

Counseling Agreement • Kirsten M. Lundeberg, LPC, LMFT
3923 Old Lee Highway, Suite 63 D
Fairfax VA 22030 • Phone: 703.599.1478

I. SESSIONS AND FEES

A standard session is 50 minutes. My current fee for therapy sessions is \$195 per 50-minute hour. The fee for a 90-minute session is \$350. I do not participate with any insurance carriers, and payment is required at the time of each session. I will provide you with a receipt to submit your claims to your insurance provider if you choose to do so, and you are responsible for submitting this paperwork. Please note that this counseling agreement takes precedence over any information provided by your insurance carrier. There is no charge for brief check-ins by phone. To protect your privacy, I do not discuss clinical matters via email or text messages. Extended phone consultations or off-site meetings are billed at \$195 per 50 minutes. My fee for services related to court, such as preparation, consultation, and report writing is payable at \$195 per 50-minutes. My minimum fee for appearing in court is \$4,000 for an eight-hour day, or \$2,000 for a half-day, payable ten days in advance.

I recommend weekly sessions when we first begin to establish a strong therapeutic relationship. Sometimes clients request (or I may recommend) sessions more often than once per week based on the presentation of symptoms.

II. CONFIDENTIALITY

Services provided are confidential from those outside of the treatment unit unless:

- 1) someone is in significant danger of hurting him/herself or someone else,
- 2) there is a suspicion of child abuse or abuse of an elderly or disabled adult,
- 3) there is a court order (subpoena), 4) I have your written consent giving me permission to speak with individuals outside of the treatment unit, or 5) you request that I submit information about diagnosis and treatment to your insurance provider.

6) If you are a mental health professional and have engaged in professionally unethical behavior I may be ethically obligated to report that behavior to the licensing board. If several members of your family attend sessions with me, or when working with partners in couples therapy, information shared with me by one family member is not necessarily confidential from others in treatment. If you are a young adult and your parent(s) is/are financially responsible for therapy, I may share a general treatment plan with them and treatment recommendations as appropriate.

