TherapyJP
Pricing Policy

Effective August 2026

We believe quality mental health care should be clear, accessible, and clinically appropriate. This policy explains our standard fees, assessment pricing, payment options, cancellation policy, and situations where fees may vary. We will always discuss the fee before a session or assessment is confirmed.

1. Core Service Fees

Service	Length	Standard fee	Notes
Free consultation	30 minutes	Free	A brief consultation to discuss your situation, answer initial questions, and consider what kind of support may fit best.
Intake session	Around 50 minutes	¥9,500	A comprehensive initial session to understand your needs, current concerns, background, and goals.
Individual therapy	50 minutes	¥9,500	Personalized one-to-one therapy for emotional, relational, and mental health concerns.
Couple therapy	50 minutes	¥11,500	Therapy for partners who want support with communication, patterns of conflict, emotional distance, trust, or life transitions.
Family counseling	50 minutes	¥11,500	Support for family dynamics, communication, adjustment, and shared concerns.
Psychotherapist supervision	50 minutes	¥8,000	Clinical supervision, consultation, and professional development support for therapists and trainees.

For some therapists, or where specialized expertise is required, up to ¥4,000 may be added to the standard fee. Any higher fee will be discussed and agreed in advance.

2. Insured Clients

For clients whose insurance recognizes our team's professional credentials (for example, TRICARE, Aetna International), our standard fee is $200 per session, or the equivalent in EUR/JPY. This rate applies to all services except psychometric assessments and psycho-legal services.

If your insurance provides only partial coverage, please contact us directly or discuss the available fee options during your initial consultation.

3. Psychological Assessment and Online Testing Fees

Psychological assessment fees depend on the referral question, the measures used, clinician time, scoring requirements, and whether a written report is needed. Online assessment is most appropriate for structured interviews and self-report or informant-report questionnaires. Some cognitive, neuropsychological, developmental, and projective tests require in-person administration or special conditions.

For Japan-Based Clients Only

Assessment option	Typical contents	Online format	Fee
Brief screening questionnaires	One or more short measures such as PHQ-9, GAD-7, DASS-21, PCL-5, ISI, ASRS, AQ, or similar screening tools.	Secure online form; scoring and brief explanation. No formal report.	Included in a paid session when clinically needed; stand-alone scoring from ¥3,000
Mood, anxiety, stress and sleep screening package	Clinical interview plus symptom measures for depression, anxiety, stress, sleep, functioning, and risk as appropriate.	Online questionnaires + 30-minute feedback or integrated into a therapy session. Brief written summary included.	¥12,000
Trauma and PTSD screening package	Clinical interview plus trauma/stress measures such as PCL-5, LEC-5, ITQ, DES-II, PHQ-9, GAD-7, or similar tools where clinically appropriate.	Online questionnaires + feedback session. Brief written summary included.	¥18,000
Adult ADHD screening package	Clinical interview plus adult ADHD questionnaires such as ASRS, CAARS/CAARS 2 or equivalent, and collateral information where appropriate. This is a screening/formulation package, not a medication diagnosis.	Online questionnaires + structured interview + feedback. Brief written summary included.	¥25,000
Adult autism / ASD traits screening package	Clinical interview plus measures such as AQ, RAADS-R, CAT-Q, SRS-2 Adult or equivalent, selected according to language and clinical suitability.	Online questionnaires + structured interview + feedback. Brief written summary included.	¥25,000
Combined ADHD + autism screening package	Integrated screening for adult ADHD and autistic traits, with attention to overlap with anxiety, trauma, depression, sleep, and adjustment stress.	Online questionnaires + structured interview + feedback. Brief written summary included.	¥38,000
Personality and clinical profile assessment	Standardized personality/psychopathology tool such as MMPI-3, PAI, MCMI-IV, TEG3, or equivalent, used only when licensing, language, and clinical conditions are suitable.	Online administration where permitted by the test publisher + clinical interview + feedback. Written summary included.	From ¥45,000
Couples relationship assessment	Structured online relationship questionnaire, individual partner responses where relevant, and feedback focused on strengths, conflict patterns, emotional connection, and treatment planning.	Online questionnaire + 50-minute couple feedback session.	¥18,000
Comprehensive online clinical formulation report	Clinical interview, multiple standardized questionnaires, integrated case formulation, treatment recommendations, and a written report for personal, clinical, insurance, school, workplace, or referral purposes.	Online interview + questionnaires + 50-minute feedback session. Full written report included.	From ¥55,000
Additional written report or formal letter	Additional documentation beyond the standard summary, including insurance letters, school/workplace letters, or detailed clinician reports.	Prepared after clinical review. Additional session may be required if new information is needed.	¥8,500-¥15,000 depending on length and purpose
Full clinical feedback report in Japanese or English	Detailed written report summarizing assessment results, clinical formulation, treatment recommendations, and suggested next steps.	Prepared after assessment review and feedback. One language version, Japanese or English, is included in this fee; bilingual versions are quoted separately.	+¥20,000-¥40,000 depending on length, purpose, complexity, and language requirements

