

INFORMATION and POLICIES

Lori Oge MA, LPC

Licensed Professional Counselor

(314) 740-9272

Fees and Payments – A full session is 50-55 minutes long. My fee is \$100 per hour. I accept Anthem Blue Cross/Blue Shield, United Health Care, Aetna and Cigna insurance as well as cash, check or debit/credit cards. Also, I have a contract to work with ComPsych which is an Employee Assistance Program (EAP) throughout many organizations and corporations in the St. Louis area. If your job offers this program I encourage you to apply to use it because it will pay for a certain amount of sessions for you. I will also take a sliding scale of \$65.00 per hour for any client who can't afford my full fee. Payment for each session must be made at the time of service. In the case of a missed appointment without contact from you, you are still responsible for paying for the missed session. This will be done per our agreement for payment.

In the case of minor children, the parent bringing the child in for treatment will be held responsible for payment at the time of service.

THERE ARE NO EXCEPTIONS TO THIS POLICY.

Contact – Any contact outside of your session time will be limited to the following:

- Scheduling, changing, and/or cancelling appointments. You can call or text me at 314/740-9272. You can also email me at: lcoge@sbcglobal.net.
***Please note all appointments require a 24-HOUR NOTICE OF CANCELLATION.**
- A crisis involving imminent harm to self or harm to another.
(Please note that in such a crisis situation your first step should be to call 911 or immediately proceed to the nearest emergency room. I am not on call 24 hours a day and/or 7 days a week, so even in a crisis situation I may not be able to immediately respond to you. I will respond when I am able to do so based on my schedule.

Preparation of Written Documents – There is a fee when preparing reports, clinical summaries and/or letters requested by you. The fee is \$15.00 per quarter hour. I do not charge for signing papers/documents.

Termination of Therapy – The therapy process is a combination of support and challenge. When you are ready to leave counseling, for whatever reason, I want to help you leave well. In order for this to happen, all you need to do is give me advance notice. A week or two is sufficient. When leaving is handled this way it turns out to be a productive time in therapy for clients. I like for my clients to give feedback on what they thought about their therapy: Did they achieve their goal? Did they feel comfortable in the environment we created together? Do they have any comments, negative or positive about our time together? Even if you are not able to give advance notice, I will still do my best to help you leave well.