

## David Barton, MA, LPC

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### Professional Counseling Service Fees

\$100 per 50-minute session for Individual Therapy

\$120 per 80-minute session for Couples Therapy

### Reduced Fee\*

I do work on a sliding fee scale, which means your fee can be reduced based on financial need. I charge below most professionals with similar levels of experience because I believe quality mental health care should be obtainable by all. I will work with you on the rate for your sessions according to your financial circumstances.

### Sliding Fee Scale (effective 1-1-2022)

Annual Income (Combined Income for couples)	Fees per Session
<\$20,000	\$40 individual/\$60 couple
\$20,000 - \$29,999	\$60 individual/\$80 couple
\$30,000 - \$39,999	\$65 individual/\$85 couple
\$40,000 - \$49,999	\$70 individual/\$90 couple
\$50,000 - \$59,999	\$75 individual/\$95 couple
\$60,000 - \$69,999	\$80 individual/\$100 couple
\$70,000 - \$79,999	\$90 individual/\$110 couple
\$80,000 +	\$100 individual/\$120 couple

### Insurance

Insurance companies require providers to give each client a mental health diagnosis and may require some of your private information in order to pay for the services provided. In order to sustain complete confidentiality and avoid any possibility of harm due to these requirements, I do not currently accept health insurance for my counseling services. If you have insurance, our sessions may be covered through your out-of-network benefits. I would be happy to help you explore this option.

### BENEFITS OF PRIVATE PAY FOR THERAPY

What are the benefits of paying privately for counseling versus using insurance?

- You choose the therapist best suited to your needs rather than the insurance company telling you who to see.
- You have flexibility in the type of therapy, who to include in the therapy session and the length of services.
- You will have complete confidentiality. Your records will not be shared with anyone without your permission.
- You won't have to worry that your health records may possibly create problems for you or your family in the future. (i.e. increased life and health insurance premiums)
- Your ability to continue services is not dependent upon being given a diagnosis of a mental disorder.
- You will be able to stay with your therapist even if your insurance plan coverage changes.