

PLANTING SEEDS

COUNSELING & COACHING

COURAGE CONNECTION CHANGE

Counseling & Coaching
3535 Victory Group Way, #500
Frisco, TX 75034
P: 469-287-5502
F: 972-294-5139

Center for Wellness
805 E. First Street
Prosper, TX 75078
P: 469.481.6965
F: 469.481.6938

Dear clients and parents,

Please review the information contained within this document closely as it covers the costs of services offered by your clinician at Planting Seeds. While these costs have been included in the consent forms, they have not been consistently implemented. Due to the “No Surprises Act” recently passed by the Department of Health and Human Services requiring a Good Faith Estimate be provided, we are offering this document to clarify fees and to serve as notification that as of January 1, 2022, these fees will be implemented to ensure high quality services and uniform charges. If you receive a bill that is more than \$400 over your estimated costs, you have the right to dispute the charges. For questions or more information about your rights, visit www.cms.gov/nosurprises.

SESSION FEES:

- a. Individual, couples and family sessions will be provided at \$140/session with an LPC and \$90/session with an LPC Associate. (CPT codes: 90791, 90837, 90834, 90846, 90847)

****Annual estimated cost of therapy for weekly sessions = \$7280 with an LPC / \$4680 with an LPC Associate. This does not include no show/late fees, bank charges, court/litigation fees or non-therapeutic charges as detailed below. Please note that psychotherapy services can range from a few sessions, to several months to a year or more. The length of time and frequency is based on your therapeutic goals, your overall needs and any life stressors that arise during treatment. The key is communication between you and your counselor. Please do not hesitate to ask questions or express concerns with your counselor or record.**

TEXTS:

- a. Please only text regarding appointment scheduling or if you need to schedule a phone call/ check-in.
- b. Nothing received over text is guaranteed to be protected, as texts are not HIPAA compliant.
- c. Texts will be responded to within normal business hours, Monday – Friday from 8am-5pm as is possible based upon your counselor’s schedule. While you may contact your counselor on the weekends, he/she will respond the following Monday.

EMAILS:

- a. Please utilize email regarding anything other than scheduling. Emails are HIPAA compliant.
- b. Any emails requiring or seeking therapeutic guidance between sessions or asking your counselor to read/review information will be charged at \$25 per exchange.
- c. Can it wait until next session? Make a note of it and let’s chat in-person!

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CALLS:

- a. You are welcome to call your counselor with any questions, comments or concerns. Please note that there is no fee for a call which is under 5 minutes. A \$25 charge will be added to your account for every additional 10 minutes.

SUPPLEMENTAL NOTES/ LETTERS/ DOCUMENTATION:

- a. For any supporting document other than a school note, a \$25 charge will be added to your account.

LEGAL FEES:

- a. Our fee for court preparation (including response to a subpoena, phone calls with attorneys, copying and providing records, letter writing, etc.) and related travel is \$200 per hour.
- b. If your counselor is subpoenaed to testify regarding your counseling relationship, then he/she will block out one-half (unless you provide notification that a longer time period will be required) of his/her work day. The fee for court appearances that require the half day block is \$2000.00. If your hearing is rescheduled it is your responsibility to notify your counselor at least 72 hours in advance, so that he/she may re-book those appointments. If you fail to notify your counselor within the appropriate time frame, you will be billed for that block of time. We require the minimum court fees (\$2000.00) 48 hours in advance of the hearing and any additional fees will be billed and are expected to be paid within 48 hours of the court appearance. You are responsible for any legal fees your counselor incurs as related to your case (litigation issues, lack of payment, etc.)

CANCELLATIONS:

- a. For the first cancellation: Half-session fee will be charged to your account.
- b. For additional cancellations: I reserve the right to charge the full session fee to any cancellations made less than 24 hours prior to your scheduled session time.
- c. I reserve the right to terminate sessions after 2 late cancellations/ absences in succession.
- d. We know life happens, as it does for us too! We simply ask that you are mindful of your schedule, our time, and the fact that we have a huge waitlist of people who are in need of services. *Please communicate with us as early in advance as possible.*

EMERGENCIES:

Our practice is not set up for crisis care. If you are in an emergency or crisis situation, please call 911, go to the nearest emergency room, call the 24-hour Mental Health Crisis Hotline for Denton County at 800-762-0157, Teen crisis line at 972-233-TEEN (8336) or the Dallas Suicide & Crisis Center at 214-828-1000.

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Practice information:
EIN: 45-5501804
NPI: 1861757593

Your signature indicates your awareness of the Good Faith Estimate, estimated annual charges and the related non-therapeutic charges outlined in this document. Your signature acknowledges your agreement to the terms of this good faith estimate for costs of services offered at Planting Seeds.

Client Name

Date

Guardian Name if client is a minor