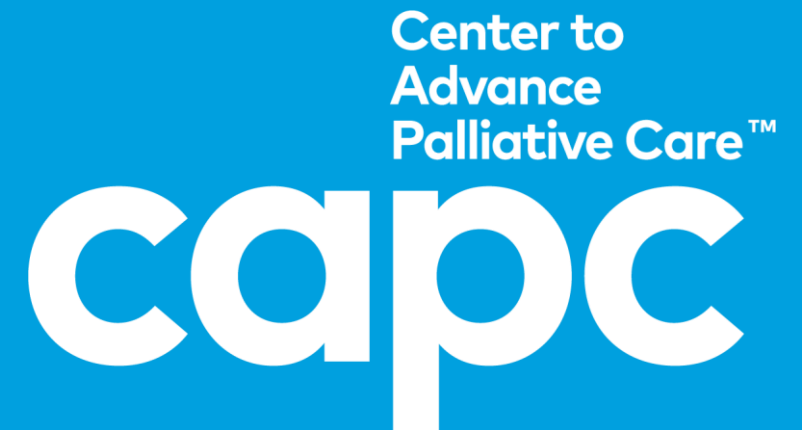


Billing and Coding for **Psychotherapy Visits** for Caregiver Support Programs

New and return visits



Psychotherapy Visits are Time-based

Can be face-to-face or via telehealth

→ If telehealth, include modifier 95 and a place of service code (e.g., POS 10 for patient's home)

Documentation includes actual time spent with patient

→ Must include start-time and stop-time

Code	Time (face-to-face)	Target duration of session
90832	16-37 min	30 min
90834	38-52 min	45 min
90837	53+ min	60 min

Psychotherapy Visits 90832/34/37: Documentation

- Start and end times
- Description of treatment interventions/type(s) of therapy
- Patient's response to treatment
- Progress toward treatment goals
- Updates to treatment plan, if any
- If using 90837, include rationale for the extended 60 minute duration

Family Psychotherapy with Patient Present (90847)

- Can be billed when the encounter includes both the caregiver you are treating and the care recipient
- Therapeutic work seeks to help both the caregiver and care recipient
- Reimbursement for this code is slightly lower than individual psychotherapy
- Documentation must include: time spent (16-60+ minutes); who is present; what therapy techniques were used

Group Psychotherapy: 90853

- Up to 10 patients in a group
- While there is no specific time requirement, visits are typically 45-60 minutes
- Topic- and skill-focused
- Documentation completed for each individual patient in group

Group Psychotherapy Visits 90853: Documentation

- Number of patients, type of group, and setting
- Start time and end time of session
- Therapeutic interventions employed
- Topics/themes discussed
- Individual patient's participation level, response to interventions, and progress toward stated treatment goal(s)
- Assessment and plan individualized for each patient

Examples of Psychotherapy Coding

90791 + 95

Psychologist meets new caregiver; obtains details of chief complaint of depressed mood; obtains psychiatric history; provides diagnostic assessment and plans for 6 additional 60-minute therapy sessions; 65 minutes by video

90834

Psychologist sees established caregiver with GAD; utilizes CBT focused on challenging cognitive distortions; notes level of engagement and progress; recommends ongoing therapy; start time 11:00, stop time 11:42

90853

LCSW leads group therapy for 5 patients; focus of session is grief after loss of family member; each patient billed for 45 minute encounter