

Needs Based Sliding Scale:

The needs based sliding scale is not based on verification of income or on family size, but rather based on an assessment of ability to meet basic needs.

If you:

- Meet all of your basic needs* comfortably
- Can always purchase new items when needed or wanted
- Have access to financial savings
- Have expendable** income
- Can afford to take an annual vacation or afford time off
- Have the resources to purchase or lease a car if you lost your current means of transportation
- Manage debt without it prohibiting you from affording your basic needs
- Have regular access to healthcare

You do not qualify for a sliding scale fee at this time and your rate for therapy would be the full \$115 self-pay rate

If you:

- Stress about meeting your basic needs, but still regularly achieve meeting them
- Have debt that may be stressful, but it doesn't prevent you from meeting your basic needs
- Have access to healthcare
- May have access to financial savings
- Have some expendable income
- Can take an annual vacation or every few years without financial burden
- Can purchase some items new and others thrifted
- Own or lease a vehicle, but if you lost that vehicle, it would be burdensome for you to purchase or lease a new vehicle

You do qualify for a mid-range sliding scale fee, ranging between \$65-\$85 per session

If you:

- Frequently stress about meeting your basic needs and do not always achieve meeting them
- Have debt that prevents you from meeting your basic needs
- Have unstable or unsafe housing
- Have limited access to a car, are unable to afford gas, or are unable to afford major mechanical fixes that would make your car driveable
- Are unemployed or underemployed
- Qualify for government assistance including SNAP and/or medicaid
- Have no access to savings
- Have very little or no expendable income
- Are unable to rarely able to purchase new items
- Cannot take a vacation or take time off because it would be a financial burden
- Would not otherwise be able to access therapy without a reduced rate

You do qualify for a low-range sliding scale rate, ranging between \$30-\$50 per session

**Basic needs: Food, housing, healthcare, transportation*

***Expendable income: this may mean you are able to buy coffee or tea out, go out to eat, go to the movies or a concert, buy new clothes, books, etc.*

If you find after reviewing this scale that you still would be unable to afford \$30-\$50 per session, please reach out anyway. I reserve a limited number of spots that are very reduced for clients in need. These very reduced slots are considered temporary, set for a specific length of time as discussed by you and I based on your goals and needs for therapy.

Sliding scale slots are re-evaluated yearly, unless there are changes that would necessitate an earlier review, such as an increase in income or other changes that improve your ability to afford services. Likewise, any current client that experiences any extenuating circumstances that affect ability to afford services, such as job loss, decrease in income, loss of health care coverage, may have a conversation with me to discuss a plan to continue services according to the sliding scale.

Sliding scale adapted from Alexis J. Cunningfolk - <https://www.wortsandcunning.com/blog/sliding-scale>