

### About my professional fees

***I am a private practitioner I do not accept Medicare Mental Health Plans or provide Medicare rebates.***

Our therapeutic relationship is founded on trust and mutual understanding. To maintain this, **I kindly request your cooperation with my payment policy.** As an independent practitioner collecting payments upfront allows me to dedicate our sessions entirely to your wellbeing.

**All fees are due in advance via credit/debit card to reserve your appointment.** This ensures our time together focuses solely on your therapeutic journey, free from administrative interruptions. Payments are processed securely through Stripe.

Please be aware that fees may vary based on your individual therapeutic needs, including personal health factors, goals, and progress. This can influence session frequency and overall costs over time. While I cannot provide a precise long-term estimate, I offer session packages for those interested in extended work together (details below).

### Professional fees and rates 24/2025

**Your first visit:** is a 75-minute Session: \$275 (GST inclusive).

The first visit with me is longer than the standard session. The extra time is used to get to know you and delve into your concerns and start planning to work with you.

#### My regular session fee:

- **1-Single Session:** \$160 (incl. GST). (One 60-minute session).

#### My 60-minute session package options offer great value:

- **5-Sessions Package:** \$760 (incl. GST), saving you 5% (Five 60-minute sessions, \$152 per session).
- **10-Sessions Package:** \$1,440 (incl. GST), saving you 10% (Ten 60-minute sessions, \$144 per session).
- **15-Sessions Package:** \$2,040 (incl. GST), saving you 15% (Fifteen 60-minute sessions, \$136 per session).
- **20-Sessions Package:** \$2,560 (incl. GST), saving you 20% (Twenty 60-minute sessions, \$128 per session)



## **Financial hardship**

**If you are experiencing financial hardship**, please don't hesitate to discuss this with me. I am committed to making my professional services accessible to those who are in severe financial or social disadvantage. I may be able to offer alternative arrangements or resources to support your continued care. You will need to provide evidence of your financial hardship.

## **NDIS participants**

I accept NDIS plan managed clients. All you need to do is provide your plan managers details so formal arrangements can be made for payment processing.

## **Fees terms and conditions**

### ***Fee policy***

- Professional fees may be adjusted periodically.
- Payment is required in advance of each session.
- If you cancel with at least 48 hour's notice, you will receive a full refund or may reschedule your appointment at no additional cost.
- Cancellations with less than 48 hour's notice will incur the full fee. Exceptions may be made for extenuating circumstances.
- Should I need to cancel your session, you will receive a complete refund or have the option to reschedule.
- All clients must provide a valid debit or credit card, and authorise consent for payment processing and upfront charges before beginning my professional services.

### ***Session packs***

- Session packs require upfront payment.
- Unused visits within the session packs remain valid for 48 months after your last appointment with me.
- Session packs are non-refundable, except in cases of extenuating circumstances or severe financial hardship. The session cancellation policy and non-attendance policy also apply.

### Investing in Your Wellness: The Hidden Value

I understand that the cost of professional mental health services, especially from private practitioners, can feel overwhelming. It's natural to question these expenses, particularly when you're already dealing with the challenges that brought you to seek help. As a psychotherapist and counsellor, I want to share some insights into why these costs exist and why they're crucial for providing quality care.

As a specialised healthcare provider, I've gained advanced qualifications and expertise in specific fields like sexual health and wellness, trauma recovery, chronic pain management. While these areas aren't always recognised as essential by government standards, covered by Medicare, or included in mental health care plans, they can dramatically improve the well-being of those seeking such specialised care. Moreover, my practice offers access to these vital services that may not be readily available elsewhere.

My professional fees are thoughtfully structured to provide value and accessibility. I've set my rates [below the standard psychologist fees recommended by the Australian Psychological Association \(APA\)](#), positioning them between the Medicare rebate amount and what a typical psychologist charges.

What sets me apart is the range of specialised services, which go beyond what you'd typically find with a general psychologist. This means you're receiving expert, tailored care at a competitive price point. For some clients, this is important for others not so.

Let me break down the costs involved in running a private practice, and why they matter to you as a client:

- **My space:** A comfortable, professional space isn't just a luxury—it's a key part of creating a safe, healing environment for you, it also comes at a cost to me.
- **Professional memberships:** These are a requirement for genuine professionals and provide an ethical foundation for our work. They ensure I adhere to strict standards of practice, which ultimately protects and benefits you as a client.
- **Clinical supervision:** Regular supervision helps me maintain the highest standards of care, allowing me to better support you through complex issues.
- **Marketing, advertising and running a website:** While this might seem unrelated to your care, it helps connect those in need with the right specialist, potentially shortening the time it takes for you to find effective help.
- **Administration:** Efficient software systems keep your information secure and allow me to focus more on your care rather than paperwork.
- **Planning to work with you:** Behind the scenes I am planning how I work with you. I generally spend up to two hours of non-paid time doing this and consulting with my



clinical supervisor, and if required undertaking additional research, and writing up a plan for you.

- **Coordination of care for you:** communicating and corresponding with your health care practitioners if required, and planning as a team to ensure you get the best for your health and wellness.
- **Continuing professional development:** This ensures I am always equipped with the latest, most effective therapeutic techniques to support your growth and healing.
- **Student loans:** The extensive education required to become a mental health professional often comes with significant debt, which factors into my rates.

I know these costs can be daunting, but they reflect the value of specialised, high-quality services. When you invest in my professional services, you're not just paying for an hour of my time—you're investing in your well-being, personal growth, and future quality of life.

Remember, seeking help is an act of courage and self-care. While the financial aspect can be challenging, the potential benefits to your mental health and overall life satisfaction are immeasurable. And if you're struggling to see me then reach out.