

Beginning January 1, 2022, federal laws regulating client care have been updated to include the “No Surprises” Act. This Act requires health care practitioners to provide current and potential clients a “Good Faith Estimate” (GFE) on the cost of treatment.

This new regulation is designed to provide transparency to patients regarding their expected medical expenses and to protect them from surprises when they receive their medical bills. It allows patients to understand how much their health care will cost before they receive services.

There are a number of factors that make it challenging to provide an estimate on how long it will take for a client to complete therapeutic treatment, and much depends on the individual client and their goals in seeking therapy. Some clients are satisfied with a reduction in symptoms while others continue longer because it feels beneficial to do so. Others begin to schedule less frequently, and may continue to come in for “tune ups” or when issues arise. Ultimately, as the client, it is your decision when to stop therapy.

Current session fees, projected for a 12 month period with differing levels of sessions scheduled, is listed below:

## Good Faith Estimate Details for Individual Clients

Individual 60 minute session \$120

Weekly 60 minute sessions for 50 weeks \$6000

Bi-weekly 60 minute sessions for 50 weeks \$3000

The above examples are provided to give an idea of the financial expectations for a calendar year. The frequency and duration is dependent on your individual needs and goals.

I look forward to talking with you and answering any questions you may have about the “No Surprises” Act and Good Faith Estimates.

