**HOURS**

I see individuals in-person for therapy services on Wednesdays between the hours of 8am and 6pm. These hours may be flexible and a telehealth option available on a case-by-case basis. Please inquire with me directly.

**RATES**

15-minute consultation: no charge

This is an opportunity for us to speak to each other about the symptoms and challenges you are experiencing, what you want to get out of the therapy, and how I can help you. It’s important for you to feel that we would be a good fit to work together, and I will be assessing the same. If needed, I am happy to provide alternative therapy referrals or supports if determined needed.

90-minute Initial Intake: $350.00

60-minute Session: $175.00

**INSURANCE**

I accept Tricare and Medicare Insurance. Co-pay amounts are set by your insurance plan.

**PAYMENT**

Fees are due in full at each session. I accept cash, check, credit/debit card, Zelle, or Venmo.

**CANCELLATION POLICY**

Missed sessions, or sessions cancelled with less than 24 hours’ notice will have an associated fee, unless there are extenuating circumstances, and it is not a repeat occurrence.