



THERAPY FOR ADDICTION, TRAUMA & LGBTQ+ MENTAL HEALTH IN NEW YORK

I believe in creating clarity from the start. Here's everything you need to know about working together, laid out in a straightforward way. Have questions? I'm always happy to discuss these policies with you.

[BOOK A FREE 15-MINUTE CONSULTATION NOW](#)



SESSION FEES & PAYMENT OPTIONS



INVESTMENT IN YOUR WELL-BEING

- Complimentary 15-minute initial consultation
- Initial Intake (50 minutes)
 - Individual: \$265



REGULAR SESSIONS

- 50-minute Individual: \$250
- 50-minute Couples: \$275



ADDITIONAL SERVICES

- Documentation and administrative work: \$265/hour (billed in 10-minute increments)

SIMPLE, CONVENIENT PAYMENT

I've made paying for your therapy sessions straightforward and flexible. Payment is due at the time of service, and I accept:

- ✓ All major credit cards (Mastercard, Visa, Discover, American Express)
- ✓ Health Savings Account (HSA)
- ✓ Flexible Spending Account (FSA)
- ✓ Health Reimbursement Arrangements (HRA)

Note: For HSA, FSA, or HRA cards, I'll need a backup payment method for potential late cancellations, as required by federal regulations.

YOUR PRIVACY MATTERS

Confidentiality is the cornerstone of our therapeutic relationship. Here's what you should know:

- ✓ Our discussions are protected by law
- ✓ Your information is shared only when:
 - You provide written permission
 - There's risk of harm to yourself or others
 - There's suspected abuse of children, elderly, or disabled persons
 - Legal requirements mandate disclosure

Detailed HIPAA information is available upon request, and I'm always happy to address any privacy concerns.

INSURANCE INFORMATION

Like many seasoned therapists, I don't accept insurance. However, many of my clients successfully use their out-of-network benefits from other carriers. I'm happy to provide detailed statements for your reimbursement claims. I encourage you to check with your insurance provider about their out-of-network coverage for virtual therapy sessions.

YOUR RIGHT TO RECEIVE A GOOD FAITH ESTIMATE OF EXPECTED CHARGES

The No Surprises Act (H.R. 133), effective January 1st, 2022, requires that health care providers provide an estimate of the bill for any medical items or services, to clients or patients who do not have insurance or who are not using insurance.

You have the right to receive a Good Faith Estimate for the total expected cost of any non-emergency items or services. The Good Faith Estimate shows the costs of items and services that are reasonably expected for your health care needs for an item or service.

I am happy to provide a Good Faith Estimate upon request, prior to the start of our first session.

You can read more about the No Surprises Act at <https://www.cms.gov/nosurprises>.



SCHEDULING & CANCELLATIONS

To maintain the quality of care for all clients:

- ✓ Your appointment time is reserved exclusively for you
- ✓ 48 hours' notice (2 business days) is required for cancellations
- ✓ Monday appointments need cancellation by 5PM the previous Thursday
- ✓ Late cancellations or missed sessions are billed at the full rate

Consistent attendance supports your therapeutic progress. Regular cancellations can impact our ability to meet your goals and affect appointment availability for others seeking care.



STAYING CONNECTED

I aim to make communication easy while maintaining professional boundaries:

Email: brett@brettpsych.com

Phone: 617-470-5404

Response time: Usually same day, maximum 2 business days.

Established clients can text for scheduling matters.

For urgent messages, please indicate priority in your message.



EMERGENCY SUPPORT

Your safety is paramount. Here's how to handle urgent situations:

For immediate emergencies: Contact your nearest emergency department.

To reach me urgently: Call 617-470-5404 twice in succession to bypass Do Not Disturb.

For hospitalizations: Please have the facility contact me.

STILL HAVE QUESTIONS? I'M HAPPY TO CLARIFY

[BOOK A FREE 15-MINUTE CALL →](#)

PROFESSIONAL CREDENTIALS

- ✓ New York License: #012600
- ✓ Connecticut License: #5657
- ✓ Massachusetts License: #5302
- ✓ National Provider ID (NPI): #1568474385

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