

Therapy Services:

The staff and clinicians at Ascending Hope Counseling are committed to helping people live full and prosperous lives. We serve those struggling with mental health and addiction disorders in the community. We strongly believe you should feel comfortable with the therapist you choose, and hopeful about the therapy process. That way, therapy is more likely to be helpful to you.

The type of therapy that we incorporate includes an integration of Cognitive Behavioral Therapy (including trauma focused-CBT), Cognitive Processing Therapy, Motivational Interviewing, Mindfulness Techniques, Dialectical Behavior Therapy (DBT), Narrative Therapy and Person Centered Therapy. An important part of your therapy will be practicing new skills that you will learn in our sessions. Since therapy is individually tailored to each person's individual needs, the methods will vary from person to person. The therapy conducted is based on an understanding that you are the expert on your world, and, therefore, you need to play an active role in changing that world. We might ask you to do exercises, keep records, and read to deepen your learning.

Our treatment plans are completed at the time of the assessment or in the first session. They are focused on your individual needs, and, therefore, a review of your treatment plan is fundamental to the shared success of the therapeutic relationship. The first session is about 1 ½ hours long as it includes the review of all administrative information, as well as, the clinical information on the client's needs. Following this, we will usually meet for a 50-60 minute session once or twice a week, then less often as you make progress. Therapy usually comes to an end when goals are met.

Diagnostic Assessment is \$150.00

Individual Therapy \$100.00

Copy of Records or Documentation Services \$10.00

Please pay for each session at the time you are seen, unless we are in network with your insurance provider. If we are in network, your insurance provider has already negotiated a different rate for our therapeutic services.

If you fail to cancel a scheduled appointment, we cannot use this time for another client, and you will be billed for the cost of your missed appointment.

A full session fee is charged for missed appointments or cancellations with less than a 24-hour notice, unless it is due to illness or an emergency. A bill will be mailed directly to all clients who do not show up for or cancel an appointment.

I have read, agree, and have been given a copy of this document.

Client Signature

Date

