



# SYNCHRONICITY C O U N S E L I N G

## Self-Determined Fee Schedule - LPC-S

In our country, insurance and access to mental health treatment are privileges. In an effort to make mental health treatment accessible to everyone, we've structured our rates to be self-determined. Please consider your social location (your proximity to power, privilege, and resources) in determining how much you are able to contribute so that we can collectively move towards equity.

### **\$165 - Pay It Forward**

- own the home you live in
- benefit from caste / class privilege
- have investments, retirement accounts, or inherited money
- travel for recreation
- have access to family money and resources in times of need
- work part-time or are unemployed by choice, including unemployment due to full-time school in a degree-earning program

### **\$150 - Fair**

- rent the home you live in
- work part-time or are unemployed not by personal choice
- have access to healthcare in the event of an emergency
- are living paycheck-to-paycheck more often than not

### **\$135 - Supported**

- are supporting children as a single parent or have other dependents
- are experiencing discrimination based on caste
- are experiencing financial hardship and have instability in home or food
- have significant debt
- have medical expenses not covered by insurance or a medical condition that prevents you from working
- are eligible for public assistance
- have immigration related expenses
- are an elder with limited financial support
- are an unpaid community organizer
- are experiencing discrimination in hiring or pay level