

*Is Reunification Therapy covered by insurance?*

Psychotherapy, including family therapy, is often covered by insurance, and many people wonder why reunification therapy is different.

The focus of Reunification Therapy is on healing relationship breakdowns involving multiple family members. Meetings contain one and often more than one family member, and are not the right setting to focus on the mental health of one person only. Additionally, in order for Reunification Therapy to be effective, therapists spend time outside of face to face meetings coordinating meetings, consulting by phone or email with other professionals, and coaching clients. Insurance plans do not pay for these activities.

Traditional psychotherapy is limited to the 45 – 60 minute therapy hour, and the focus of the meetings must be on treatment for a diagnosed mental illness. This is the approach that will qualify for insurance reimbursement.

For these reasons we do not bill insurance for Reunification Therapy. Clients may choose to appeal directly to their insurance provider to see if sessions may be covered under an out-of-network benefit and submitted for reimbursement after the services are provided and paid for.