

Sliding Scale Policy
(For Those Not Using Insurance)
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I dedicate a portion of my practice to sliding scale openings to increase access to therapy for individuals experiencing financial hardship. I base sliding scale fees on current household income and financial circumstances. My standard fee is \$225 per individual session, and my sliding scale ranges from \$25 to \$200 per individual session. Similarly, my standard fee for the DBT Skills Groups is \$75 per session, and my sliding scale ranges from \$10 to \$65 per group session.

I limit sliding scale availability and review it periodically to maintain the sustainability of my practice and fairness to all clients. Please note that I apply sliding scale rates only to self-pay services and do not combine them with insurance billing. I base fees on gross monthly household income.

Monthly Income	Individual Session Fee
\$0 – \$1,500	\$25
\$1,501 – \$2,500	\$50
\$2,501 – \$3,500	\$75
\$3,501 – \$4,500	\$100
\$4,501 – \$5,500	\$125
\$5,501 – \$6,500	\$150
\$6,501 – \$7,500	\$175
\$7,501 – \$8,500	\$200
\$8,501+	\$225 (standard rate)

Monthly Income	DBT Skills Group Session Fee
\$0 – \$1,500	\$10
\$1,501 – \$2,500	\$15
\$2,501 – \$3,500	\$25
\$3,501 – \$4,500	\$35
\$4,501 – \$5,500	\$40
\$5,501 – \$6,500	\$50
\$6,501 – \$7,500	\$60
\$7,501 – \$8,500	\$65
\$8,501+	\$75 (standard rate)

I determine sliding scale rates using self-reported income and financial circumstances. To maintain fairness and sustainability, please provide documentation such as:

- Recent pay stubs
- A benefits award letter (e.g., SSI, SSDI, SNAP)

- The first page of a tax return
- A written statement if you currently earn no income

I keep all documentation confidential and use it only to determine fee placement.

Review Policy

I review sliding scale fees every six months or upon request when a client's financial circumstances change. I adjust fees upward or downward as appropriate.

Limits to Protect the Practice

I limit the number of sliding scale appointments and offer them based on availability. When all sliding scale slots are full, I place clients on a waitlist or provide referrals.