Assessment prices are starting points for the listed package. If a different test battery, interpreter support, translation, external consultation, or additional report writing is needed, we will explain the expected additional cost before proceeding.

If an assessment needs to be conducted over several sessions, any additional clinical interview, test-administration, scoring-review, or feedback sessions are charged at the relevant session fee, usually ¥8,500 per 50 minutes, unless already included in the package. Any additional cost will be agreed before booking.

4. Assessments Not Usually Offered Fully Online

Some assessments are not usually suitable as fully online services because they require controlled materials, direct behavioral observation, standardized in-person administration, or specialized equipment. These may include WAIS/WISC/WPPSI cognitive testing, ADOS-2 autism assessment, full neuropsychological or learning-disability batteries, Rorschach/projective testing, and some child developmental assessments.

When such testing appears clinically useful, TherapyJP may offer an online consultation to clarify the question, provide preliminary screening, and help the client consider appropriate referral options. Feedback sessions after in-person testing may be possible online when clinically and ethically appropriate.

5. Reports, Letters, and Use of Assessment Results

- Please tell us before the assessment if you need documentation for a school, employer, insurance provider, physician, immigration-related process, or other third party. The purpose of the report affects the assessment design and fee. A full clinical feedback report in Japanese or English is charged separately unless explicitly included in the assessment package.
- Assessment results describe current functioning and clinically relevant patterns. They do not guarantee a particular diagnosis, accommodation, insurance reimbursement, visa outcome, medication prescription, or institutional decision.
- TherapyJP does not usually provide forensic, custody, legal-capacity, disability-benefit, or high-stakes medico-legal evaluations unless explicitly agreed in advance and within the clinician's scope and competence.

6. Payment Methods

Method	Policy
Bank transfer	Preferred payment method. Payment details are provided when a session or invoice is arranged.
PayPal	Available when bank transfer is not convenient. PayPal or currency-conversion charges may apply.
Invoice system	By arrangement, clients may receive an invoice for past sessions every 2-4 weeks, usually payable within one week.
Prepayment	May be requested for assessment packages, written reports, or where publisher test credits must be purchased in advance.

7. Cancellation, Rescheduling, and Refunds

Situation	Policy
24 hours or more before the appointment	Full refund or reschedule, depending on the payment method and client preference.
Less than 24 hours before the	The full session fee may be charged. This also applies to no-shows.

Situation	Policy
appointment	
Emergency or unavoidable circumstances	Handled case-by-case. Please contact us as soon as possible.
Assessment packages	If test materials, publisher credits, scoring, or report preparation have already begun, part or all of the assessment fee may be non-refundable. This will be explained in advance when possible.

8. Sliding Scale and Financial Hardship

TherapyJP may offer sliding-scale fees for students or clients experiencing financial hardship. Each case is reviewed individually, depending on the person's situation, clinical needs, therapist availability, and the current funding abilities of the clinic. Sliding-scale options are limited, are not guaranteed, and should be discussed before the first paid session whenever possible.

9. Fee Transparency

- All fees are listed in Japanese yen. Any applicable taxes, payment-processing fees, bank-transfer fees, or currency-conversion costs will be explained as clearly as possible.
- If a therapist charges a higher rate due to experience, specialization, or the nature of support needed, this will be discussed before booking.
- If the clinical plan changes and a different service or assessment becomes more appropriate, we will explain the expected fee before proceeding.