

Why Self-Pay for Couples Therapy

I am a certified Emotionally Focused Couples Therapist, and my approach focuses on strengthening relationships rather than diagnosing or treating a medical condition. Because of this, health insurance companies do not cover Emotionally Focused Couples Therapy, as they only reimburse services they deem medically necessary. Unlike other therapy models that require diagnosing an individual for billing purposes, this modality treats the relationship as a whole—not one partner as “the problem.”

If you have any questions about payment options, feel free to reach out. I'm happy to help clarify any concerns!

Explanation of Self-Pay for Couples Therapy

My fee for couples therapy is **\$200 for a 90-minute session** and **\$175 for a 50-minute session**. While both options are available, I highly recommend 90-minute sessions, as 50 minutes is often not enough time to fully explore the negative cycle and each partner's needs.

I understand that \$200 may seem like a significant upfront cost, but here's what you are truly investing in:

- **The therapy session itself** – A dedicated space for you and your partner to work through challenges with my full attention and expertise.
- **Work outside of the session** – My commitment to your progress doesn't end when the session does. I prepare for every couple by:
 - Receiving **ongoing supervision** from a certified EFCT trainer and supervisor to ensure the highest quality of care.
 - **Reviewing session recordings** (if applicable) to refine interventions and track progress.
 - **Taking detailed notes** to tailor our work to your specific relationship dynamics.
 - **Conducting additional research** to find relevant resources and strategies to support your relationship.

This investment reflects not just the session itself, but the dedicated time and expertise that go into helping you and your partner create lasting change.