



# DIVINE THERAPY LLC

REDEFINING STRENGTH

## FAQs

### Do I need therapy?

*Therapy is not limited to people in crisis or those diagnosed with mental health conditions. It's a valuable resource for anyone feeling overwhelmed or struggling to reach personal goals. When our usual coping mechanisms fall short, a professional can provide support, guidance, and tools to navigate challenges more effectively.*

### Am I Charged For Cancellations Or No-Shows?

*\$75 no-show fee (regardless of utilizing self pay or health insurance)*

*\$75 cancelation fee 24 hours prior to session without rescheduling*

### What Is Your Cost Per Session?

*45 minutes \$100*

*60 minutes \$120*

*60 minute family/couples counseling \$145*

*90 minutes group therapy \$60 per participant*

### How does insurance work for therapy?

*Be sure to check with your health insurance company to determine your coverage for mental health appointments. Co-pays are determined by your specific insurance plan and may require you to meet a deductible before coverage kicks in.*

### How do you determine my counseling goals?

*Determining your counseling goals typically involves a collaborative process between you and your therapist. Here's how it usually works:*

*Together, you and the therapist will explore specific areas of your life that you want to focus on. This could include managing stress, improving relationships, coping with anxiety or depression, or working on personal growth.*

*Your therapist may help you clarify what's important to you—your values, hopes, and long-term desires. This helps in setting goals that align with your overall life aspirations.*

*As therapy progresses, goals may evolve based on your growth and new insights.*

What specialty licenses and certifications do you have?

*LPC: Licensed Professional Counselor*

*Certified School Counselor*

### **How many times a week/ a month should we meet? How long will therapy last (weeks/ months, etc.)?**

*The length of time someone should be in mental health therapy varies based on individual needs, goals, and the nature of the challenges they're facing. Here are some factors to consider:*

*Regular reviews of your progress help determine how long therapy might continue. Some people find they reach their goals and feel ready to stop, while others may decide to continue to work on new goals or return periodically for "check-ins" after concluding therapy.*

*Ultimately, how long you stay in therapy is a personal decision based on your needs and the guidance of your therapist. It's important to communicate openly with your therapist about how you're feeling regarding your progress.*

### **Is therapy offered in your office or online?**

*We are currently only offering virtual therapy services.*

### **Are you qualified to prescribe medications?**

*Mental health counselors cannot prescribe medication. Only licensed psychiatrists and licensed psychiatric nurse practitioners can prescribe medication for mental health conditions.*

### **Do you feel I may need to consider medications?**

*The decision to consider medications for mental health concerns depends on various factors, such as the severity of your symptoms, the impact on your daily life, and your personal preferences. Medications may be helpful for conditions like*

*depression, anxiety, bipolar disorder, or other mental health disorders, especially when symptoms significantly affect your functioning or well-being.*

*However, this decision is highly personal, and it's important to consult a healthcare professional, such as a psychiatrist or primary care doctor, to evaluate your symptoms and discuss whether medications would be appropriate for you. They can help assess potential benefits, risks, and side effects to determine if medication could complement your therapy.*

### **What all entails with clinical supervision?**

*A clinical supervisor's role is to help their supervisees develop their skills and improve the quality of care they provide, review case files to monitor a patient's progress during treatment, train new therapists on topics like confidentiality laws and ethics, help their supervisees develop clinical skills like assessment techniques, therapeutic strategies, and treatment planning, maintain the confidentiality of information, and much more depending on the needs of the supervisee.*

### **How many hours do I need to meet licensing requirements?**

*Please review state licensing requirements by contacting The Office of Georgia Secretary of State or visit the websites*

*<https://sos.ga.gov/>*

*<https://rules.sos.ga.gov/gac/135-5>*

### **How do I receive Clinical Supervision hours?**

*Kiara provides several options to obtain your clinical hours; individual, dyad, and group therapy. No minimum or maximum hours are required to continue supervision services.*

*\$85 per hour for individual supervision, \$70 per hour for dyad supervision, and \$60 per hour for group supervision (3-6 supervisees)*

*Do I have to be an employee of Divine Therapy to receive clinical supervision?*

*You do not have to be a current employee with Divine Therapy to receive clinical supervision hours.*