



Sliding Scale

Beginning January 1, 2026 we are adopting the “Green Bottle” method of offering therapy on a sliding scale. This sliding scale structure is designed to accommodate clients with different financial means and levels of privilege. I will not ask for financial documents and will trust you to choose the financial range that works for you. Please review the tiers below.

SLIDING SCALE FEE STRUCTURE FOR THERAPY



adapted from [The Sliding Scale: A Tool of Economic Justice](#) by Alexis J. Cunningham and [Embracing Equity](#).

Bottle Descriptions

The text in the graphic can be hard to read so here's what it says for each bottle along with the range of fees for each bottle:

Melanated Allied Counseling and Studio, DBA: Soul Stage Healing Arts



Full Bottle (\$200-\$250) Intakes

I'm comfortably able to meet all my basic* needs.

I may have some debt but can meet basic needs.

I own my home or another property.

I own a car.

I'm employed or don't need to work.

I have regular access to healthcare.

I have financial savings.

I have investments.

I have an expendable** income.

I can always afford to buy new items.

I can afford to travel for pleasure and take time off for rest/recreation.

Mostly Full (\$150-\$175)

I'm able to meet all my basic* needs

I may have debt but can meet basic needs.

I might have some financial stress about future needs.

I own my home or rent a higher-end property.

I own or lease a car.

I am employed or self-employed.

I have access to healthcare.

I might have access to some financial savings.

I have some expendable** income.



I can take an annual vacation without financial burden.

Half Full (\$100-\$150)

I have stress about meeting basic* needs, but still regularly meet them.

I have some debt.

I am employed part-time or underemployed.

I own or lease a car but am not always able to afford associated costs.

I have limited access to healthcare.

I have limited financial savings.

I have limited expendable** income.

I have to actively save in order to take a vacation or time off.

I have had to take off work for caregiving tasks.

Least Full (\$75-\$90) 45min session only

I stress about meeting basic* needs and don't always meet them.

I have debt and it sometimes prohibits me from meeting basic needs.

I rent or have unstable housing.

I own/lease a car but am not always able to afford gas or I have limited access to a car.

I am not employed.

I qualify for government assistance programs.

I have Apple Health.

I have no or limited expendable** income.

***Basic needs includes food, housing, transportation.**



****Expendable income might mean you can buy a coffee/tea at a shop, go to the movies, buy new clothes, books, and similar items regularly.**

Discussing finances can be uncomfortable, and we hope this new fee schedule offers clarity and accessibility to services. There may be times when I do not have any availability in the range you identify with. If this is the case, I will do my best to offer other low-cost therapy resources and referrals.