

# *The Value vs. Cost of Therapy* by: *Diana Karpavage, LPCC, EMDR Cert.*



Hesitancy to engage in therapy is frequently centered around misconceptions about the cost, the process, and the overall value of counseling. "Will it work if I spend the time and money? Is it worth it? Can I afford it?" The testimonials of countless people, describe it as life changing, healing, a new beginning, and amazing process comparing benefit to cost. They say that the process itself was rewarding, that the "ah-ha" moments of discovering the golden nuggets were amazing and beautiful additions to their lives. And these successes multiply with every referral that comes in from a satisfied client. We know that the benefits of therapy, keep on manifesting throughout the person's life! So the question: Is the value of a series of hourly sessions worth the cost of each session multiplied until the work is done? Especially if insurance is not picking up the majority of the tab?

✦ **To Couples.** I frequently say that marriage counseling is incredibly cheaper than a divorce - not only in money, but also in relational pain for the whole family. Can anyone really put a value on a saved marriage? It is truly priceless because so much is at stake; the couple, the children, the history, the lifetime investment, the future. Many times couples are unable to do this for themselves - people become too set in their ways and too sensitive emotionally to change it all. Counseling facilitates the creation of brand new marriages that work far better than the "old ways".

✦ **For Individuals** who find healing from emotional and psychological wounds, traumas, abuse from the past, to move on to more functional lives and relationships, more peaceful and beautiful lives, is another priceless result of therapy. The value of health, peace, well-being, and better relationships is better than anything. When your children are rid of nightmares and acting-out behavior, it's better than anything. When your at-risk teenager graduates high school - it is better than anything! I'm sure you agree.

✦ **The saving of your health and healthcare dollars** alone is immeasurable. We all know that emotional issues frequently cause physical issues; depression, anxiety, high blood pressure, migraines, gastro-intestinal ailments, aches and pains or all sorts, etc. Doctor appointments, ER visits, hospitals, prescription drugs, the money, the time, the pain - OUCH - it's all too much for most of us. I've seen many people improve in their physical health, by addressing their emotional health in therapy. To improve in both ways, is a priceless result.

✦ **Logistically there is so much more that happens FOR the client aside from the session itself.** Before the session, the therapist reviews the file, especially the treatment plan to keep sessions on track. The therapist has spent many years and dollars in education, continuing ed workshops and in practice. She has the expertise to offer the most appropriate type of therapy to a client. Your therapist may specialize in just what you need! The client has the therapist's undivided attention when working together in session. There may be testing needed. The therapist may give the client homework which is thought out and prepared. She may share additional resources such as books or outside groups that will aid in their work. After the session, the therapist will summarize notes and secure the file until next session. There may be letters that need to be written to physicians or other professionals on behalf the client. She may file insurance claims for you. There may be brief contacts between the therapist and client in between sessions. Most therapists are not charging extra for all of these beneficial tasks on the client's behalf. It all takes time. Hours of thought, maintenance, preparedness and energy, are required for therapists to engage with a client over a period of time. The therapist while not on call 24/7, is available for her clients. Your therapist also has overhead for maintaining a comfortable, secure office for meetings. If you are lucky enough to have a spiritually oriented counselor, then she is likely praying for you in between appointments.

✦ **In conclusion, the Value exceeds the Cost of Therapy in most cases.** I have included a few anonymous testimonies from various clients who took the time to write to me over the years; they are scattered throughout the site. They would say that the dollars and time that they invested in themselves, were of great value, spent in making their lives more healthful and productive personally and in their relationships. This is success, satisfaction and value. ✦