
Risa Newell, Ph.D., L.L.C., Licensed Clinical Psychologist
7047 E. Greenway Parkway, #250 | Scottsdale, AZ 85254
(T) 602-478-1477 (F) 602-773-0998 risa@newellphd.com

Newellphd.com

About Me and My Office

I have a Doctoral Degree in Clinical Psychology and have been licensed to practice psychology for almost thirty years. I am currently in private practice in Scottsdale, AZ. I provide Individual Psychotherapy and Counseling to adults and seniors. Areas of experience and expertise include: Depression, Anxiety, Mood Swings, Trauma and Abuse, Grief and Loss, Health Concerns, Relationship Challenges, Work Difficulties, and Life Transitions.

My office hours are Monday through Friday, 10 AM to 6 PM. I currently see patients both in person at my office and via Telehealth. My office is in a suite with various other professionals. There is a receptionist to greet patients during normal business hours. After hours, I will escort patients from the lobby to my office suite.

Contacting Me

You may contact me anytime and leave a voicemail, text, or email, 24/7. My direct mobile line is: 602-478-1477. My email address is: risa@newellphd.com. I am often not available to answer my telephone directly, but I routinely check phone, text and email messages throughout the day. Text and email are easy and effective methods for communicating appointment, insurance, and demographic information. They are not, however, secure for sensitive or urgent clinical information. Please telephone me directly and leave a voicemail with any clinical information, and please specify if it is urgent.

I typically return calls, texts, and emails after 7 PM, earlier if it is an urgent matter. If you need immediate assistance and are unable to reach me, call the Crisis Line at 602-222-9444 or 480-784-1500, 911 for an emergency, or visit the nearest Emergency Room.

Sessions

Appointments are scheduled directly with me and are either 45 minutes or 60 minutes, depending on level of need. Our first session (60 minutes) will involve an evaluation of the problem that led you to seek treatment. If treatment is recommended, I'd like to meet with you weekly, if possible, to become established and resolve immediate concerns. Once settled, we may adjust our schedule to every-other-week appointments. I send email and/or text reminders of appointments.

Insurance

I am a provider for several insurance plans. If you have insurance, you will typically be responsible for a copay, coinsurance, and/or deductible. If your insurance out-of-pocket maximum is met or you have secondary insurance, your treatment costs may be covered at 100%. My office will attempt to contact your insurance company and verify benefits prior to your initial visit. On occasion, however, we are unable to reach the benefits department or are quoted inaccurate information.

Practice Policy Summary

Date: 12/30/2022

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Accepted Insurance Plans:

Aetna
Blue Cross Blue Shield
Cigna Behavioral Health
Managed Health Network
Magellan Behavioral Health
Medicare (with Supplemental Plans)
Optum Health (United Behavioral Health)

The following are cash and insurance billing fees:

Initial Evaluation - \$200
30-minute session - \$100
45-minute session - \$150
60-minute session - \$175

The following are *not* covered by insurance:

Missed Appointment - \$100
Late Cancellation - \$75 (after 8:00 AM day of appointment)
Telephone Consultation - \$75 for 30 minutes and \$150 for 60 minutes
Documentation, Letters and Reports – \$50 and up, based on time spent

Billing and Payment

Fees and copayments are due at the time of service by cash, check, or credit/debit card. I store encrypted credit-card or debit-card information in my practice management software, Therapy Notes, which will be used to cover deductibles, copays, coinsurance, cash pay, and late-cancellation or no-show fees, unless other arrangements have been made.

An encrypted Payment Authorization Form will be provided to securely store your card information. My office will submit claims to all in-network insurance plans. You are ultimately responsible for payment of services rendered if your insurance company denies a claim made on your behalf.

Cancellations

If possible, please provide 48-hour notice if you need to cancel or reschedule an appointment. If sick on the day of your appointment – please cancel by 8:00 AM. Emergencies are the exception. For sick or unexpected cancellations, please text or call (602) 478-1477.

Please do not email last-minute cancellation notices, as I may not retrieve them in a timely manner.

Late Cancellation (after 8:00 AM): \$75
Missed Appointment: \$100

Insurance companies will not pay for late cancellations or missed appointments.

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Limits of Confidentiality

In general, all communication between a Patient and Psychologist is considered confidential and is protected by law.

I can generally only release information with your written consent when you sign an Authorization to Release Information Form. Some exceptions to confidentiality include:

- If I believe that there is imminent risk that you will inflict serious harm to yourself or to someone else, I must take protective action;
- If I believe a child, elderly, or disabled person is being abused, neglected, or exploited, I am required to report to this to the respective agency;
- If I am ordered to testify, I must report to the court.