



Rates

- \$125 initial assessment
- \$110 per 50 min session

Insurance

- In network
- Blue Cross Blue Shield
- Cigna
- United Healthcare/ Optum

Depending on your current health insurance provider or employee benefit plan, it is possible for services to be covered in full or in part. You may contact your provider to verify how your plan compensates you for psychotherapy services or we can provide this service as well. I accept cash and all major credit cards as forms of payment. I also accept payment directly on my site via this page.

Cancellation Policy

If you are unable to attend a session, please make sure you cancel at least 24 hours beforehand. Otherwise, you may be charged for the full rate of the session.

Any Other Questions

Please contact us for any additional questions you may have. I look forward to hearing from you!