

Tiered Pricing Guide - Therapy with Helena



I provide tiered pricing options to account for different incomes, levels of privilege and financial backgrounds. The intention of this document is to provide clear information so you can do a self-assessment and place yourself in the tier that makes most sense for you in your life right now.

Please note, there is a limited number of reduced rate slots I can offer. If at the moment slots for the reduced pricing are full, I'd be happy to put you on my reduced rate waitlist and notify you when this payment option becomes available.

Notes on Using this Guide

- This is a guide, not a prescription. You know your financial reality better than anyone or any scale.
- There are lots of experiences and situations not covered here – place yourself as you best can, being honest and self-loving.
- It's ok to have resources! And it's ok not to have them. That's what using a scale is meant to account for.

Pricing Tier	Income	Privilege/ Roadblocks	Family Assets/ Roadblocks
Standard Fee €90	I have a consistent, regular, middle to high income	I choose to go out to eat/drink weekly or more I can cover my basic needs and some extra regularly My race, ethnicity, skin color or gender does not seem to impact my income	My family has assets I live partially off unearned income I choose to work part time since I need less money/have external support I am able to turn to my family for financial support when/if needed
Middle Fee €80	I have a consistent middle to low income	I choose to go out to eat/drink occasionally I have a bachelors and/or graduate degree or am currently in school	My family has few assets I am not able to turn to my family for financial support
Low Fee €70	I am unemployed I have a low income	I rarely am able to go out to eat/drink I can not afford things outside my basic needs I am unable to cover my basic needs regularly My race, ethnicity, skin color or gender does impact my income	My family has no assets I am not able to turn to my family for financial support