

HOW MUCH DOES TREATMENT COST?

There are a number of factors that will impact the cost of treatment. One that is consistent is my fee: \$175/50-minute session. I typically ask people to commit to at least 8 weekly sessions to start. Other things to take into consideration:

- Treatment protocol used (CPT, for example, is a 12-session protocol)
- The amount of time and energy you put into treatment between sessions. The more effort you can put into growth between sessions, the sooner you'll experience positive results. For that reason, it's important to ask yourself if you're in a position to fully engage in treatment - prior to starting the process.
- Access to insurance benefits (I recommend you do some research prior to starting treatment to find out if your benefits cover psychological services, if they cover social work services (I am supervised by a licensed clinical psychologist), and how much coverage they provide annually)