

TherapyJP

Pricing Policy

Effective August 2026

We believe quality mental health care should be clear, accessible, and clinically appropriate. This policy applies to services billed under TherapyJP's USD international fee schedule. Discounted Self-Pay fees apply when the client personally funds the service and no insurer, employer, EAP, or other third party is billed. Standard fees apply to third-party-funded services unless a contracted payer rate applies. TherapyJP maintains a separate JPY self-pay pricing policy.

1. Core Service Fees

Service	Length	Discounted Self-Pay	Standard Fee	Notes
Free consultation	30 minutes	Free	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	\$90	\$200	A comprehensive initial session to understand your needs, current concerns, background, and goals.
Individual therapy	50 minutes	\$90	\$200	Personalized one-to-one therapy for emotional, relational, and mental health concerns.
Couples therapy	50 minutes	\$115	\$225	Therapy for partners who want support with communication, conflict patterns, emotional distance, trust, or life transitions.
Family counseling	50 minutes	\$115	\$225	Support for family dynamics, communication, adjustment, and shared concerns.
Psychotherapist supervision	50 minutes	\$100	\$150	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, measures used, clinician time, scoring requirements, collateral review, publisher fees, and reporting requirements. Base assessment fees include feedback and a brief written summary where stated. A full clinical report is priced separately unless explicitly included in the package.

Assessment option	Typical contents	Discounted Self-Pay	Standard Fee
Brief screening questionnaires	One or more brief measures such as PHQ-9, GAD-7, DASS-21, PCL-5, ISI, ASRS, AQ, or similar tools. Scoring and brief interpretation; no formal report.	Included when clinically needed; stand-alone from \$50	Included when clinically needed; stand-alone from \$100
Mood, anxiety, stress and sleep assessment	Clinical interview plus measures for depression, anxiety, stress, sleep, functioning, and risk where appropriate. Feedback and brief written summary included.	\$125	\$250
Trauma and PTSD assessment	Clinical interview plus trauma/stress measures such as PCL-5, LEC-5, ITQ, DES-II, PHQ-9, GAD-7, or similar tools where appropriate. Feedback and brief written summary included.	\$175	\$350
Comprehensive Adult ADHD Assessment & Clinical Formulation	Detailed developmental and psychiatric history; structured ADHD interview; current and childhood symptoms; functional impairment; standardized measures such as ASRS, CAARS/CAARS 2 or equivalent; differential considerations; collateral information where appropriate; feedback and brief written summary. Designed to support diagnostic clarification and referral to a physician/psychiatrist where required.	\$350	\$700
Comprehensive Adult Autism Assessment & Clinical Formulation	Detailed developmental history; social communication; restricted/repetitive patterns; sensory features; masking; functional impact; standardized measures such as AQ, RAADS-R, CAT-Q, SRS-2 Adult or equivalent; differential considerations; collateral information where appropriate; feedback and brief written summary. Designed to support diagnostic clarification and referral to a physician/psychiatrist where required.	\$400	\$800
Combined ADHD + Autism Assessment & Clinical Formulation	Integrated ADHD and autism assessment with developmental and psychiatric history, standardized measures, functional impact, differential considerations, overlap with anxiety/trauma/depression/sleep, collateral information where appropriate, feedback, and brief written summary.	\$600	\$1,200
Personality and clinical profile assessment	Standardized personality/psychopathology tool such as MMPI-3, PAI, MCMI-IV, TEG3, or equivalent where licensing, language, and clinical conditions are suitable. Clinical interview, scoring, feedback, and brief written summary.	From \$350	From \$700
Couples' relationship assessment	Structured relationship questionnaire, individual partner responses where relevant, and a 50-minute couples feedback session focused on strengths, conflict patterns, emotional connection, and treatment planning.	\$180	\$300
Comprehensive online clinical formulation package	Clinical interview, multiple standardized questionnaires, integrated case formulation, treatment recommendations, 50-minute feedback session, and full written report for personal, clinical, insurance, school, workplace, or referral purposes.	From \$600	From \$1,200
Additional written report or formal letter	Additional documentation beyond the standard summary, including insurance, school/workplace, referral, or detailed clinician letters. Additional clinical review may be required.	\$100-\$200	\$200-\$350
Full clinical feedback report in Japanese or English	Detailed written report summarizing assessment results, clinical formulation, differential considerations, functional impact, recommendations, and suggested next steps. One language version is included in this fee; bilingual versions are quoted separately.	+\$300-\$450	+\$500-\$700

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 requires additional clinical interview, test-administration, scoring-review, or feedback sessions beyond those included in the package, the additional time is charged at the applicable session fee. Any additional cost will be agreed before booking.

4. Reports, Diagnostic Clarification, 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 report is charged separately unless explicitly included in the assessment package.
- TherapyJP provides psychological assessment and clinical formulation. Where a formal medical diagnosis is required, this must be made by an appropriately qualified physician or psychiatrist. Assessment findings may be shared with the client's medical provider to support diagnostic and treatment decisions.
- 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.

5. Payment Methods and Third-Party Billing

Method	Policy
Bank transfer	Preferred payment method. Payment details are provided when a session or invoice is arranged. USD or JPY settlement may be used depending on the invoice and receiving-account arrangement.
Card / PayPal	Available when bank transfer is not convenient. Payment-processing or currency-conversion charges may apply.
Insurance / third-party billing	Available by arrangement where TherapyJP has an appropriate billing pathway. Eligibility verification, prior authorization, referral, or a Guarantee of Payment (GOP) may be required. Contracted payer rates take precedence over the Standard Fee in this policy.
Invoice system	By arrangement, clients or authorized third parties may receive invoices for services already provided, usually payable according to the terms stated on the invoice.
Prepayment	May be requested for assessment packages, written reports, or where publisher test credits or other external costs 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 / no-show	The applicable discounted self-pay session fee may be charged. For third-party-funded services, late-cancellation or no-show fees are normally billed to the client unless the payer agreement permits otherwise.
Emergency or unavoidable circumstances	Handled case-by-case. Please contact us as soon as possible.
Assessment packages	If test materials, publisher credits, scoring, clinical review, 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 additional 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 capacity of the clinic. Sliding-scale options are limited, are not guaranteed, and should be discussed before the first paid session whenever possible.

Self-pay discounts and sliding-scale arrangements do not normally apply where the cost of treatment is funded by a third party, unless this is specifically permitted under the payer agreement.

8. Fee Transparency

- All fees in this policy are stated in U.S. dollars (USD). TherapyJP maintains a separate JPY self-pay pricing policy for services priced in Japanese yen.
- The Standard Fee is TherapyJP's non-discounted fee for insurance-funded, employer-funded, EAP, institutional, and other third-party-funded services. Where a contracted payer rate applies, that contractual rate takes precedence.
- The amount ultimately paid by an insurer or other third party may differ from the Standard Fee because of contractual rates, benefit limits, deductibles, copayments, coinsurance, authorization requirements, or other plan conditions.
- Where a service is invoiced or settled in JPY, EUR, or another supported currency, the conversion method or applicable amount will be stated on the invoice or determined by the payer arrangement.