

Good Faith Estimate

Under the No Surprises Act

As a private-pay client, you have the right to receive a **Good Faith Estimate** of the expected costs for your care. This estimate is not a bill, but a helpful guide to understand the financial investment you may be making in therapy.

Your Therapy Investment

An Estimate of the Value You're Building

At The Better You Institute, we view therapy as an investment in your emotional health, your relationships, your clarity, and your capacity to live the life you truly want. While therapy can involve financial commitment, the return is often a deeper connection, more self-trust, and freedom from patterns that no longer serve you.

What to Expect

Most clients benefit from coming weekly, especially in the early stages of therapy, so we can build momentum and rapport, get clear on your goals, and drive sustainable change. Like any meaningful process, consistency matters.

Estimated Investment Based on Frequency

Session Frequency	# of Sessions/Year	Investment @ \$____/session
Weekly (ideal for growth and progress)	50	\$ _____
Biweekly (for maintenance or lower-intensity needs)	25	\$ _____
Monthly (supportive, but limited depth of progress)	12	\$ _____

You are never locked into a fixed number of sessions. We'll adjust frequency based on your needs and goals throughout our work together.

We're Here to Support You

- We're out-of-network, which means your full session fee is due at the time of service.

- If you'd like to use your insurance, we're happy to provide a **Superbill** so you can seek reimbursement.
- We also partner with [Thrizer.com](https://thrizer.com), a third-party service that can submit your claims or even handle upfront payment and reimbursement for a small fee.

Remember: This Is Your Space to Grow

You deserve care that helps you feel seen, supported, and empowered. Therapy is more than a line item; it's a brave and vulnerable choice to invest in yourself, your relationships, and your future. And we're honored to be part of that journey with you.

If you have any questions or want to discuss the best plan for your needs and budget, just let us know. We're here to help.