

Fees

I do not accept insurance. Let me explain why. For me to have your insurance pay for your therapy, I have to give you a mental disorder diagnosis. I don't like to give a mental disorder diagnosis for soul work, and I feel it goes against the soul.

Then, depending upon your insurance company, I may have to write a report every five to ten sessions to show that you're still sick with that mental disorder. For them to continue paying for therapy, my report needs to show that you're still "sick" but getting better; however, you are not "cured."

After all this, someone from the insurance company who doesn't know either of us is going to read the report, assess how well our work is going, and decide if they will continue to pay for therapy. It's like they are sitting in the room judging us and how we are doing without understanding the process. They are attempting to save the insurance company money or to save themselves from paying for the therapy.

After all this explanation, the fees are \$100 for a 50-minute session. This is for video Telehealth sessions as well as phone sessions. If you are interested in working with your soul, call or email me at 507.339.0045 dana.houck1@gmail.com