CPT Code Cheatsheet for Therapists



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No need to memorize every CPT code your practice bills.

Here are the codes most commonly used by therapy practices to bill insurers.

CPT Codes for Therapists

CPT Code	Treatment	Notes
90791	Psychiatric diagnostic evaluation	Evaluation of a new client
90837	60-minute psychotherapy with patient	53 - 89 minutes
90834	45-minute psychotherapy with patient	38 - 52 minutes
90832	30-minute psychotherapy with patient	16 - 37 minutes
90847	Family psychotherapy/conjoint psychotherapy with patient present, 50 minutes	Minimum 26 minutes for billing purposes, with no upper limit
90853	Group psychotherapy (other than family)	Maximum 10 patients, 45 to 60 minutes
90839	Psychotherapy for crisis, 60 minutes	Notify insurer within 24 hours of billing. Append “-95” for telehealth sessions.

CPT Add-on Codes for Therapists

CPT Add-on Code	Modification	Notes
+90785	Interactive complexity	Communication challenges during session, because eg. client requested third parties (schools, social services) family members, or language interpreters to be present; is not legally responsible for their care (due to disability or status as a minor); struggled to communicate due to disability or the state of their mental health; required tools like toys or art supplies to co
+90840	Additional 30 minutes' treatment, used with 90839	Unscheduled treatment due to crisis, extended session

Headway is a free service that makes it easier and more profitable for therapists and psychiatrists to accept insurance. From built-in client documentation, and scheduling to free CEUs and dedicated support, Headway provides the foundation you need to grow your insurance practice. Talk to a practice consultant to learn more.

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