

I understand that choosing a therapist is a personal decision, and how you pay for therapy is an important part of that choice. While I do not accept insurance directly, this approach comes with several benefits designed to prioritize your care and well-being:

1. Tailored and Personalized Care

By not working with insurance companies, I have the freedom to create a treatment plan that is uniquely suited to your needs, without being limited by the constraints or requirements of insurance policies. This means we can focus on what works best for you, rather than what is approved by your insurance.

2. Enhanced Privacy and Confidentiality

Insurance companies often require detailed information about your therapy, such as a mental health diagnosis, treatment progress, and session notes. By paying privately, your information remains completely confidential, ensuring it stays between us.

3. No Mandatory Diagnoses

Insurance companies typically require a mental health diagnosis for reimbursement, even if one isn't necessary for your situation. My practice allows us to focus on your concerns without labeling or diagnosing unless it is appropriate for your care.

4. Flexibility in Session Length and Frequency

Insurance often limits the number of sessions or restricts how long sessions can be. Without these constraints, we can adjust the frequency and length of our sessions based on your individual needs and goals.

5. Higher Quality of Care

Because I don't have to manage the administrative burdens of insurance, I can dedicate more time and energy to your care. This allows me to focus entirely on our therapeutic relationship and your progress, rather than dealing with insurance claims and authorizations.

6. Empowering Your Choice

By paying directly for therapy, you retain full control over your treatment. Many clients choose to submit a **superbill** to their insurance company for potential reimbursement, which I'm happy to provide. This allows you to stay in charge of your therapy experience while still utilizing your benefits if applicable.

7. Greater Investment in Your Well-Being

Investing in therapy privately often enhances a client's commitment and engagement in the process. When you make this choice for yourself, it becomes a meaningful investment in your personal growth and healing.

8. Fair and Transparent Fees

Not accepting insurance allows me to set fees that reflect the value of the care I provide while ensuring that I can sustain a high-quality practice. I strive to make my fees clear and fair, so there are no surprises.

If you have questions about this approach or would like guidance on how to submit a superbill, please review the link on the "services and fees" page. My priority is to ensure that you feel supported and confident in taking this step toward your mental health journey.