

Frequently Asked Questions

Do you have openings in your practice for new patients?

I generally try to keep some time open in my schedule for new referrals, so if you are interested in discussing the possibility of starting psychotherapy please contact me.

What kinds of people to do you typically work with?

I work with a very wide range of individuals and couples: the 20 year old college student who is having difficulty separating from her family, the 88 year old man who struggles with loneliness and grief since his partner's death, the writer who struggles with unrelenting self-doubts and chronic insecurities, the successful entrepreneur who feels like an imposter, the gay man who remains closeted out of fear of embarrassing his family, and so on. I very much resonate with Harry Stack Sullivan's dictum emphasizing our common humanity, that we are all "much more simply human than otherwise".

Fees and insurance

My fees are consistent with customary hourly rates for psychotherapy with experienced psychologists in San Francisco. During the initial consultation we will discuss fees, payment, and billing practices. I am not on any insurance panels but provide a monthly statement which can be submitted for insurance reimbursement. If you intend to rely on insurance, I suggest contacting your insurance provider to determine what the coverage for psychotherapy (code # 90837) will be with an "out-of-network" psychologist.

How long does therapy take?

That is a very good question and a difficult one to answer because it depends a great deal on the nature of the problem(s) you'd like help with as well as on what your goals are. Someone wanting to learn Italian, for example, could conceivably pick up some basic conversational skills in a matter of weeks (particularly if they have a good ear for languages) but it would take years to be able to read and appreciate Dante's Inferno.

What is an ideal frequency for therapy session?

This is another excellent question but difficult to answer abstractly. In general, therapy is similar to engaging in any other complex skills that one is trying to attain: all other things being equal, more frequent engagement leads to more rapid and more thorough mastery. Some prefer to have therapy sessions two or three times a week while others may come twice a month. Most of the people I work with come at least once a week in order to assure some degree of continuity in the work. But keep in mind that when it comes to psychotherapy there is no such thing as one size fits all.