

Fees & Payment Details

I offer therapeutic and supervisory work as a human being, with heart and soul, and a commitment to ethical and professional practice.

Running a private practice under the UK's economic system involves ongoing costs, including supervision, training, cancellations and sickness cover, insurance, taxation, administration, professional registration fees, rent, and other business expenses. These costs accrue before I am able to earn a basic self-employed income. Standard rates are set to cover these costs and support a sustainable practice. Session fees reflect the different commitments of each session length, not a strict pro-rata calculation.

The sliding scale is for people who would not be able to pay the full cost of services while covering their essential living expenses, and it only applies within these guidelines.

Session Length & Fees

Session Length	Standard Rate	Sliding Scale Range
30 minutes	£48	£30 – £45
50 minutes	£80	£50 – £75

Supervision (including trainees):

- 45 minutes: Standard rate £60 | Sliding scale £37.50–£45
- 60 minutes: Standard rate £85 | Sliding scale £50–£75
- 90 minutes: Standard rate £95 | Sliding scale £75–£90

The above fees are for online and local in-person sessions only. A call-out fee of approximately £10–£30+ may apply for out-of-area in-person visits (e.g. home/office). See FAQ for details.

Payment Options

Please pay for sessions upon booking. Clients with recurring appointments may send advance payments at the beginning of each week of therapy.

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.

Thank you for your support. If you have any questions at all, please feel free to reach out at kes@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 — this could be 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.

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 my local 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. I'll add the exact amount to your session fee when we confirm a visit.