

The Essence of Healing LLC

VIRTUAL PSYCHOTHERAPY PRACTICE

Frequently Asked Questions

Q: Do you accept insurance?

A: **No, I am an out-of-network provide and I am not an in-network provider for any insurance company.** I provide my clients with monthly statements to submit to their insurance company for reimbursement.

Q: How do I know if I have out-of-network benefits with my insurance?

A: I suggest **contacting your insurance company's customer service** phone number on the back of your insurance card and **ask what are the terms of your 'out-of-network' outpatient mental health benefits.**

Q: Are you available for sessions in the evening or on the weekend?

A: **No, I provide counseling services Monday - Thursday.** My earliest session time is **10:00 AM EST** and my latest session time is **4:00 PM EST.**

Q: What should I ask my insurance provider about out-of-network benefits?

A: Feel free to ask: **how much of each therapy session will your insurance provider reimburse;** do you have to **meet a deductible** before your benefits will begin paying for out-of-network providers and; **are there any limitations** to services.

Q: How would you describe your therapeutic style?

A: I would describe myself as a **trauma-informed, compassion-based therapist.** My focus is to help my clients **understand** their experiences, **discover** unique **patterns** and use **strength-based interventions together.**

Q: How often would we meet for sessions?

A: Typically, I meet with new clients **weekly for the first 1-3 sessions.** When I get to know you and what brings you to counseling better, **we decide together if you would like to continue to meet weekly or twice a month.**