months	12 x \$150	+	1x \$250	=	\$2,050
2 months	6 x \$150	+	1 x \$250	=	\$1,900
1 month	3 x \$150	+	1x \$250	=	\$700
Frequency of 1 session per every-other week					
1 year	25 x \$150	+	1x \$250	=	\$4,000
9 months	19 x \$150	+	1x \$250	=	\$3,100
6 months	12 x \$150	+	1x \$250	=	\$2,050
3 months	6 x \$150	+	1x \$250	=	\$1,900
2 months	4 x \$150	+	1 x \$250	=	\$850
1 month	1 x \$150	+	1 x \$250	=	\$400