

TherapyJP Pricing Policy

Effective July 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 | ¥8,500 | A comprehensive initial session to understand your needs, current concerns, background, and goals. |
| Individual therapy | 50 minutes | ¥8,500 | Personalized one-to-one therapy for emotional, relational, and mental health concerns. |
| Couple therapy | 50 minutes | ¥10,500 | Therapy for partners who want support with communication, patterns of conflict, emotional distance, trust, or life transitions. |
| Family counseling | 50 minutes | ¥10,500 | Support for family dynamics, communication, adjustment, and shared concerns. |
| Psychotherapist supervision | 50 minutes | ¥7,000 | 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. 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.

| 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 |

For Japan-Based Clients Only

| Assessment option | Typical contents | Online format | Fee |
|--|--|--|--|
| 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.

3. 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.

4. 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.

For Japan-Based Clients Only

- 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.

5. 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. |

6. 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 appointment | The full session fee may be charged. This also applies to no-shows. |
| 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. |

7. 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.

8. 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.