

# **FAQ's Relating To Cost of Treatment**

## **How much does therapy cost?**

Rates:

Individual or Marital/Family Therapy Sessions, \$100-\$120 for 45-50 minute sessions

**For appointments or information call: 435-862-8124**

## **What if I can't afford it?**

The cost of therapy can put a strain on a couple or family that is already struggling financially. Many people may feel that they need the help, but simply can't afford it right now. While this is understandable, it often times leaves the people involved stuck with trying to unsuccessfully solve the problems on their own. This can go on for years as there may never seem to be enough money to set aside for something that is not essential.

If someone's refrigerator stops working, what do they do? Most people do whatever is necessary to get the refrigerator either fixed or replaced as they consider this an essential item to their survival. We would do the same with an indispensable car that stops running. These things are essential and can be very difficult to function without. It would create a huge inconvenience to have to go use the neighbor's refrigerator or borrow someone else's car or to end up walking.

Therapeutic help in many ways can be as essential to living as a car or refrigerator. However, we seem to justify putting it off a lot easier and just try to "get by." The problem is that our personal or family happiness and success is often the price we pay by waiting. Putting off therapy, when greatly needed, can create even more inconveniences than going without a refrigerator or a car. It could lead to divorce, unhealthy parenting, raising not only your own children, but your grandchildren as well. All of these things may not hit us immediately like going without a fridge, but it will affect us more significantly long-term.

If we don't have the money at the time for the car or fridge, we will generally find a way by borrowing, pulling out of savings, or making payments. Why won't we give the same level of priority to our individuals or families well-being? I am a huge advocate of avoiding debt, but I have seen too many families avoid paying the "up-front fee" for therapy only to wind up paying a greater price down the road.

You have to decide for yourself how important it is to get therapeutic help, weighing the costs and the benefits. However, it is important to factor in the long-term results, both therapeutically and financially, rather than just looking at it for the present time.

If you simply feel you cannot afford it, there may be other resources available to you. Often times, your church may be willing to pay part, or all, of the session fee. Also, there may be therapy coverage on your health insurance plan. Often times, employers offer EAP's (Employee Assistance Programs) where you can see a therapist for a certain number of sessions (typically 3-6) at no expense to you.

If you sense the urgency for therapy at this time, call and set up an appointment. Often times, therapy can be short-term, with significant improvements being experienced over just a few brief sessions. You can discuss your situation with me and we can explore possible alternatives or resources available.

### **Are there any alternatives to therapy?**

There may be some alternatives to engaging in therapy if you cannot afford it. If the problem has not reached a critical level, you may explore reading some self-help books. There are a significant number of self-help books that can provide quality insight and help in dealing with problems. For a list of recommended books, see my resource page.

In addition, there are a number of free support and educational groups. Some of these are offered at the Red Hills Wellness Center in St. George. Others are presented by the LDS church or other religious faiths. There are free addiction recovery groups on a variety of issues including sexual addiction, alcohol and drugs, and eating disorders. There are also support groups for others who may be dealing with or affected by a loved one's addiction issues. For a list, see my links and resource page.

Another alternative is attending group seminars. While you may not get the one-on-one assistance and support you would get from individual or marital/family therapy, this can provide education and skills training at a lower cost to you or your family and often involves a trained professional facilitating the course. This may be of greater help than a free support group as it provides educational content that is similar to that which you would get when attending an individual or family therapy session. There are a variety of these available in the area.

You can call and schedule a free-phone consultation to discuss your needs and situation by calling 435-862-8124. I would be happy to talk with you about resources and alternatives available to you.