



Frequently Asked Questions

1. **How long do I have to wait to get in?** Depending on the individual therapist, appointments are frequently available within 2-3 days. In some cases, same day appointments are available.
2. **How much does it cost?** At this time, PCS has 15 therapists on staff. Each therapist charges their own hourly rate. Rates vary from \$85 to \$250 per counseling hour. Intensive Outpatient Services (IOP) has a different fee scale.
3. **Do you offer a sliding scale?** Therapist interns and residents provide services at a greatly reduced fee; some as low as \$25.00 per hour. In addition, some of our therapists offer a sliding scale on a case by case basis to qualified clients. Please call for specific information.
4. **Does PCS only specialize in sexual addiction?** No. Psychological Counseling Services provides therapeutic intervention for a broad range of mental health and family relationship concerns. For more information review the services and specialties section of the web site.
5. **Do you accept insurance?** PCS does not participate in insurance programs at this time. However, you are encouraged to file your own claims with the documentation of services provided by PCS. Many plans cover "out of network" providers.
6. **Do you have evening and weekend hours?** Yes. Extended hours are available.
7. **How long is a therapy hour?** A therapy hour is 45 to 50 minutes in length.
8. **What is your cancellation policy?** Clients are responsible for canceling appointments 24 hours in advance to avoid charges.
9. **What is intensive outpatient therapy (IOP)?** Intensive outpatient therapy is a one to five week, eight to ten hour per day customized therapeutic program combining both individual and group counseling. Intensive outpatient services may be indicated when weekly, one-hour sessions do not seem to be providing fast enough and/or significant progress.
10. **Can I attend intensive outpatient therapy for less than one week?** Yes. A modified treatment schedule can be designed to meet your needs. This may include one-half day or day long sessions on the weekend or a combination of half-days and one or two full days during the week.
11. **How do I know that PCS is right for me?** If you have been referred by another therapist, counselor, or treatment facility, more than likely they have experience with the PCS program and believe it is the best intervention for you. To help you with your decision to attend, PCS therapists are also willing to take a few minutes and speak to you by phone prior to scheduling your initial consultation.
12. **Can I get a psychiatric review?** Yes. Psychiatric evaluation services and ongoing medication monitoring are available on-site.

