

Therapy, Coaching & EMDR Intensive Rates

Below is a breakdown of therapy session options, including extended EMDR Intensives for deeper trauma work. Therapy Sessions are offered virtually for clients located anywhere in New York State and New Jersey. Coaching session available anywhere.

Session Type	Length	Rate
Individual Therapy Session	55 min	\$250
Family Support Session	60 min	\$250
EMDR Intensive	90 min	\$295
EMDR Intensive	2 hours	\$395
EMDR Intensive	3 hours	590
EMDR Intensive – Half Day	4 hours	\$790
EMDR Intensive – Full Day	7 hours	\$1200
Coaching	50 min	\$175

Payment & Insurance:

I am an out-of-network provider and do not participate directly with insurance plans. If you have a PPO plan, you may be able to receive partial reimbursement for therapy sessions through your out-of-network benefits.

I recommend contacting your insurance company's Member Services line prior to scheduling to confirm your coverage. Helpful questions to ask include:

- Do I have out-of-network benefits for psychotherapy, including telehealth?
- What percentage of the session fee is reimbursed?
- Do I have a deductible, co-pay, or co-insurance, and when does my deductible reset?
- Is there a limit to the number of sessions covered per year?
- What is the process for submitting claims for reimbursement?

If you use out-of-network benefits, I will provide a monthly superbill that you can submit to your insurance company for reimbursement. Payment is due at the time of each session, and I do not submit insurance claims on behalf of clients.

Accepted payment methods include all major debit and credit cards, Health Savings Accounts (HSA), and Flexible Spending Accounts (FSA).

Sliding Scale Availability:

A limited number of sliding scale spots are available for clients experiencing financial hardship. Please reach out to inquire about current availability.

For questions or to schedule a consultation, visit www.lenoratherapy.com or email attiya@lenoratherapy.com