

Why I don't accept insurance for couples therapy:

Couples therapy is not a medically necessary form of treatment, therefore health insurance will not cover this type of service. Health insurance companies will only cover services they deem to be medically necessary. At this time, all health insurance companies do not view couples therapy as a medical form of treatment despite the research. Due to this, all my couples therapy services are an out-of-pocket expense. I will not be providing medical treatment to my couples. If you have out-of-network benefits with your current health insurance company, I can provide you with a superbill receipt. This superbill receipt will have a medical code of Adjustment Disorder F43.2. Please note, that this code is typically viewed as "medically necessary" for roughly 6 months. Please also note that not all insurance plans have out-of-network benefits therefore there is a high possibility you will not receive reimbursements. I will not be submitting the superbill receipts on your behalf and will only provide them upon request. Reimbursement rates are always dependable on the insurance plan and policy.