

<p><b>Seoul (Sinsa) Office</b> 35, Gangnam-daero 158-gil, Gangnam-gu, Seoul, Korea, 06034 Phone: 02-542-5553 Email: <a href="mailto:support@SeoulCounseling.com">support@SeoulCounseling.com</a> Web: <a href="http://seoulcounseling.com">seoulcounseling.com</a></p>	<p><b>Pyeongtaek Office</b> 40-15, Sinheungbukro29beon-gil, Paengseong-eup, Pyeongtaek-si, Gyeonggi-do, South Korea, 17977 Phone: 031-692-5556 Email: <a href="mailto:info@SeoulCounseling.com">info@SeoulCounseling.com</a> Web: <a href="http://seoulcounseling.com">seoulcounseling.com</a></p>
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## Availing Cigna-Covered Therapy Sessions for Green Climate Fund (GCF) Clients

The follow are the 3 steps needed to avail Cigna-covered Psychotherapy Sessions at the Seoul Counseling Center for GCF Clients.

### 1. Inform Your Therapist

- a. Inform your therapist that you are interested in meeting with him/her via our Psychotherapy Program covered by your Cigna Insurance Policy.

### 2. Meet with Medical Doctor/Psychiatrist

- a. Schedule an appointment and meet with a Medical Doctor/Psychiatrist.
  - i. You can meet with any Medical Doctor/Psychiatrist.
  - ii. Seoul Counseling Center does NOT have any Medical Doctors/Psychiatrists on staff
  - iii. Here is a list of English-speaking Medical Doctors (Psychiatrists) in and outside of Seoul for you to consider seeing. This is not an exhaustive list, and you may see others providers, either in or outside of Korea.  
<https://seoulcounseling.com/english-speaking-psychiatrists-in-korea>

- b. Ask to be evaluated for a mental health diagnosis (such as Depression, Anxiety, etc)

- c. Ask for a "Prescription Letter" from your Medical Doctor/Psychiatrist on official Letter Head indicating the recommendation for Psychotherapy. An example Prescription Letter from your Medical Doctor/Psychiatrist is:

- i. ***"Client is suffering from \_\_\_[diagnosis here]\_\_\_. The client needs psychiatric treatment including Psychotherapy to improve his/her symptoms, for at least 10 sessions of Psychotherapy, and more, as needed."***

### 3. Give the "Prescription Letter" to Seoul Counseling Center

- a. Email or give (in-person) the letter to our Client Intake Specialist (Christine) at [Contact@seoulcounseling.com](mailto:Contact@seoulcounseling.com), and indicate your desire to have Individual Psychotherapy sessions with your therapist. Our Client Intake Specialist will then assist you with the next steps to schedule.
- b. With your Cigna Insurance, your out-of-pocket expense will be 66,000 won per session (approximately \$50 per session).