

As a private practice mental health therapist working with insurance I am acutely aware of the risk of being audited and removed of money that has been paid to me on behalf of the work that I provide to clients. I am actively working in good faith to meet documentation requirements while recognizing that the main focus of my efforts is to provide quality care to my clients. Too often I hear horror stories of insurance clawbacks demanding months or years worth of income from therapists that have made small clerical errors that have been generalized to all of their claims. This creates a level of anxiety and a reluctance on behalf of providers to want to work with any insurance. If there is not education on documentation, clear requirements and protections provided to mental health therapists acting in good faith, fewer people will remain in this field and/or provide the urgent and necessary care to that seek therapy through insurance. This will provide greater vulnerability in our society, most especially to those that are socio-economically compromised.

Sincerely,

Lilia Parker-Meyers, LCSW
Inward Direction Counseling LLC