Fees & Payment Details

Session Rates

- 30 minutes: £48
- 50 minutes: £80

Please pay for each session in advance, on the same day as booking.

Following ethical consultation in clinical supervision, and in response to requests from several clients who wished to pay a higher fee, I now offer an optional higher-fee rate. If you wish, you may choose to pay more than the standard fee, at your own discretion. These additional contributions help subsidise therapy for people on lower incomes.

'we are not all in the same boat, but we are all in the same storm'

If you are on a low income and are experiencing difficulty with the cost of sessions, please contact me at kes@kesleycage.com. I'll be happy to discuss the options available.

The fees above apply to both online and office-based sessions. Home visits may incur an additional fee to cover travel expenses, which we can discuss when arranging an appointment.

Preferred Method: Bank Transfer

- **Account Name:** Kesley Cage
- **UK Payments:** Account: 85924697 | Sort code: 04-00-04
- **International Payments:** IBAN: GB75 MONZ 0400 0485 9246 97

Alternatively, you can pay by card via Stripe here: Pay Now
(Please use this option if you require an automated receipt.)

Need an Invoice? I can send one to you. Just drop me an email at office@kesleycage.com.

FAQ – Questions and Answers

Q: How often do people usually attend sessions?

People attend at different rhythms depending on their needs. Some find it helpful to meet every 1–3 weeks, while others, depending on what other support they have available, prefer ad hoc sessions or every 6–8 weeks. We'll find a pace that suits you.

Q: How long will our work last?

All my services are open-ended. We'll meet as many times as seems useful for you, so this could mean up to six sessions, or some people find it helpful to attend regularly for months or even years. It's a mutual decision.

Q: How can I pay for sessions?
Payments can be made by bank transfer or card via Stripe. Payment is requested in advance of every session to secure your appointments.

Q: Why do you offer a sliding scale?
A sliding scale helps make support more accessible within the real-world context of varied incomes. Many practitioners adopt similar practices, and sliding scale models are recognised in ethical discussions about counselling access and equity.

As Damian Barr writes in *Imagine a Country: Ideas for a Better Future*: "We are not all in the same boat. We are in the same storm. Some of us are on superyachts. Some of us have just the one oar."

Q: Do I need to prove my income to qualify for the sliding scale?
No. Sliding scale decisions are based on self-assessment, not formal proof. The intent is to reduce barriers rather than create them.

Q: What happens if my circumstances change?
If your financial situation changes, you're welcome to revisit where you are on the sliding scale.

Q: Do you charge a call-out fee for visits outside your local area?
Yes, for in-person visits in the Brighton area but outside my immediate zone, or for any out-of-area appointments, a call-out fee of approximately £10–£30 applies (depending on distance). This covers travel time and costs. We'll discuss the exact amount when we confirm a visit.

Q: What do therapy fees cover?
When compared to the average rates of pay of corporate jobs, it looks like therapists in private practice make a lot more money, however that's simply not the case. Self-employed therapists need to cover their unpaid time and business expenses before paying their living costs, and that means charging session fees. Therapist fees vary depending on location, and whether the therapist depends on a second income.

Running a private practice in the UK involves ongoing costs, including supervision, training, personal sickness cover, insurance, administration, professional registration, software, articles, books, rent and other expenses. These costs accrue before I am able to generate a livelihood from my self-employed income, which I then pay tax and national insurance on. I do not have a second income; this practice must support both ongoing business expenses and my living costs.

My rates have to cover all the unpaid time and variability that goes into running a practice. This includes reflective practice, consulting, developing specialist knowledge and research, professional services, time between appointments, respite to prevent burnout, as well as my own fluctuating neurodivergent functioning and capacity for a maximum caseload.

Session fees reflect the different commitments of each session length, rather than proportional calculations based on contact time. Your payment isn't just for the time we spend talking, it's your contribution toward everything that keeps the practice open.