

## Payment Agreement and Policies

### Fees for Service

Unless otherwise agreed to, sessions are billed as follows:

*(If you have “out-of-network” benefits with your insurance provider, you can ask Rachel to provide you with “Superbills” so that you can get reimbursement from your insurance provider. Insurance Providers who offer these benefits only reimburse for 50-60 minute sessions. If you are doing extended sessions, these will not be reimbursable. You are responsible for getting information from your insurance provider about whether or not you have such benefits.)*

### Individual Therapy:

Initial Assessment & Diagnosis (60 minutes) \$180.00  
Individual Therapy Session (50-53 minutes) \$130.00  
Individual Therapy Session (1 hour & 15 minutes) \$180.00  
Individual Therapy Session (1 hour & 40 minutes) \$240.00

Brief “Check-In” or “Tune-Up” (20-30 minutes) \$60.00  
Brief “Check-In” or “Tune-Up” (10-15 minutes) \$30.00

*\*also used for additional session time  
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### Couples/ Family Therapy:

Couples/ Family Initial Assessment & Diagnosis (60 minutes) \$200.00  
Couples/ Family Therapy (50-53 minutes) \$150.00  
Couples/ Family Therapy (1 hour & 15 minutes) \$220.00  
Couples/ Family Therapy (1 hour & 40 minutes) \$280.00

### Group Therapy:

Group Therapy Session (1.5 hours) \$50.00

### Other Services:

Deposition or Appearance in Court \$500 + \$100/hour  
Records and Document Review (\$30 minimum) \$95.00/hour  
Written Correspondence (depending on type) \$50.00/page

- If your session goes 15 minutes+ longer than the scheduled time, you will be charged for the extra time. Unless it's a crisis involving threat to safety, insurance companies do not reimburse for this time.
- Except for brief phone contacts (1-9 minutes), you will be charged for phone consultations, phone therapy, long/extensive text message conversations, “check-ins,” and Tele-therapy at the same rates as in-person sessions.
- Emails or other professional services (including letters to outside professionals, and extended coordination of care with other professionals) will be billed at the rate of \$100 per hour. *You will be informed of any services requiring additional payments before the services are rendered.*

### Methods of Payments and Payment Policies:

Payments of session fees are due *prior* to the beginning of sessions.

*If you have an intake scheduled (1st appointment), Rachel asks that you pay for this the day prior to the session, at least 24 hours before the start of the session, or before.*

Acceptable methods of payment are Zelle, Debit Cards, HSA Cards, Major Credit Cards, and Venmo. **\*HSA's do not pay for Late Cancellation Fees or Missed Appointments.**

**Rachel prefers Zelle for payments-** you can avoid card processing fees by using Zelle.

**\*If your bank is not connected, get the free Zelle App at [zellepay.com](https://zellepay.com).** Enroll and create your account there, entering your debit card number which will enable you to send money instantly. **Zelle's App accepts Visa and Mastercard Debit Cards to make payments. With the App, you can transfer money through Zelle instantly, just as if you were using your bank account.**

**To find Rachel on Zelle:** Alison Weiss / [rachelweisscounseling@gmail.com](mailto:rachelweisscounseling@gmail.com) / (202)257-8397.

**\*If are unable to use Zelle through your bank or the app, then Rachel does accept Venmo.**

**To find Rachel on Venmo:** Rachel Weiss / [@rachelweisslcsw](https://www.venmo.com/@rachelweisslcsw) / [rachelweisscounseling@gmail.com](mailto:rachelweisscounseling@gmail.com) / (202)257-8397

Feel free to have Rachel use your card on file when paying for sessions, however there will be a card processing fee applied to the payment. *"Square Fees" are the additional cost of using your card on file (\*they are a small percentage of the amount charged for your session. Ask Rachel for the exact amount. These can change on occasion due to Square's occasional changes in their fees- these changes are extremely infrequent.)*

If using out-of-network insurance benefits, most likely you will be paying a deductible off, and often you may not have out of network benefits with your plan or will have such a large deductible that you will not be able to receive reimbursement. Please check with your insurance company for this information. Rachel provides "Superbills" for you to submit to your insurance company upon request. Some people do have great out-of-network benefits, so it's worth checking, however it is rare. *(\*Missed Appointments or Late Cancellation Fees are not reimbursable by Insurance Companies, so cannot be included on Superbills.)*

Account balances must be paid prior to, or at the beginning of, the next session, along with the late payment fee of \$30.00, if that has not already been paid. Payment Plans are available on a case-by-case basis; ask Rachel if you want to discuss this option.

Continuation of services may be dependent on having your account in good standing.

