

SLIDING SCALE FEE POLICY & GUIDE

Purpose

This policy and guide acknowledges the structural and systemic barriers that prevent many community members from accessing counselling and psychotherapy services. Offering a sliding scale is my attempt to address those barriers in my own small way.

How Does it Work?

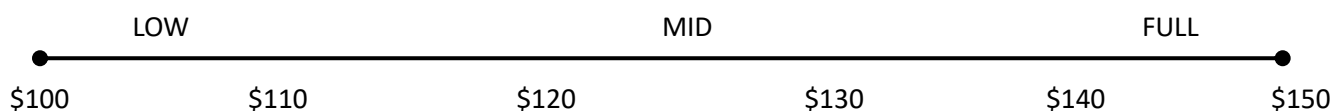
I am happy to offer a limited number of sliding-scale client spots. These clients are offered a reduced fee for 8-10 sessions based on a mutually agreed-upon therapeutic plan. These spots are available on a first-come-first-served and as-available basis. If a spot is not available at the time of inquiry, you can request to be added to my sliding scale waitlist.

My scale ranges from \$100 to \$150 (full fee) per one-hour counselling or psychotherapy session, which includes 50 minutes of therapy and 10 minutes of administration. This does not apply to indirect services like reports, letters, and clinical summaries. Clients self-identify where they may sit within the scale by reflecting on the following questions and tools and then situating themselves honestly. It is not necessary to tell me the answers to these questions or share your personal socio-economic history with me. If you feel it would be helpful to discuss your situation, I am certainly happy to do so during a brief consultation call.

Questions for Consideration:

- Do you have a consistent and stable income?
- Are you unemployed or working part-time by choice?
- Do you have degrees/certifications/training that provide long-term, stable job security?
- Do you have a partner(s) with financial stability and/or family wealth/inheritance?
- Do you have family wealth and/or inheritance, or do you receive financial support from family members without it being a financial burden?
- Do you have debt(s) that consume a large portion of your income?
- Are you financially supporting dependents/family members and/or in an unpaid caregiving role?
- Are you unable to pay your bills every month? Do you struggle to afford basic needs (housing, food, transportation, etc.)? Do you feel shame/guilt about asking for needed financial support?
- Does your race, ethnicity, skin colour, health, ability, immigration history/status, history of incarceration, sexuality, or gender(s) impact your income?

Please review the following pages offering additional tools to help situate yourself within my sliding scale:



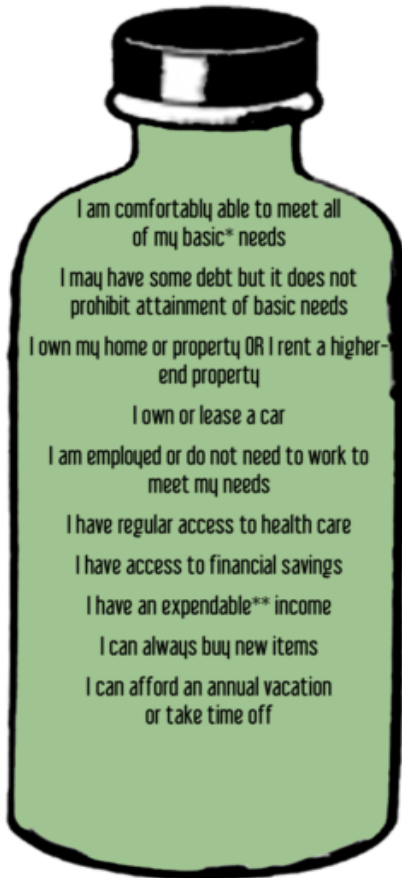
Once you've self-identified and selected an appropriate rate, you can notify me via email, and I will send an electronic consent form acknowledging our mutual agreement to this adjusted fee for service.

Note on Insurance

As you may have noticed, whether you have insurance or not is not included in this guide. That is because offering lower prices for individuals who do not have insurance is a form of insurance fraud. Generally, individuals with access to insurance benefits pay the full fee to prevent the submission of fraudulent insurance claims. Should a client's therapeutic need extend beyond the services covered through their insurance plan, and there be financial hardship that threatens the continuation of services, a sliding scale rate may be applicable at that time. This is determined on a case-by-case basis by referring back to this guide.

