

*Space to Breathe, P.L.L.C.*  
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Welcome! Here is some information about my practice to help you begin to understand whether or not it will be a good fit for us to work together.

We would begin by meeting for an initial assessment. This typically consists of 1-4 sessions during which we talk in detail about what is bringing you to therapy and what you hope to get out of our work together.

If we agree to continue with therapy, we will develop a clear agreement together including committing to a number of treatment sessions and identifying a specific focus for our work. Generally, we will plan to meet for a series of 4, 8, or 12 weekly appointments and dedicate our focus to a specific intention during that time. After this series, you will plan to step away to give yourself the space to rest (as therapy requires a great deal of energy), engage in supportive practices you have developed during our work, reflect upon what has changed, and notice if additional therapy is needed. In the future, we can agree to come back together for another series of appointments as needed.

Working together for a set series of appointments is a bit different than other therapeutic approaches. This model can be quite helpful in that it honors what we know about change- that change requires periods of effort and time for rest. When we work hard all the time, we can become exhausted and lose motivation. Rather, developing a rhythm that offers space for effortful work and for rest gives us the opportunity to make the most of our time and energy.

It's also important for you to know that I do not bill insurance. You will be expected to pay for therapy at the time of each appointment. If you have health insurance, I can give you the information you'll need to request reimbursement from your insurance company. If you're curious about how much your insurance company will reimburse, you may contact your insurer and ask what your benefit is for outpatient behavioral health with an out of network provider. My rate for our first appointment is \$175 and \$125 for each 45-minute appointment thereafter. We may occasionally agree to meet for a 60-minute appointment, for which my rate is \$150.

Even if insurance will not reimburse, it's possible your payments can be used toward satisfying your annual deductible. It may also be possible for you to use a Health Savings Account (HSA) to cover the cost of your appointments. I encourage you to reach out to your insurance company to learn more about your coverage and options so you're clear from the beginning of our work together as to what will be required of you financially.

Please feel free to reach out with any questions or to schedule an appointment. I look forward to hearing from you.

Kelly McCann, Ph.D., RYT-200  
NH Licensed Psychologist and Yoga Teacher