CS Psychotherapy

Sliding Fee Scale Self Assessment Tool

Please review the criteria below to determine my hourly fee for you

Fee	Criteria
$110 – $130	• I am comfortable and can meet all of my basic needs. • I may have some debt, yet it does not affect my basic needs. • I own my home OR rent and have security in my living situation. • I own or lease a car, I am employed or don't need to work. I have some savings. • I have an expendable income. I can buy new items. • I can afford to take time or take an annual vacation.
$80 – $105	• I may stress about meeting my basic needs, yet still regularly achieve them. I may have some debt, yet still meet my basic needs. • I own or lease a car. I am employed in some capacity. • I have some access to savings & some expendable income. • I can buy new items & thrift others. • I can afford to take time off or go away every few years.
$50 – $75	• I sometimes don't meet my basic needs. • I use public transportation and work part-time. • I have no savings and have some expendable income. • I can afford to take time off, but cannot afford to travel
$25 – $70	• I rent lower-end properties or have unstable housing. • I do not have a car. I am unemployed or underemployed. • I rely on government assistance. I use the food bank. • I have no or very limited expendable income. I rarely buy new items.

Basic Needs include food, housing, childcare, and transportation. Expendable income might mean you can buy coffee or tea at a shop, go to the movies or a concert, buy new clothes, books, etc.