



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

## Self-Determined Fee Schedule - PhD

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