

SOAR Educational and Mental Health Therapy

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A NOTE FOR CLIENTS

Why Your Session Ends at 53 Minutes

You may have noticed that we begin winding down a few minutes before the hour is up. That is deliberate, and it is worth explaining — because those last few minutes are part of your care, not a shortcut around it.

When your session ends, I write your note. A progress note is a short, factual record of what we worked on, what shifted, what we are tracking, and what comes next. Writing it immediately — while the session is still fresh — is the only way to keep it accurate.

Why that matters to you

- **Your next session starts where this one ended.** The note is how I hold the thread across weeks, so you are not re-explaining yourself.
- **Accuracy fades fast.** A note written the same hour reflects what you actually said. A note written three days later reflects what I happened to remember.
- **Your care may involve other people.** If you are also seeing a prescriber, a physician, or a school team — or if you ever need documentation for an insurer, an employer, or a leave request — the record is what carries your story correctly. That work is only possible if the record is good.
- **It protects you if I am ever unavailable.** If someone else has to step in, a clear, current record means your care continues rather than restarts.

53 minutes is a full session, not a shortened one

The "therapy hour" has always been shorter than sixty minutes — that is the long-standing convention across the field, not something unique to this practice. Fifty-three minutes is also the standard threshold for the 60-minute individual psychotherapy code (CPT 90837), which is what a full-length session is billed as. You are receiving the complete standard session.

What this looks like in practice

1. We start on time. If I am running late, your session still gets its full length.
2. Around the 45-minute mark I may signal that we are approaching the end, so we can finish somewhere steady rather than stopping mid-thought.
3. The last few minutes are for closing and planning — grounding, summarizing, deciding what to carry into the week — rather than opening something new.

One exception, and please use it: if something urgent surfaces late in a session, say so out loud. We will make a real plan for it together — including a sooner appointment or a between-session check-in if you need one — rather than pretending five minutes is enough.

If you ever feel rushed at the end of a session, tell me. That is useful information about how our time is working, and we can change how we pace things.

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