

LENGTH OF SESSION

Please be aware that insurance companies have reduced the number of minutes per hour for reimbursement. They have now lowered the “therapy hour” to 45 minutes, where in the past it was 45-50 minutes. In most cases, therapists had already struggled with being able to adequately provide therapy in under an hour.

If you desire longer sessions, depending on your insurance provider, I will attempt to bill for extended time, however, at this time, I am only aware that Anthem allows this. The other companies deny this claim unless the client is at a crisis level and therapy may avert in-patient hospitalization.

These changes apply to individual, family, and couples therapy in which reimbursement through insurance is requested.

This does not apply to those who pay for therapy at a fee-for-service rate.

Thank you for understanding,

Katherine Turner, LCSW