

Jeanne Foss Swaine, MFT
 Seattle, WA 98103
jeannemft@kindlethesoul.com
 360-329-2066

No Surprises Act: Good Faith Estimate

Psychotherapy to Kindle the Soul
 Jeanne Foss Swaine, LMFT
 NPI: 1336500065 EIN: 47-2833081

I. Introduction

The Federal No Surprises Act, Title 45 Section 149.610 of the Federal Regulations, effective January 1st, 2022, has created new obligations for health care providers, facilities, plans, and insurers that are intended to protect patients from receiving unexpected or “surprise” medical bills. Thus, Jeanne Foss Swaine, MFT, is required to provide you with a Good Faith Estimate of the expected charges for mental health services. This document in conjunction with our financial agreement will provide you with transparency related to the expected costs of the health care services offered to you. This estimate of costs is not a contract and does not obligate you to obtain clinical services from Jeanne Foss Swaine.

II. Fees for Services (Updated Septemeber 1st, 2022)

Professional Service	Licensed Professional
Psychotherapy, 45 min (37-52 min- typically 50)	\$165 (unless agreed otherwise)
Psychotherapy 75 min (Family or Couples)	\$250 (unless agreed otherwise)
Missed Session/Canceled <24 hours notice *	\$165 (unless agreed otherwise)
Written Communication (letters, emails, treatment summaries etc) *†	\$50
Phone calls over 15 minutes in length*†	\$50
Court-Ordered Appearance and Preparation per day*	\$3,000
* Not insurance billable services	
† Billed at 15 minute Increments	

Jeanne Foss Swaine, MFT
Seattle, WA 98103
jeannemft@kindlethesoul.com
360-329-2066

III. Length and Frequency of Services

The overall cost of services will vary based on the frequency of appointments and the length of each appointment, which is mutually determined based on your needs and preferences.

The length of services will depend on your individual needs.

IV. Good Faith Estimate (GFE)

Jeanne Foss Swaine has compiled a Good Faith Estimate (GFE) based on typical services for “short-term” therapy (10 sessions), “mid-range” therapy (20 sessions) and “longer-term” therapy (50 sessions). Therapy appointments are between 37 minutes and 75 minutes long at the cost listed above (please note sessions are most frequently 50 min, unless more or less time is recommended).

Once we know more about your specific needs, **an individualized estimate of costs for recommended services will be available upon request.** Please note that diagnosis does not impact the cost of services.

GFE for 37-75 min appointments (Additional services may be recommended.)

“Short Term” 10 Therapy Sessions	37 min - 75 min \$1650 - \$2,500*
“Mid-Range” 20 Therapy Sessions	37 min - 75 min \$3300 - \$5000*
“Longer-Term” 50 Therapy Sessions	37 min - 75 min \$8250 - 12,500*

*** Cost information provided here is only an estimate, and your actual charges may differ.**

If you are concerned about the cost of therapy and the frequency/length of appointments recommended to you, please let Jeanne Foss Swaine know. You have the right to initiate the patient–provider dispute resolution process if the charges you are billed substantially exceed the expected charges in this estimate.