Live Embodied Payment & Scheduling Policy

Therapy, Intensives & Coaching Services

Our Commitment to Care, Capacity & Sustainability

Live Embodied operates as a private-pay practice rooted in anti-oppressive values and thoughtful stewardship of care. We recognize that access to financial resources is shaped by systemic inequities, not personal worth. Our rate structure is designed to meet clients where they are while honoring the capacity required to provide high-quality and consistent care.

This policy outlines payment expectations, rate determination, and scheduling practices that support care and sustainability.

Anti-Oppressive Rate Determination Guide

Live Embodied uses an anti-oppressive rate structure that invites clients to select a rate aligned with their current access to resources. This process is grounded in trust and reflection and does not require disclosure or justification.

Self-Assessment

Clients are invited to reflect on access to resources (education, healthcare, housing, financial safety nets, citizenship, inheritance, food access, etc.) to determine the rate tier that best reflects their current capacity.

Please reflect on the questions below and note how many you can answer “yes” to:

- Are you or your family homeowners or landowners?
- Have you attended private educational institutions or earned an advanced degree?
- Are you able to make minimum payments on credit card bills?

- Are you able to access and afford healthcare or health insurance?
- Do you have little to no debt and/or disposable income?
- Do you have a financial safety net of stable or wealthy family or friends?
- Do you have U.S. citizenship?
- Does your income primarily support only yourself?
- Have you inherited or do you expect to inherit money or property?
- Have you attended or could you have attended college?
- Have you attended or could you have attended graduate school?
- Are you able to consistently access and afford food?

Rate Tiers

- **Commitment Tier (8–12 Yes):** Highest access; full or abundance rate
- **Honor Tier (6–8 Yes):** Stable access; full cost of care
- **Embody Tier (4–6 Yes):** Moderate access; accessible rate
- **Embrace Tier (1–4 Yes):** Limited access; supported rate
- **Enamour Tier (0 Yes):** Minimal access; fully supported care when available

Services & Tiered Rate Suggestions

Service	Commitment	Honor	Embody	Embrace	Enamour
Therapy / EMDR (60 min)	$210–$250	$175–$200	$150–$175	<$150	Full Support
Therapy / EMDR (90 min)	$250–$300	$200–$250	$175–$200	<$175	Full Support
Therapy / EMDR (120 min)	$325–$400	$250–$300	$200–$250	<$200	Full Support

HALF-DAY INTENSIVE (PAYMENT PLANS AVAILABLE)	
TIER	**RATE**
Enamour	$0
Embrace	$750
Embody	$1,050
Honor	$1,400
Commitment	$1,750

FULL-DAY INTENSIVE (PAYMENT PLANS AVAILABLE)	
TIER	**RATE**
Enamour	$0
Embrace	$925
Embody	$1,380
Honor	$1,850
Commitment	$2,300

WEEKEND 2-DAY INTENSIVE (PAYMENT PLANS AVAILABLE)	
TIER	**RATE**
Enamour	$0
Embrace	$1,500
Embody	$2,400
Honor	$3,200
Commitment	$4,000

Notes on Rates & Practice Capacity

- Rates are **self-determined** and do not require explanation.
- Clients may reassess their tier as circumstances shift.
- Selecting a higher tier when possible supports broader access across the care ecosystem.
- Rate selection is honored within the practice's **current care capacity**. When a selected tier cannot be accommodated, clients may be offered placement on a waitlist or referrals to trusted providers whose structures may be a better fit.

Payment & Scheduling Practices

Card on File & Payment Authorization

- **All clients are required to maintain a valid card on file.**
- Cards are charged **at the time of service**, unless otherwise arranged in advance.
- Cards may also be charged in accordance with the cancellation and no-show policies outlined below.

Therapy Intensive Deposit Policy

- **All therapy intensives require a non-refundable deposit** to reserve the scheduled date and time.
- Deposit amounts and payment schedules are outlined at the time of booking.
- Deposits are applied toward the total cost of the intensive and reflect the preparation, resourcing, and scheduling involved.

Cancellation & Late Cancellation Policy

Care is scheduled intentionally, and preparation occurs in advance.

- **Therapy sessions** require **48 hours' notice** for cancellation or rescheduling.
- **Therapy intensives** require **72 hours' notice** for cancellation or rescheduling.

Cancellations made outside of these windows are considered late cancellations and will be charged **50% of the scheduled service fee**.
Late cancellation fees are **charged upon confirmation of the cancellation**.

No-Show Policy

- Appointments missed without notice are considered no-shows.
- No-shows are charged **100% of the scheduled service fee**.
- The card on file will be charged **once the grace period for attendance has expired**.
- Repeated no-shows may impact ongoing scheduling arrangements.

Current Practice Capacity & Care Options

To maintain sustainable practice capacity and honor our commitment to intentional care, Live Embodied is currently open to clients selecting within the **Honor** and **Commitment** rate tiers. Our capacity for the Enamour, Embrace, and Embody tiers is currently full.

Currently Open Rate Tiers

Service	Honor Tier	Commitment Tier
Therapy / EMDR (60 min)	$175–$200	$210–$250
Therapy / EMDR (90 min)	$200–$250	$250–$300
Therapy / EMDR (120 min)	$250–$300	$325–$400
Half-Day Intensive	$1,400	$1,750
Full-Day Intensive	$1,850	$2,300
Weekend 2-Day Intensive	$3,200	$4,000

Connecting with Additional Support

If your current financial access aligns best with tiers outside our available capacity, we warmly invite you to explore care through Seeds of Healing at www.sohcounseling.org, where trusted associates may accept insurance for direct billing and offer sliding scale options within the same anti-oppressive framework.