

Some reasons why your therapist may not accept insurance

@sitwithwhit

pay is so low they wouldn't be able to support their family

they want you to have control over the frequency of your treatment

they don't want to stick you with a diagnosis

documentation is taxing and requires extensive time

they would have to see so many clients per week and fear burnout

they want to specialize and only work with a specific type of client

payout from insurance companies can be unreliable

insurance companies can decide to retroactively deny a claim at any time

they're uncomfortable with so many people reading your notes

they may have to hire a biller to process claims

they believe anyone should be able to use therapy, not just people with a diagnosis

insurance panels are difficult to get on or are closed to new providers

your diagnosis may could impact you in the future

couples therapy typically isn't covered by insurance

they'll have to use treatment methods that are approved by the insurance company

they don't subscribe to the medical model of therapy