



The Center *for* Loss and Bereavement

Our Approach

We recognize that grief is a profoundly personal experience, and we are committed to providing you with the compassionate, individualized support you deserve. Your journey through grief is unique and we are honored to be a part of it.

Our approach for grief counseling services includes:

- ◆ **Personalized Care:** We believe in delivering highly personalized care tailored to your unique situation, prioritizing your comfort in session discussions and therapeutic approaches. Our core approach starts with developing a trusted therapeutic relationship, which we treat with utmost confidentiality.
- ◆ **Specialized Knowledge:** Our grief counseling services are designed to meet a wide range of needs, including having both licensed counseling and professionally led peer support groups available, which many clients find valuable at different points in their grief journey.
- ◆ **Flexible Scheduling:** We meet clients with a great deal of flexibility in scheduling appointments for as long as you find it beneficial, ensuring that you receive support when you need it most over the course of grief.

Diagnosis, Treatment, and Privacy with the Use of Insurance or Third-Party Payors

The Center for Loss and Bereavement offers specialized grief counseling independently of insurance networks as an out-of-network provider. Some insurance plans will allow members to submit statements for reimbursement (full or partial), or your paid counseling fees may be applied towards your deductible. Some Employee Assistant Programs (EAPs) and Health Savings Accounts (HSAs) may provide options for coverage of grief counseling, as well. We encourage you to explore the mental health benefits available to you to ensure you understand the process and conditions for reimbursement.

Insurance coverage for counseling typically requires a mental health diagnosis, which would need to be determined (if applicable) during your initial consultation and continually evaluated over your care. You and your counselor will need to discuss what considerations are involved in making that determination through your course of grief. While grief is inherently challenging, it is not in-and-of-itself a condition that is recognized by health insurances as warranting billable mental health care. However, insurance coverage is often applicable when complex, persistent, or traumatic circumstances of bereavement are present, leading to more significant impacts on the griever, with or without other potential mental health challenges. We are committed to making our specialized, grief counseling available to any individual or family who seeks added support, regardless of whether insurance companies would deem it billable.

If it is an option for you (and applicable) to receive third-party payor or insurance reimbursement for your fees, it is your responsibility to become familiar with their terms and conditions of that process. There may be limitations to the quantity, flexibility, and quality of therapeutic approaches able to be used in billable sessions. There may also be circumstances where your mental health records, including your diagnosis and treatment notes, will be reviewed according to their payor policies. The Center's approach as a provider prioritizes personalized care and confidentiality. However, with your request and consent, we would be required to provide the documentation needed to support a third-party payor's process in accordance with their policies.