

*We recognize that every client's therapy and journey is unique. Many factors influence how long you will need to engage and attend sessions. These factors will include:*

- Your schedule and life circumstances
- Therapist's availability
- Ongoing life challenges
- The nature of your specific needs and how they are addressed
- Diagnoses
- Provider's recommendations

You and I will continually assess the appropriate frequency of treatments and will work together to determine when you have met your goals and are ready for discharge. This ongoing assessment may also change the diagnoses given.

Below, you will see rates and how much it would cost if you were to meet with me for 52 sessions in one year. This estimate DOES NOT INCLUDE services external than the initial intake and follow up sessions. If you require to be seen more or for add on services, you will be given a new Good Faith Estimate.

This is just an estimate, and your bill may be lower depending on treatment frequency and need.

The services provided by MT Counseling & Consulting, Inc. are

- Professional Counseling
- Parent Coaching
- Consultation

**The current service codes and full rates are:**

**Initial Session**

90791 Evaluation \$200

**Individual Therapy Follow up sessions:**

90832 16-37 minutes \$90

90834 38-52 minutes \$145

90837 53-60 minutes \$180

**Couples Sessions**

90847 – 90 minute session with couple \$200

90846 – 50 minute session without identified patient \$145

**Example of Rates:**

If you see your therapist 52x for one hour in one year: \$9360 plus Initial Session fee of \$200

**Locations of Service:** Telehealth only

**Therapist:**

Michaela Tratos

WY License: LPC-1845

CO License: LPC.0017920

NPI-1: 1912491549

## Disclaimer

This Good Faith Estimate shows the costs of items and services that are reasonably expected for your health care needs for an item or service. The estimate is based on information known at the time the estimate was created.

The Good Faith Estimate does not include any unknown or unexpected costs that may arise during treatment. You could be charged more if complications or special circumstances occur. If this happens, federal law allows you to dispute (appeal) the bill.

### **If you are billed for more than this Good Faith Estimate, you have the right to dispute the bill.**

You may contact the health care provider or facility listed to let them know the billed charges are higher than the Good Faith Estimate. You can ask them to update the bill to match the Good Faith Estimate, ask to negotiate the bill, or ask if there is financial assistance available.

You may also start a dispute resolution process with the U.S. Department of Health and Human Services (HHS). If you choose to use the dispute resolution process, you must start the dispute process within 120 calendar days (about 4 months) of the date on the original bill.

There is a \$25 fee to use the dispute process. If the agency reviewing your dispute agrees with you, you will have to pay the price on this Good Faith Estimate. If the agency disagrees with you and agrees with the health care provider or facility, you will have to pay the higher amount.

To learn more and get a form to start the process, go to [www.cms.gov/nosurprises](http://www.cms.gov/nosurprises) or call 1-800-985-3059.

For questions or more information about your right to a Good Faith Estimate or the dispute process, visit [www.cms.gov/nosurprises](http://www.cms.gov/nosurprises) or call 1-800-985-3059.

### ***A note about diagnosis:***

*We do not typically diagnose clients until we have performed an evaluation and assessment and feel a specific diagnosis will be accurate. Diagnoses can change, and your provider will provide ongoing assessments to provide the best diagnosis that fits your presentation. We may also use Z codes which represent general areas of concern to be addressed. Please speak to your treatment provider if you have any questions or concerns.*

*\*We will not provide diagnosis for initial evaluations until after the initial appointment, as is ethical for our training and fields of practice.*

*\*The estimated costs are valid for 12 months from the date of the Good Faith Estimate.*