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*Healing • Growth • Clarity • Confidence*

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Psychotherapy, Counseling, Consulting

Adults • Professionals

## FAQs

**Appointments • Confidentiality • Insurance**

### ***How do I set up an appointment?***

- Call me at 831.624.5773 or use the Contact Page.
- I will personally reply, answer your questions, and understand the kind of guidance and support you are seeking. We will determine if setting an appointment is the next step.

### ***How long is my appointment?***

- Your appointments are an hour. The last 10 minutes of our appointment time are reserved for reviewing and clarifying “take-aways” from the session, agreeing on between-session practices, and confirming our next appointment date/time.

### ***What about confidentiality?***

- As an experienced, licensed clinician, I take your privacy very seriously. I will not discuss you or our sessions with anyone without your express, written permission. All records and information will be kept strictly confidential within the limits of the law. There are certain situations involving abuse, the intent to harm oneself or others, neglect, and other circumstances which I am mandated by law to report.
- If you are using insurance, confidentiality is somewhat compromised because your company requires me to submit a diagnosis with appropriate codes. Since they are paying part of the fee, they have the right to request other information, about your therapy or counseling process, and this becomes part of their database.
- The majority of my clients choose private pay, instead of using insurance, to protect their confidentiality. Paying privately gives you personal control. You have the freedom to focus in our session on what is important to you, instead of being limited only to issues that meet the “medically necessary” requirement of insurance. You are also free to choose your own therapist.

### ***How can I pay for my appointments?***

- I accept cash, checks, and major credit cards and HSAs.
- Payment is given at the beginning of each session.
- If I am on your insurance company panel, you will contact them to determine if you have a deductible and, if it has been met, what your current copay amount is for *behavioral health* (vs. “medical”) appointments. I will confirm this with you and your insurance company.

### ***What about insurance?***

- I am a preferred provider for Aspire-Coastal TPA, MBIPA, and MHN.
- If you have a different insurance and want to use it, check with them to see if your policy includes “out-of-network” benefits. With this benefit, you pay my professional fee to me and, after a few sessions, I will give you an invoice for you to send to your insurance company for reimbursement.