

# Payment Options and Sliding Scale

10/01/2023

Welcome!

Since starting my private practice in 2011, it has always been important to me that therapy and other wellness services be available to all clients with a sincere desire to heal, grow, and do their work. I strive to meet people where they are financially, and to be available to marginalized, uninsured or underinsured, or lower income folks. At any given time, about 40% of my clients are paying a sliding scale fee, which is something I am proud of (it is also quite rare among therapists in private practice).

**Current Rates:** My standard fee is \$125 per session hour, which has not changed in 5+ years. I do not intend to raise my fees anytime soon. My standard sliding scale goes down to \$75 per session hour, and includes spaces at \$90 or \$100 per session hour. There are open spaces available at these rates.

**Hypnotherapy:** Please note that Hypnotherapy sessions are two hours long, and have a sliding scale minimum fee of \$100 (\$50 per session hour). I cannot currently bill insurance for Hypnotherapy.

**Open Path:** I am a long-time member of the Open Path Collective, a non-profit with the mission to make therapy affordable for all. Open Path membership gives you access to therapists who agree to a \$40-70 per session rate. My \$40 and \$50 spots are usually filled, but I typically have Open Path space open at the \$60 per session level. Open Path requires a one-time membership fee (currently \$65), but gives you lifetime access to their nationwide network of therapists. It is a fantastic organization. Check out [www.openpathcollective.org](http://www.openpathcollective.org) for more information.

**Insurance:** As a provider and consumer, I have a lot of opinions about the inequities and injustices of our healthcare system, so I struggled with the knowledge that many folks rely on their insurance benefits to access therapy. I now work with a third-party company called Headway, whose mission is to make access to therapy via insurance easier and less stressful for both therapist and client. They handle the billing and paperwork, so we don't have to! Through Headway, I am currently in-network for Premera Blue Cross, United Health Care, Aetna, Cigna, Oxford, and Oscar Health. I am waiting to be approved for Regence Blue Shield. Visit [www.headway.co](http://www.headway.co) for more details about using Headway. Should you have a different insurer, I do offer healthcare "superbills" to seek reimbursement for out-of-network benefits.

**Questions?** Please get in touch! Email me directly at [cassie.salewske@gmail.com](mailto:cassie.salewske@gmail.com)

**Full Fee per Session Hour:** \$125

**Late Cancellation/No Show Fees:** \$40 for Telehealth; Full Session Fee for In-Person appointment

**Sliding Scale Fee Spots:** \$75, \$90, \$100

**Open Path Fee Spots:** \$40 (inquire for availability) \$50 (inquire for availability), \$60

**Insurance:** In-network for Premera, United Healthcare, Aetna, Cigna, Oxford, and Oscar Health.

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