



Conscious Rate Structure

My practice is built on the belief that therapy and leadership work are most effective when both client and clinician are resourced. The Conscious Rate Structure is a transparent honor-based framework that honors the value of this work and the reality that we all move through different financial seasons.

You're invited to review the rates below and choose the tier that feels both sustainable and reflective of the value this work brings to your life and leadership.

When deciding, please note that sessions are typically held bi-weekly. There is an opportunity to use HSA/FSA benefits to cover therapy expenses.

How to Use This Structure

- Review the tiers and descriptions.
- Identify the rate that feels both sustainable and aligned.
- Bring your reflection to our consultation if you'd like to discuss which tier fits best.

General Considerations

When selecting the rate tier that feels right for you, please reflect honestly—space is limited. This process isn't about finding a discount or determining whether my work is "worth it." It's about identifying the investment that aligns with your readiness and current season.

With over thirteen years of clinical and leadership experience, I bring depth, strategy, and care to every session. The rate you choose simply reflects your commitment to your goals and the consistency required to reach them.

Rate Tiers and Reflective Questions

The Conscious Rate Structure is organized into three tiers to reflect different levels of investment. Each tier includes a session cap to support focused, goal-oriented work rather than open-ended therapy or coaching. Clients typically meet bi-weekly, allowing time between sessions for reflection, integration, and application.

Tier One \$325 per 70 minute session

Designed for established professionals and leaders seeking deeper, integrative work that bridges life, leadership, and emotional wellness.

Sessions at this level provide more time for complex processing, strategy, and reflection.

Guiding Questions:

- Due to business or career stability Can you comfortably invest at this rate without financial strain?
- Are you looking for spacious, integrative sessions that allow for both insight and strategy?

There is no session cap at this tier; clients may continue in ongoing work or structured packages of 6, 8, or 12 sessions.

Tier Two: \$250 per standard 50 minute session | Maximum of 12 sessions | Space is limited

The 12-session cap helps maintain focus and direction, ensuring our work remains targeted and measurable. After 12 sessions, we will review goals and determine whether to renew, pause, or conclude.

Guiding Questions:

- Would paying \$250 per bi - weekly session be challenging but achievable with careful budgeting and prioritization?
- Are you ready to commit to a defined season of work with clear intentions and outcomes?

Tier Three: \$200 per Standard 50 minute session | Maximum of 9 sessions | Space is limited

The 9-session limit helps ensure that reduced-rate access remains available to those in active transition while keeping the practice sustainable.

Guiding Questions:

- Would a brief, focused series of bi-weekly sessions help you gain clarity or direction during this transition?
- Would this rate make therapy accessible for you right now without creating additional stress?
- Do you feel ready to make the most of a short-term, goal-driven process?

Liminal Support Group

If the tiers above are outside your current budget, you may wish to explore Liminal, my donation-based support group for women in transition. It offers a community-based space for reflection, regulation, and clarity at a more accessible investment level.

During our consultation, I'm happy to answer any questions about this structure or help you determine which option best fits your current season.

[Schedule A Consult Here](#)

