



Feature	Function	Benefit	Cost
Individual/Couples Psychotherapy  EMDR Psychotherapy  Specialized Group Psychotherapy w/ Didactic Education	<ul style="list-style-type: none"> <li>• Biopsychosocial Assessment.</li> <li>• Usually, 1 to 2 Sessions per week.</li> <li>• Collaborative 3rd party contact.</li> <li>• Confidential professional office environment, plus virtual office available.</li> <li>• Education-based process groups.</li> <li>• Specialized (Specific topic) process groups.</li> </ul>	<ul style="list-style-type: none"> <li>• Trauma Relief.</li> <li>• Feel validation/Acceptance.</li> <li>• Emotional Intelligence/Regulation.</li> <li>• Learn behavior modification skills.</li> <li>• Develop coping skills.</li> <li>• Improve. communication skills</li> </ul>	<ul style="list-style-type: none"> <li>• \$ 185.00 for a 60 Min. Ind./Couples session.</li> <li>• Blue Cross Blue Shield Insurance accepted.</li> <li>• United Health Care Insurance accepted.</li> <li>• \$200.00 for a 60 min. EMDR session.</li> <li>• \$40 Per Group Therapy Session.</li> </ul>
Recovery/ Life Coaching	<ul style="list-style-type: none"> <li>• 1 face-to-face or virtual session per week.</li> <li>• Check-In Calls- 1-6x per week.</li> <li>• Meet on-location with client.</li> <li>• Address and improve any life domain.</li> <li>• Drug-testing available.</li> <li>• Collaborative 3rd party contact.</li> </ul>	<ul style="list-style-type: none"> <li>• Focus is to build structure, accountability &amp; self-esteem.</li> <li>• Establish autonomy &amp; independence.</li> <li>• Identify strengths, limitations and triggers.</li> </ul>	<ul style="list-style-type: none"> <li>• \$150.00 for a 60 min. session.</li> <li>• Up to 7-hours per week. 1-hour min.</li> <li>• Check-in calls can be billed in 15 min. intervals. Frequency of calls TBD.</li> </ul>
Family/Friends Intervention Consultation Group	<ul style="list-style-type: none"> <li>• Intensive family preparation meetings.</li> <li>• Establish intervention team members.</li> <li>• Live or remote instruction.</li> <li>• Create crisis management plan.</li> <li>• Clinically appropriate treatment options.</li> </ul>	<ul style="list-style-type: none"> <li>• Start to build unity within the family system.</li> <li>• Identify problems within the family system.</li> <li>• Intro-education about addiction.</li> </ul>	<ul style="list-style-type: none"> <li>• \$500.00 for a 120 min. Family Consultation Session. (Virtual)</li> <li>• Cost rolled-into intervention if the client engages in the full process.</li> </ul>
Clinical Interventions: 1. Crisis Intervention 2. Full-Disclosure	<ul style="list-style-type: none"> <li>• Total of 10 or 20 hours of service.</li> <li>• Intensive 3 day or 2-week process.</li> <li>• 24h/7d access by phone.</li> <li>• Crisis management.</li> <li>• Live professional facilitation.</li> </ul>	<ul style="list-style-type: none"> <li>• Identify family roles.</li> <li>• Discuss and implement personal boundaries.</li> <li>• Treatment selection/placement.</li> <li>• Family system healing.</li> </ul>	<ul style="list-style-type: none"> <li>• \$2,500 for a 10-hour Crisis Intervention.</li> <li>• \$5,000 for a 20-hour Full-Disclosure Intervention, plus travel expenses.</li> </ul>
Clinical Case Management	<ul style="list-style-type: none"> <li>• Wrap-around collaborative 3rd party contact.</li> </ul>	<ul style="list-style-type: none"> <li>• Aligning all professional providers &amp; family.</li> </ul>	<ul style="list-style-type: none"> <li>• \$100.00 per hour.</li> </ul>
Clinical/Medical Transport	<ul style="list-style-type: none"> <li>• Clinical travel transport companion.</li> <li>• Written clinical summary.</li> <li>• Nursing staff available. (As needed)</li> </ul>	<ul style="list-style-type: none"> <li>• Safe entry into a treatment center.</li> <li>• Collaborative Care.</li> </ul>	<ul style="list-style-type: none"> <li>• \$500.00 for a half-day.</li> <li>• \$1,000.00 for a full-day, plus travel expenses.</li> </ul>
Concierge Health Care Consulting	<ul style="list-style-type: none"> <li>• In-home addiction health care consulting.</li> <li>• Service available all 24 hours/7 days.</li> </ul>	<ul style="list-style-type: none"> <li>• Expert advisory or crisis support on-demand.</li> </ul>	<ul style="list-style-type: none"> <li>• \$250.00 per hour, plus travel expenses.</li> </ul>