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Anti-Oppressive Rate Questionnaire

In an effort to make therapy accessible, affordable, and sustainable for all, particularly without relying on systems such as insurance to dictate the length, diagnoses, and interventions for psychotherapy, fees for sessions are determined by completing this brief questionnaire. Fees are based on a sliding scale that is correlated to your current financial circumstances. Folks who are paying the higher-tier rates directly contribute, paying it forward, to those paying the lower-tier rates. Each tier holds an allotted number of slots, and therefore are not always available.

To determine your fee, please answer the following questions, and take note of how many you said yes to. Trust and accountability are important parts of building relationships, and as such, there is no requirement to share with me your results. Once you've determined your answers, and feel your tier is in alignment with your financial circumstances, you're welcome to share with me your fee, and we can discuss any other details that require ironing out. If you end up landing in the Reciprocity tier, we will discuss together what exact fee feels the most appropriate for you. Please don't hesitate to reach out if you have any questions about this process.

- Are you and your family homeowners or landowners? (This question does not apply to those who are Native or Indigenous)

- Have you attended private education institutions or do you have an advanced degree (this includes college and/or graduate school)?
- Are you able to make minimum payments on bills or credit cards?
- Have you been able to easily access and afford health insurance for yourself and/or your family members?
- Do you have zero to no debt, and/or do you have disposable income?
- Do you have a safety net composed of “financially stable” or wealthy family and friends?
- Do you have U.S. Citizenship?
- Does your income solely support you, and not other loved ones?
- Have you or do you expect to inherit money or property?
- Are you able to regularly take time off when needed, or for annual vacations?

Once you’ve counted your total yes answers, use the chart below to determine your tier. You may use this line to note the number of yes answers, or your tier, if you wish: _____

Rate Structure ¹			
Tier	# of Yes Answers	Individual Fee (50-minute Session)	Relationship Fee (90-minute Session)
Redistribution	7-10 questions	\$200	\$245
Foundation	5-7 questions	\$180	\$220
Sustain	3-5 questions	\$165	\$185
Solidarity	1-3 questions	\$130	\$170
Reciprocity	0	\$90-\$130	\$100-\$160

¹ Created with guidance and inspiration from [Cultivating Healers](#), [Worts and Cunning](#), and [Radical Healing Toronto](#).