

TERRA SOMA HEALTH 2026-2027 FEE SCHEDULE

INDIVIDUAL & GROUP COUNSELING RATES

Tiers A, B, and C refer to sliding scale counseling fees for clients experiencing varying degrees of financial hardship. To determine which Tier you qualify for, please refer to the Personal Financial Experiences Chart below. Late and no show fee percentages are based on the cost of the session the client missed.

Massachusetts-Based Clients		Self Pay	Tier A	Tier B	Tier C	Insurance Rate
90791	Diagnostic Evaluation / Intake	\$200	\$180	\$100	NA	Accepting Aetna, Cigna & Carelon Insurances with client free registration with Alma. Fees are subject to the client's deductibles and copayments.
90837	60-min Session	\$180	\$150	\$80	NA	
90834	45-min Session	\$160	\$160	\$60	NA	
90832	30-min Session	\$140	\$140	\$40	NA	
90846	Joint Session w/out Client	\$180	\$150	\$80	NA	
90847	Join Session w/ Client	\$180	\$150	\$80	NA	
90853	60-min Group Counseling	\$30	\$30	\$30	NA	
90853	90-min Group Counseling	\$40	\$40	\$30	NA	
--	Late / No Show Fees	50%	30%	\$10	NA	

New Hampshire-Based Clients		Self Pay	Tier A	Tier B	Tier C	Insurance Rate
90791	Diagnostic Evaluation / Intake	\$200	\$200	\$100	\$80	Accepting Aetna, Cigna & Carelon Insurances with client free registration with Alma. Fees are subject to the client's deductibles and copayments.
90837	60-min Session	\$180	\$180	\$80	\$60	
90834	45-min Session	\$160	\$160	\$60	\$40	
90832	30-min Session	\$140	\$140	\$40	\$20	
90846	Joint Session w/out Client	\$180	\$150	\$80	\$60	
90847	Join Session w/ Client	\$180	\$150	\$80	\$60	
90853	60-min Group Counseling	\$30	\$30	\$30	\$20	
90853	90-min Group Counseling	\$40	\$40	\$30	\$20	
--	2-Day EMDR Intensive (6 hrs)	\$550	NA	NA	NA	
--	2-Day Somatic Intensive (6 hrs)	\$550	NA	NA	NA	Partial payment may be available through insurance

SPECIALTY PROGRAMS & SERVICES

Somatic & Nature-Based Programs		Sliding Scale*		
		Self Pay	Tier A	Tier B
8-Week Embodiment Workshops for Women		\$200	\$160	\$120
Therapeutic Backpacking – without gear		\$349	\$300	\$200
Therapeutic Backpacking – gear included		\$399	\$300	\$200
Rediscovering Self: 8-Day Vision Fast – without gear		\$349	\$300	\$200
Rediscovering Self: 8-Day Vision Fast – gear included		\$399	\$300	\$200

PERSONAL FINANCIAL EXPERIENCES CHART

Financial Factor	TIER A	TIER B	TIER C
Basic Needs	I can meet them comfortably	I occasionally stress about meeting them, but manage to anyway	I regularly stress about meeting my basic needs and don't always achieve it
Debt	I have some debt, but it doesn't interfere with meeting my needs	I have some debt, but it doesn't interfere with meeting my needs	I have some debt and it sometimes interferes with meeting my needs
Home	I own my own home	I rent	I rent and/or have unstable housing
Vehicle	I own or lease a car	I own or lease a car	I sometimes struggle to have access to a car
Healthcare	I have regular access to healthcare	I am under insured	I am under or un-insured
Expendable Income	I have some extra money to spend on non-needs	I rarely have extra money to spend on non-needs	I do not have expendable income
Savings	I have financial savings	I might have access to financial savings	I have no savings
Vacation	I can afford at least one vacation annually	I can take a vacation, but it comes with a financial burden	I cannot afford a vacation or afford to take time off
Your Sliding Scale	My situation most closely resembles the realities in this column, so I am eligible for "Tier "A" rates	My situation most closely resembles the realities in this column, so I am eligible for "Tier "B" rates	My situation most closely resembles the realities in this column, so I am eligible for "Tier "C" rates

FINANCIAL PROCEDURES

Payment Methods: I accept all major credits cards as forms of payment. I do not accept check or cash.

Insurance Benefits: Unless you are a registered client of Alma, you will be responsible for being informed about your own insurance health benefits. For that reason, I recommend you contacting the member services 1-800 number on your insurance card and asking the following questions:

- Does my health insurance plan include mental health benefits?
- Do I have a deductible and/or a co-payment or co-insurance? If so, how much do I owe?
- Do I need a pre-authorization for mental health services to be covered?

Additional Questions? You're welcome to contact info@terrasomahealth.com for additional information about payments, billing, and claims.