

### **Dr. Glenn E. Johnson, DCRC Counseling Fees:**

A standard fee of \$150 per counseling hour for the initial session and for individual and/or couples and family counseling. The standard fee for subsequent sessions and for individual and/or couples and family counseling. Counseling is \$100 per clinical hour.

The normal cost for counseling services, from licensed counselors with advanced degrees, typically runs more than standard fees. For planning purposes, I suggest that you budget for no less than five (5) sessions and note that sessions are typically on a weekly basis. While some meet their needs through a five session format, others elect to continue on with additional sessions. The average session is 45 to 50 minutes standard services. I have a heart's desire to assist you, with the help of the Lord, the Word of God, my professional training and life experiences. To keep this counseling service continuing for you and for others, I depend on session fees for professional counseling, life coaching and consulting services.

#### **Insurance:**

A big variable in the cost of counseling services is your health insurance provider. Some insurance providers offer generous mental health coverage, while others require you to pay for most of it out of pocket or will only reimburse you for certain types of health professionals. Check with your insurance provider to find out what's covered by your insurance plan.

I currently do not accept insurance, but can serve as an out-of-network provider for some insurance companies. I can provide you with a Statement of Services that you can submit to your insurance company for reimbursement. Please note that it is your responsibility to determine what your insurance offers in counseling services coverage for out-of-network providers, all fees are negotiable and can be reduced upon ability to pay.

**Free Introductory Session:** I offer a free introductory 30-minute session to all new clients to see if we may be a good fit and work well together. We can discuss the reasons that bring you to therapy, talk about your goals and I can answer any questions you may have about counseling.

**Appointments:** We can schedule our appointments via phone, email, or in person at the end of a session. We can also schedule a standing appointment. I generally recommend that 50-minute sessions be scheduled each week to support the continuity and depth of our work together. If, however, this is not workable for you, I am open to other arrangements based on your needs.

For those who cannot afford the standard fee of \$150/session I will offer a reduced rate and/or a waiver of fees upon submitting a wavier letter for good cause and donation contribution may be a determination. Christian Counseling is a calling and ministry to the Body of Christ; therefore I endeavor to not turn away any believer in need due to financial concerns. If special arrangements or payment terms are needed, please contact my office # 252-565-8436 Cell # 252-902-9222. All financial assistance is based upon availability of resources and the counselee's/clients particular financial situation. For those approved to receive financial assistance, I offer a suggested sliding scale based upon need and financial position, to assist you in determining a reasonable contribution to this counseling service for

each counseling session, A sliding fee discount program consists of the schedule of discounts that is applied to the fee schedule and adjusts fees based on the client's ability to pay, I will work with the client to achieve his/her needs.