



SJP Wellbeing
Person First. Therapy & Education.

Reduced Fee Pathway (RFP)

What It Is

The Reduced Fee Pathway (RFP) is SJP Wellbeing's way of making counselling and psychotherapy more accessible.

It reflects our Person First values and our belief that quality therapy should be available to anyone who needs it, not just those who can afford full fees.

The RFP provides limited, lower-cost sessions for people who are committed to therapy but do not have access to supports such as private health, NDIS, or EAP programs.

Who Can Access It

You may be eligible for the Reduced Fee Pathway if you:

- Do not have access to NDIS, RTWSA, or private health rebates, and
- Are experiencing genuine financial hardship, and
- Are committed to attending therapy regularly, or
- Have multiple family members engaged in therapy at SJP Wellbeing, creating financial strain.

If you have other supports available (such as NDIS, EAP, or private health), we ask that you use those first so we can keep the RFP open for those without other options.

If your funding changes or runs out, you're always welcome to return to the RFP.

Three Levels of RFP Access

To keep therapy accessible and fair, SJP Wellbeing offers three types of RFP access depending on your situation and level of engagement:

RFP– Weekly

For clients attending weekly or fortnightly sessions.

- Reviewed every 3 months with your practitioner.
- No limit on the number of sessions while you remain actively engaged in therapy.

RFP– Family

For households with more than one family member in therapy at SJP Wellbeing, where full fees would make care difficult.

- Reviewed every 3 months with your practitioners.
- No limit on sessions while family members remain engaged in therapy.

RFP– 6

For clients attending less often than fortnightly (occasional or ad-hoc attendance).

- Includes up to 6 sessions (or 6 months, whichever comes first).
- After this, you can reapply if places are available.
- If full, you'll be added to the waitlist and notified when a space opens.

How It Works

The RFP is fully self-funded by SJP Wellbeing — it isn't externally subsidised.

To keep it fair and sustainable, we balance full-fee and reduced-fee places carefully.

- Up to 15% of our total active caseload is reserved for RFP clients at any time.

- When this limit is reached, new applications are placed on a waitlist or offered sessions with a student counsellor.
- Reviews occur every 3 months (or after 6 sessions) to ensure places are being used effectively and equitably.

This system helps us make therapy accessible to those who need it most, while maintaining the long-term wellbeing of our clients, practitioners, and community.

Fees

Initial Consultation	\$197.85
Standard Consultation	\$142.75

These rates provide meaningful financial relief while still supporting the sustainability of our practice and practitioners.

Review and Renewal

Each RFP arrangement is reviewed every **3 months or 6 sessions**, whichever comes first.

Continuation is based on attendance, engagement, and availability of RFP places. If your circumstances improve, or if funding options become available, we'll help you transition to the standard fee or another suitable pathway.

Payment Options

To make therapy easier to manage financially, payment plans are available for both full-fee and RFP clients.

These plans allow you to spread the cost over time through direct debit arrangements.

The RFP exists to **reduce financial barriers** while keeping therapy sustainable for both our clients and practitioners — a model that ensures everyone can access support when it's needed most.