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**Anxiety & Stress Clinic**

**Institute for Mental Health Research**

**University of Texas at Austin**

**PAYMENT PROCEDURES**

**Fees**

The Anxiety & Stress Clinic (ASC) offers both individual and group psychotherapy.

* Individual psychotherapy payment is due at the beginning of each session and operates on a sliding scale based on total annual income. The fees range from $45 to $160 per session. Appointments are typically scheduled once a week.
* Group therapy is offered for $25 per person per session. Group sessions typically meet once a week. Currently, there are no active groups at the clinic.

Both individual and group therapy are administered by graduate students in the Clinical Psychology program at the University of Texas at Austin. All trainees are closely supervised by a licensed psychologist.

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| **Fee** | **Annual Income** |  |  |
| $45 | < $40,000 |  |  |
| $60 | $40,001 - $80,000 |  |  |
| $80 | $80,001 - $120,000 |  |  |
| $120 | $120,001 - $160,000 |  |  |
| $140 | $160,001 - $200,000 |  |  |
| $160 | $200,001 + |  |  |
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**Insurance & Payment**

The ASC does not accept insurance payments for services rendered; we can provide you with receipts or documentation you can submit to your insurance provider for reimbursement. It is your responsibility to contact your insurance provider if you would like to find out if they will reimburse for our services as insurance policies vary widely in the coverage of mental health services. All of the ASC clinicians are opted out of the Medicare program and are unable to take direct or indirect Medicare payment for services.

Payment is expected at the time of service. The ASC accepts most major credit cards (i.e. Visa, MasterCard). On rare occasions, personal checks may be used. The ASC **does not** accept cash.

**Cancellation Policy**

We request a minimum of 24 hours notice for canceled appointments, otherwise you will be charged the full price of the missed visit if you are unable to reschedule the appointment for the same week given your clinician’s limited availability. We request that you call ahead if you are going to be late for an appointment. If you are more than 30 minutes late for a scheduled session, your clinician may not be able to see you due to time constraints.

If a patient misses or cancels without an extenuating circumstance (e.g., car does not start, medical or family emergency, illness) more than three times, the clinician has the right to drop the case and refer the patient out.