



Pricing List

Service	Massachusetts	Rhode Island
Initial 15 min phone consultation	Free	Free
Individual Therapy	\$150	\$175 - \$190
Family Therapy	\$200	\$200
SPACE Therapy	\$200	\$200
EMDR Intensive	N/A	\$400
Restorative Yoga @SK Town Beach, seasonal	N/A	\$20
	25% of caseload is allotted to Blue Cross Blue Shield clients and sliding scale	Sliding scale spots available for those who qualify; please inquire



Care should be accessible for everyone.

We have intentionally allotted for sliding scale spots. We will determine the session rate based on responses to an **anti-oppressive rate questionnaire** designed to promote equity and accessibility developed by Cultivating Healers.

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?

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 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 only support you, and not other loved ones?

Have you or do you expect to inherit money or property?

Have you or could you have attended college and/or graduate school?