



FEE STRUCTURE UPDATE (EFFECTIVE 1 JANUARY 2026)

My aim has always been to keep counselling accessible and affordable, while ensuring I can continue offering a high-quality, consistent service. There will be an adjustment to my session fees in the new year, and this change reflects increasing costs and GST requirements.

SESSION TYPE	DURATION	CURRENT 2025	NEW 2026	FEE DIFFERENCE
Brief Phone Counselling	30 minutes	\$65	\$75	+\$10
Individual Counselling	60 minutes	\$130	\$145	+\$15
	90 minutes	\$165	\$180	+\$15
Family (1 adult + 1 child)	60 minutes	\$130	\$145	+\$15
Family or Relationship Counselling	60 minutes	\$165	\$180	+\$15
	90 minutes	\$195	\$210	+\$15

A **10% discount is applied** for concession or pension card holders, and children under 16 (individual counselling only), or by prior agreement in cases of financial hardship; only one (1) discount applies per appointment per person.

PLEASE NOTE:

- These prices are inclusive of GST.
- All appointments exceeding 60 minutes in length are only applicable to clients aged over 18 years of age.
- Private health rebates may apply depending on your Health Fund and level of cover.
- These prices and discounted fees do not apply to NDIS funded or RTWSA clients

CANCELLATIONS within 24-hours of an appointment or a non-attendance will incur the full fee; a cancellation fee may be waived at my discretion on an individual case basis.

Thank you for your continued trust and support — it is a great privilege to work alongside my clients on their journey.