



### 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:

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### **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.

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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.**

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**\*\*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.