

Low Fee Therapy

As a sole proprietor in private practice, I have limited availability to offer low fee services in my schedule and those spots are currently full. I have pulled together this list of options as you seek to find a clinician that is the right financial fit for this time in your life.

1. When speaking or seeking out a therapist, ask them if they work through a sliding scale. Many clinicians that are first building their practices will offer a certain amount of spaces in their schedule for low fee or discounted options. If they can't do it, don't get discouraged as there are other options.
2. Sole private practitioners don't have the same flexibility to offer sliding scale as much as group practices do. If seeking out a private therapist, looking to the group practices is a great option. A group practice is a private practice therapist who has grown so much that they are able to hire associates that are post graduate therapists obtaining their 3000+ hours for licensure. You can obtain specialization by those clinicians that are working under and gaining supervision from the licensure of a clinician that specializes.
3. Reaching out to your local university in your city or county offer psychological services. Students that are going through their graduate programs are working under the supervision of licensed clinicians. This can be a win, win scenario for both those who are learning and growing into their professional identities and the clients who cannot afford full fee services.
4. Open Path Collective is a listing service that is subscription based, but offers clients an option to pay for therapy between \$30-60.00. Clinicians listed on it have made arrangements with the listing service to offer at least 1 spot at this low session fee. Here is the link: <https://openpathcollective.org>
5. Community Mental Health Clinics are not for profit centers that provide low fee therapy. Every community has them. You can look them up on Google by putting in search 'Community Mental Health in _____' and a list of ones in your area will come up.
6. Faith communities and colleges often have counseling services available for low fee. This is not therapy, but a specific kind of counseling that is usually approached through the theological lens of the specific faith.

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