The Green Bottle

Where You Fall on the Sliding Scale



PERSONAL FINANCIAL EXPERIENCE

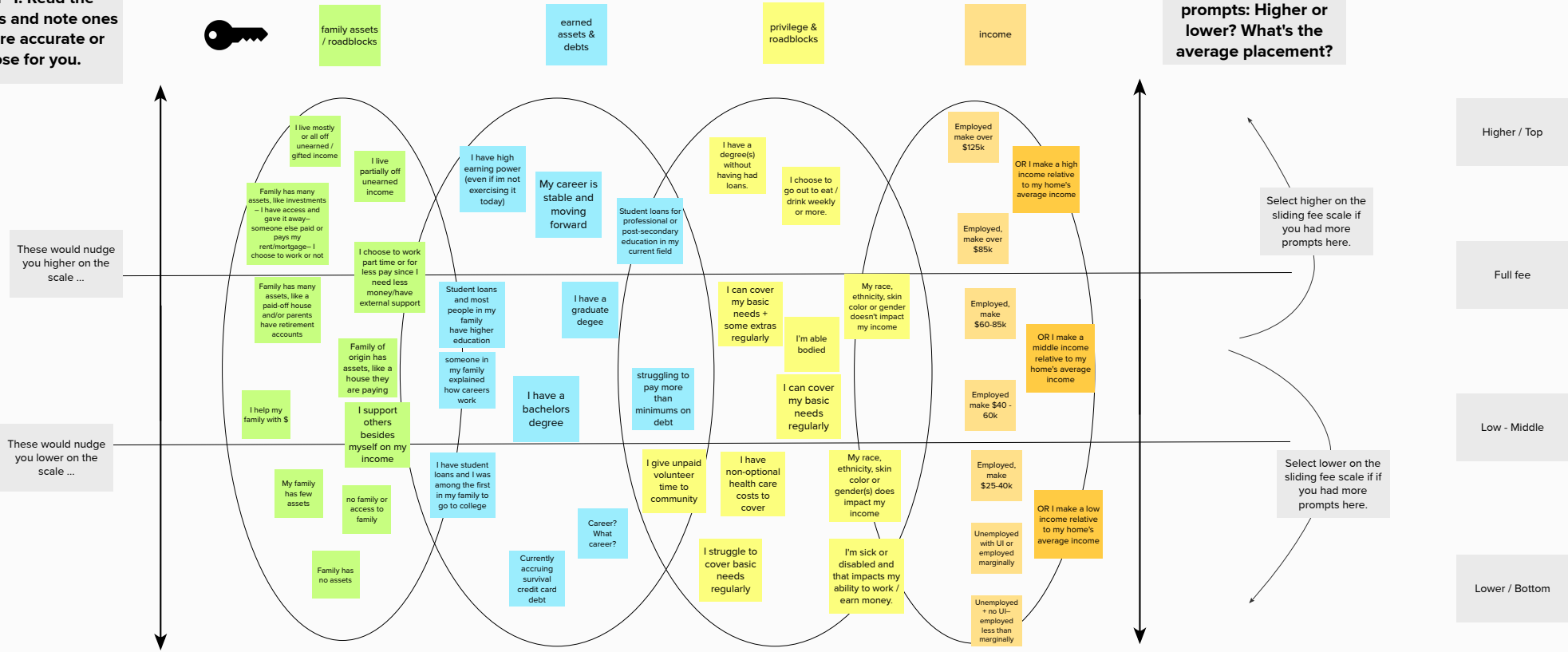
*BASIC NEEDS include food, housing, and transportation. **EXPENDABLE INCOME might mean you are able to buy coffee or tea at a shop, go to the movies or a concert, buy new clothes, books, and similar items each month, etc.

designed by Alexis J. Cunningham | www.wortsandcunning.com

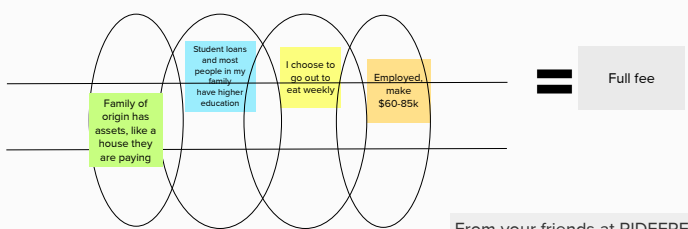
SLIDING SCALE FEE GUIDANCE

STEP 1: Read the prompts and note ones that are accurate or close for you.

Step 2: Identify where were more of your prompts: Higher or lower? What's the average placement?



AN EXAMPLE



NOTES ON USING THIS SCALE

- This is a guide, not a prescription. You know your financial reality better than anyone or any scale, period.
- There are lots of experiences and situations not covered here - place yourself as you best can, being honest and self-loving.
- It's ok to have resources! And it's ok not to have them. That's what a scale is meant to account for.
- Please use this as an opportunity to examine your resources (or lack thereof) and situation holistically and generationally.

Often we find that folks who've experienced early-life abundance who are "currently temporarily scarce" select lower on the scale than people who've experienced early-life scarcity who are temporarily abundant. That's not what's supposed to happen - and it doesn't create a sustainable practice for the practitioner.

From your friends at RIDEFREEFEARLESSMONEY.COM

THANK YOU

Thank you for taking the time to read and consider this guide. I hope it clarifies how I hope to increase the accessibility of counselling and psychotherapy in our community while also ensuring I uphold the integrity of my profession and a sustainable career and livelihood for me and my family.