



Sliding Scale Fee Policy

Purpose

Mind Embody Psychotherapy Mental Health Counseling PLLC is committed to increasing access to mental health services by offering a limited number of reduced-fee appointments based on financial need. The sliding scale is designed to support individuals who may not be able to afford the full session fee while maintaining the sustainability of the practice.

Availability

Sliding scale spots are limited and offered on a first-come, first-served basis. Availability may change over time depending on demand and caseload.

Eligibility

Eligibility for a reduced fee is based on self-reported financial need. Clients are invited to consider factors such as:

- Income level
- Employment status
- Financial responsibilities (e.g., dependents, medical expenses, debt)
- Access to financial resources or support

No formal financial documentation is required; however, clients are expected to provide honest and accurate information.

Fee Range

Sliding scale fees typically range from **\$75 to \$125 per session**, depending on individual circumstances. The standard full fee for a 55-minute session is **\$175**.

Determining Your Fee

During the initial consultation or intake process, we will collaboratively determine a fee that feels manageable for you while honoring the value of the service. Clients are encouraged to choose a rate that is sustainable and reflects their current financial situation.

Review and Adjustment

Sliding scale rates may be reviewed periodically (e.g., every 3–6 months) or if there is a significant change in financial circumstances. Adjustments may be made based on updated needs or availability of reduced-fee slots.

Missed Appointments & Late Cancellations

The agreed-upon sliding scale fee applies to missed sessions or late cancellations (unless otherwise specified in the cancellation policy).

Ethical Considerations

Offering reduced fees is part of my commitment to equity and accessibility, while maintaining consistent payment supports the continuation of services for all clients.

Alternative Options

If no sliding scale spots are available, I am happy to provide referrals to lower-cost services, community resources, or therapists who may better fit your financial needs.