

## Hold My Hope Good Faith Estimate

As of January 1, 2022, you have the right to receive a “Good Faith Estimate” explaining how much your medical care will cost under the No Surprises Act. Under the law, healthcare providers need to give patients an estimate of the bill for medical items and services. Below you will find our session rates and estimates of cost to best assist you. Although Hold My Hope will discuss an initial treatment plan with you regarding our recommended session frequency and revisit your session needs ongoing, you will confirm and consent to only one session at a time which your therapist will confirm with you at the end of each session. Meaning, that you will never receive or be “surprised” by additional services that you have not agreed to.

When becoming a client with us, you will receive an estimate unique to your clinician’s rate. Below you will find an example of a \$175 clinician’s rate which is our current maximum rate.

Provider: Hold My Hope

NPI: 1750060620

Tax ID: 32090449284

//INDIVIDUAL THERAPY. 50 min sessions

Cost for first meeting // Initial Intake Meeting CPT 90791: \$175

Cost per session // Psychotherapy Session CPT 90837: \$175

Estimate for 4-5 sessions monthly for weekly sessions: \$700-875

Estimate for 2-3 sessions monthly for biweekly sessions: \$350-525

To make best progress, we recommend that new clients begin with weekly sessions for the first 8-10 weeks (total: \$1,400-1,750). This allows us the necessary time to assess and understand your presenting concerns, build our rapport, and begin any immediate skill-building you may need. After this initial period, most clients either continue at this frequency or reduce it to bi-weekly depending on their progress and needs at that time. You will work collaboratively with your therapist to ensure you are only attending sessions as needed and as deemed effective/helpful by you.

Due to the fact that your treatment planning is ongoing and dependent on your individual progress and needs, we would like you to be aware that 24 sessions a year (biweekly schedule) would be \$4,200 for a year of therapy and that 48 sessions a year (weekly sessions) would be \$8,400 for a year (most therapists take off 4 weeks per year) to assist you in your estimation.

Monthly sessions are only recommended for those that have already met their primary treatment goals and when seeking ongoing wellness support is appropriate for their longer-term wellness goals. Any diagnostic codes will not be identifiable until you begin treatment. Any diagnoses will not affect the cost of the session but would inform your treatment plan which would include suggested session frequency.

//COUPLES THERAPY. 80-minute sessions

Couples therapy services are typically 80-minute sessions so this estimate will reflect that. We are also including the cost of a single 100-minute session as this length is sometimes recommended as needed. Due to the complexity of scheduling and the changing needs of our couples, estimates are best established by gauging 1-3 sessions per month.

Cost per 80 min couples session // Family Therapy, Conjoint Psychotherapy  
Session with Client Present CPT 90847: \$230

Cost per 100 min couples session // Family Therapy, Conjoint Psychotherapy  
Session with Client Present CPT 90847: \$300

1-3 sessions monthly for 80 min couples therapy sessions: \$230-690

To make best progress, we recommend that new couples therapy clients begin with 8 sessions (total: \$1,840), ideally within the first 3-4 months of treatment. This allows us the necessary time to assess and understand your presenting concerns, build our rapport, and begin any immediate skill-building you may need. After this initial period, most clients either continue at this frequency or reduce depending on their progress and needs at that time.

Due to the fact that your treatment planning is ongoing and dependent on your progress and needs, we would like you to be aware that 12 sessions a year (once monthly sessions) would be \$2,760 for a year of 80 min couples therapy and that 24 sessions a year (biweekly sessions) would be \$5,520 for a year (most therapists take off 4 weeks per year) to assist you in your estimation.

Any diagnostic codes will not be identifiable until you begin treatment. Any diagnoses will not affect the cost of the session but would inform your treatment plan which would include suggested session frequency.

If you have any questions or comments, please do not hesitate to reach out to our team.