

## *Nature of Therapy at GJB Health Services*

GJB Health Services accepts clients who struggle with a wide array of issues: depression, anxiety, addictions, relationship problems, trauma, grief and loss, life transitions, career changes, executive coaching, emotional issues, mood disorders and personality disorders. Formal interventions for addictions are also planned and conducted.

The first session typically lasts an hour to an hour and a half for therapy clients; for Dr. Bannasch's new patients, a new session lasts 45 minutes. Subsequent sessions last 50-60 minutes for individual therapy and 15- 30 minutes for neurologic and psychiatric patients. Couples' sessions may last from 1-2 hours. "Marathon" sessions for out-of-town couples, professionals (or for couples who would like to do a few months' work in a few days) may last several days; after the first two hours, these sessions are generally not billable to insurance.

Check, cash, money order, and credit cards are acceptable forms of payment. For your convenience, we can arrange for credit cards to automatically be charged (to the card of your choice) on a "per session" basis. We also provide payment plans to help with larger, required out-of-pocket amounts or for private payment clients.

Insurance companies require that claims include a diagnosis. Some conditions for which people seek treatment, do not qualify for submission to insurance companies. Diagnoses are discussed with clients prior to submission to insurance companies, upon request.