

Welcome to The Coche Center!

Services: The first time we meet, we can figure out how to best proceed to provide you service you request. State of the art services for individuals, couples and families, include consultation, psychotherapy, coaching by skype or phone as well as in person, assessment, workshops and retreats, group therapy for individuals and couples, and workbooks. We are trained to work with all age groups.

Forms: I am enclosing forms to fill out and return to me electronically for entrance into our data base and financial system. These are for your safety and professional care. Filling these out before you come saves you time once here.

Payment: Payment is at point of service. Electronic invoicing is done after services are recorded. 90% of our clients use credit cards. 10% use checks. I enclose the credit card form. You can email or call it in, as you prefer. It gets entered in our secure system and is used only for services as agreed.

Charge for the first meeting is different than other meetings. Please choose the amount that is fitting for your income and let me know which level of payment is correct for you. Please do this on the basis of your ability to pay for services, rather than on your preference. We do not discount service but we do subsidize if clients cannot afford full fee. My current fees follow for individual work with me. Other clinicians and services have their own fee structure, as is customary in professional practices:

Full fee: \$300 hourly or \$450 for 90 minutes

Professional courtesy: \$250 hourly or \$375 for 90 minutes

Deep scholarship: \$150 hourly or \$225 for 90 minutes

Financial Scholarship: If you are in need of financial scholarship for services, there are forms you can fill out that I will send you after we meet. Various services are scheduled at various rates, as might be expected, and various clinicians have their own charges.

Insurance: If you want to get reimbursed, keep your electronic invoices and work directly with your provider. What you receive is yours to keep. We take no direct insurance payments. Instead, we help you manage your own care. It is advantageous to all concerned. We do not assist in pre-approval for this reason.

Confidentiality: To maximize your confidentiality, please email with "Privileged Communication Coche" in the subject line.

Scheduling: Scheduling is done in person at the beginning or end of your time with us. This is the simplest format, and nearest to error free. Please note that no appointment exists until it is

confirmed by your clinician. Even if you say "I can confirm for xxxx" that appointment does not exist until your clinician confirms in person, by phone, or email This avoids errors.

Cancellations: We need 48 business hours notice to provide you with no-charge cancellations. Exceptions are, of course, illness or dire weather.

Take Homes: In order to provide you with a reminder of the work you are doing, many clinicians will work with you to summarize your work during the last ten minutes of your session, jot them into the computer, and print them out for you. This has proven invaluable to clients who want to hold on to their learnings after they leave. Clients appreciate the continuity this provides for them.

Website: Other questions (parking, directions, etc) are addressed on our website, www.cochecenter.com

To Reach Me: You can reach me directly on my business cell (215 859 1050) or by email (jmcoche@gmail.com). My blackberry gives you instant access wherever I am. It is a service we provide.

We look forward to our work with you and those you love.

Dr. Judith Coche, for the team at The Coche Center