### **No Show and Cancellation Policies:**

Please give at least 24 hours' notice if you need to cancel your appointment (*48+ hours is preferable*). Your card on file will be *automatically* charged for any Late Cancellation or Missed Appointment Fees, unless you tell Rachel you are paying with another method (i.e. Zelle). Fees must be paid prior to subsequent appointments. On occasion Payment Plans are available; discuss this with Rachel if needed.

**Late cancellations** are appointments you cancelled with less than 24 hours' notice given. **\*If your appointment is on a Monday, you will need to cancel prior to 5pm on the Friday before, otherwise this is considered a Late Cancellation as well.**

**Missed Appointments ("No-Shows")** are appointments you miss without cancelling *prior* to your scheduled appointment time. If you No-Show an appointment, and do not call Rachel within 24 hours of missing it, any standing appointments you have scheduled will most likely be cancelled immediately. You can still call and schedule a new appointment, but your standing slot may be gone, and depending on the situation, and whether this is a pattern for you, Rachel may start scheduling your appointments one at a time. This would be in the hopes that things can get back on track, without more missed appointments or late cancellations, except in *extreme emergencies*. This will be re-evaluated, at the right time, to determine whether or not scheduling a new standing appointment would work out or not.

**Late Cancellation Fees** (less than 24 hours' notice): \$50.00 *first time only*. \$100.00 all other times.

**Missed Appointment / "No-Show" Fee:** \$130.00

*\*(above fees are for 50-60 minute Individual Therapy Sessions. For other services, expect to pay the full fee for your missed session, as listed in the beginning of this document.)*

*\*If you are on a Sliding Scale, and paying a different rate, expect to be charged your full agreed upon rate when there's a late cancel or a no show. Rachel will let you know if that will be different. Feel free to inquire about this.*

After 3 Late Cancellations or No Shows within a year, Rachel Weiss may discontinue services with you indefinitely.

- Should you late cancel 2 consecutive weeks in a row, your standing appointment will most likely be removed immediately (Rachel will notify you should this happen).
- Rachel Weiss reserves the right to discontinue services with you at any time- as reiterated in the "Client Rights and Responsibilities Document."
- On occasion, Individualized Attendance Contracts will be created, however this is only done on a case-by-case basis. Please feel free to inquire about these.

*Please be aware that psychotherapy requires a commitment to attending regularly. Rachel Weiss can only see one client per hour, so please be considerate to other clients in need, who need another appointment time, an extra appointment that week, as well as towards other individuals on Rachel Weiss's waiting list of clients wanting to start therapy with her.*

*Also, be aware that Rachel prepares for your sessions, and your scheduled session time is designated and set aside for you alone. That time, whether you show up or not, is to be compensated and taken seriously. Rachel takes your treatment and care seriously and expects you to do the same. Rachel does understand that things happen in all of our lives, and she is very understanding of this. Any fees charged for late cancellations or missed appointments are not punishments.*

*\*Healing, Self-Care and True Transformation occur, in part, when we place our Therapy/ Our Selves/ Our Deepest Core Needs, above all else. This will lead to your life becoming what you want it to be. I do not believe in short fixes that tend to begin by people attempting to control their external worlds- prioritizing work, family, friends, travel, etc. in order to heal, you must prioritize your recovery. If you do not, in my professional experience and expertise, you will perpetually return to the same types of issues you entered therapy to work on in the first place- and often the issues worsen or manifest in different ways. Our world opens up to us when we place recovery/ therapy/ healing FIRST. If you are not ready for this type of commitment. That's ok! We can discuss it, take a break and return later, when the full motivation is there.*

***This is an inside out process; the only way out is through!***

## **Payment**

To allow for compliance with these policies, please provide a credit or debit card to be kept on file. (Complete the attached "Credit Card on File Authorization Form.")

Any fees incurred by Rachel Weiss from credit card companies, collection agencies or banks due to insufficient funds, payment disputes, or just non-payment of fees will be passed along to the client. A \$30.00 fee will be charged for any declined card, returned check, or for any payment that is late- not received before 9pm the day it is owed.

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I agree that I am responsible for the charges for services provided by this therapist to me (or this client) although other persons may make payments on my (or this client's) account. By providing my signature below, I am authorizing Rachel Weiss to keep a copy of my credit card on file for use to comply with the policies referenced above. I understand that I must inform Rachel of any change in credit card, zip code or expiration date associated with my card on file.

**Email that you wish receipts to be sent to:** \_\_\_\_\_

**Printed name:** \_\_\_\_\_

**Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Printed Name of Client (if you are not the client):** \_\_\_\_\_