

Private Pay Counseling Services

Individual Therapy	\$125 for 50-minute session
Couples Therapy	\$150 for 50-minute session
Discernment Counseling	\$350 for 2-hour session
Gottman Assessment	\$150 – Recommended completion prior to first couple session
Equine-interaction included in the therapy session	\$20 additional fee as a donation to the equine facility
Sessions Longer than 50 minutes	Pro-rated “per minute” with the rates listed above
Client Phone Support Outside of Regularly Scheduled Session	Pro-rated “per minute” with the rates listed above
Business Consultation for Rising Mental Health & Equine Professionals	\$125 per hour
Customized Workshops for your Organization	Quotes provided per request

Customized Intensives for Individuals & Couples

Intensives are an opportunity to go deeper than you would in a typical session in a half, one, or two day format. They are offered on both weekdays and weekends. In order to ensure your unique needs will be met, rates are determined on a case by case basis. You may reach Rebecca directly at 757-788-2800, ext. 503 to discuss your goals and schedule your Intensive.

Payment

Cash, check and credit or debit cards are accepted for payment.

Insurance

Insurance is not accepted at this time. Rebecca is happy to provide you with receipts and documentation, upon request, to submit to your insurance carrier for reimbursement. Services may be covered in full or in part by your health insurance or employee benefit plan. Please review your coverage carefully, and consult with your insurance provider.

Late Cancellations and No-Shows

Full Session Fee is charged for both cancellation within 24 hours of appointment and no-shows.