Sliding Scale Policy

Accessibility to mental health care is a fundamental value in my practice. I designate a set number of spaces for clients in need of a negotiated/sliding scale rate. These sliding scale spaces are prioritized for folks of marginalized groups impacted by strained financial resources & other compounding life circumstances, including, but not limited to; BIPOC &/or LGBTQ+.

My standard full fee for an hour (55+ minute) session is $135. The sliding scale range I use starts at $75 per session & scales up based on level of economic privilege & access to financial resources. Below is a reference image to support you in assessing & conceptualizing where you fall on the level of need for a sliding scale rate.

As you assess where your level of need is, I ask you to thoughtfully consider your circumstances & assess your level of economic privilege. If you are accessing the lowest rate & have a high level of economic privilege, this reduces accessibility for others who are in need of that rate. As your financial resources change, I ask that you inform me so we can adjust your rate & I can offer these accessible spots to others who need it. Additionally, moving forward, I will be collaborating with you to check in on your sliding scale rate quarterly, & either adjust or maintain it as needed.



*Bottle 4 will be reserved for QTBIPOC first - outside of this priority, bottle 4 rates are only available for weekly appointments. The lowest rate for bi-monthly appointments (e/o week) will be $105/hour.