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# Fees

### Payment Methods

I accept payment by cash, check, Square or PayPal **before or at the time of service.**

### Individual Therapy

$180 Intake (Initial session)

$110 for 30 minutes

$130 for 45 minutes
$150 for 60 minutes

### Couples & Families / Multiple Partners / Relationship Therapy

$150 per family for 45 minutes
$180 for 75 minutes (required for first session)

### After Hours Sessions

Some patients request sessions outside of my regular therapy hours (after hours or on a weekend). I am occasionally able to accommodate a limited number of these requests. Please note that I add a $100 fee to weekend or after-hours meetings.

### Late Fees

Full payment is expected at the time of service unless otherwise agreed upon. A grace period will be allowed with no late fee if payment is received by **6:00 pm the next business day**. After 6pm on the next business day, there will be a $20 charge for late payments made within the same week, and a $30 charge the next business week. I do not permit clients to carry a balance of more than two sessions and if you are unable to pay this balance, we will discuss whether it makes sense to pause your care or develop another strategy. There will also be a $35 check fee for returned checks.

### Sliding scale Option

I currently offer a sliding scale option that is based upon income for new clients. However, there are only a few spots available for this option. I do hold some lower fee slots for those experiencing hardship or with reduced incomes, but I prefer to hold these slots for current clients who are experiencing life transitions during our work together. I do not ever want someone who is having a positive therapy experience with me to discontinue our work together at a time of need, if life circumstances change their financial reality for them.

If my fee is a concern, please discuss it with me. If I am unable to accommodate your financial situation, I will provide you with referrals.

### Lateness and Cancellations

Missed and cancelled sessions pose some issues for both of us. First, the work of psychotherapy is sometimes challenging and when we hit a difficult place together, it can feel easier to avoid coming into treatment. I would prefer we speak about this intentionally rather than you canceling sessions. Also, I hold your scheduled appointment time specifically for you and you alone. I also see a limited number of patients so that I can give you the focus and attention you deserve. It is extremely difficult for me to fill your last-minute cancelled session on a short notice. Therefore, I charge for appointments cancelled **with less than 48 hours notice** unless we can find another time that week that works for us both. If we are able to find another time that works for us, before the weekend, I allow you to reschedule at no extra fee.

### Insurance

I **do** currently take some insurances. I may be considered out of network for your insurance so please check with your insurance for authorization.

I can provide you with a monthly billing statement for reimbursement if you wish to submit it to your insurance company.

### Other Fees

If you become involved in legal proceedings that require my participation, you will be expected to pay for my professional time and services even if I have been called to testify by another party. Because of the difficulty of legal involvement and the interruption to my regular practice, I charge $450 per hour for preparation and attendance at any legal proceeding. I will provide bills/receipts at the end of each session; I expect to be paid upon receipt unless otherwise agreed upon.