

# Virginia Counseling Services

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5240 LYNGATE COURT BURKE, VA 22015  
TEL 202-630-1765 FAX 844-687-2699

March 30, 2026

Re: Updates on Prices, Policies, and Procedures

To All Our VCS Clients and Families,

We are reaching out with a few routine practice updates so everyone has advance notice of some upcoming administrative changes.

**Fee Updates:** For the first time since 2022, session fees will be increasing slightly: standard psychotherapy session rate will change from \$175 to \$185 per session; Relational sessions will change from \$250 to \$285 per session. This applies to clients who are non-insured or use out-of-network benefits. For the full set of rate changes, please refer to our latest pricing guide at <https://virginiacounselingservices.com/frequently-asked-questions/#prices>

We understand that rising costs are affecting everyone. We do not take price increases lightly or forget the financial stressors people are experiencing. Because you are one of our existing clients and to give enough time for planning, the new rate **will be delayed** until June 1. Sessions before that date will remain at the current rate.

**Late Cancellation / No-Show Policy:** We are also updating the policy for missed appointments and late cancellations. Appointments missed or cancelled with less than 48 hours' notice, will be charged the **full cash appointment rate**, regardless of whether you use insurance or not. This helps protect time that has been reserved specifically for you while protecting the value of our therapists' time.

**Updated HIPAA Policies:** Our HIPAA privacy policies have also been updated in accordance with recent federal guideline changes. All clients will need to review and sign the updated policy forms in TherapyPortal. Please complete these forms when you have a moment so your records remain up to date.

If you have any questions about any of these updates, feel free to reach out. Thank you for the opportunity to work with you.

Sincerely,

—Virginia Counseling Services

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