



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 such as rent, registrations, insurance, travel, and GST requirements. These fee structure changes align with my transition to a Level 4 registration with the Australian Counselling Association (ACA) and my pending clinical registration with Psychotherapist and Counselling Federation of Australia (PACFA).

Session Type	Duration	Current 2025	New 2026	Fee Difference
Individual Counselling	60 minutes	\$130	\$150	+\$20
	75 minutes (Initial 18+yrs)	\$150	\$165	+\$15
	90 minutes	\$165	\$185	+\$20
Family / Relationship Counselling	60 minutes	\$165	\$185	+\$20
	90 minutes	\$195	\$220	+\$25
Reduced / Concession Fees	60 minutes	\$115	\$130	+\$15
	90 minutes	\$150	\$165	+\$15

Please Note: 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.

Reduced fees remain available for concession or pension card holders, children under 16, and by agreement in **cases of financial hardship**; these do not apply to NDIS funded or RTWSA clients and only 1 discount applies per consultation.

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.

Warm regards,

Suzanne (Sue) Grabowski

B.Coun., Dip.Com.Ser., EN, M.A.C.A (Level 3)