

How To Notify Your Clients You're Raising Your Rates

[Email Template]



Belongly

When it comes to discussing therapy rate increases, we understand the challenges you face. That's why we're thrilled to present our carefully crafted (for therapists, by therapists!) email template, designed to equip you with the tools needed to confidently navigate rate changes. Revolutionize your communication, streamline the process, and nurture those invaluable therapeutic relationships. Personalize this template to align seamlessly with your practice, leaving a lasting impression on your clients.

In the ever-evolving landscape of therapy practice, embracing rate increases is crucial for success. Not to mention- you DESERVE it. Your services are valuable! Rise above financial uncertainties, gracefully navigate rising costs, and prioritize your well-being. With our template at your fingertips, embark on a journey of professional growth and seize the rewards that come with valuing your expertise. Shed doubts and hesitation, embracing the exhilarating challenge of crafting powerful conversations. Unleash your inner maestro of communication armed with our transformative email template. Don't allow fear to hinder the thriving practice you deserve. Take the plunge, seize the opportunity, and make your mark in the world of therapy!

Email Template

Subject: Important Update Regarding Service Fee Adjustment - Your Continued Well-being is My Priority

Dear **[Client's Name]**,

I hope this email finds you well and that you have been experiencing positive progress since our last session. I wanted to take a moment to follow up on our recent discussion regarding the adjustment of my service fee. As we agreed during our meeting, there will be a change in the fee structure from [current price] to [new price], effective from **[date]**.

First and foremost, I want to express my gratitude for allowing me to be a part of your therapeutic journey. It has been a privilege to work with you, and I genuinely value our therapeutic relationship. The decision to raise my rates was not an easy one, and I want to assure you that it was made after careful consideration and with the intention of providing you with the highest quality of care.

It is my sincere belief that investing in our own well-being is of utmost importance. By adjusting my rates, I can continue to **[enhance my skills, further my professional development, and ensure that I am able to provide you with the best possible support.]** This adjustment will enable me to offer an even more comprehensive and effective therapeutic experience, tailored specifically to your unique needs.

I understand that change can sometimes be challenging, especially when it involves financial matters. If you have any questions or concerns regarding this rate adjustment, I am here to address any queries you may have. Please feel free to contact me via email at **[email address]** or by calling **[or texting]** me directly at **[phone number]**.

[I am also happy to provide a sliding scale application/ discuss my sliding scale options / discuss payment plans if you feel as if this would apply to you.]

Your well-being is my top priority, and I remain fully committed to supporting you on your journey towards **[personal growth and positive change.]** I appreciate your trust in my abilities as a [specific niche or therapy title] and look forward to continuing our work together in the future. Wishing you continued progress and well-being.

**[Warm regards,]
[Your Name]
[Your Credentials] [Your Contact Information]**

Fee Enhancement Follow-Up Formula

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Worksheet & Guidelines For Therapists Raising Their Service Rates.

The Belongly Guide To Raising Your Rates

As you continue to provide therapy services and acquire additional expertise, it's likely that you are becoming better at what you do and in higher demand, warranting further compensation. This worksheet has been designed to help mental health professionals like you navigate all the details, work through any hesitations, and develop a solid plan for raising rates when the time comes.

[Download This Guide](#)

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THE BENEFITS OF

SELF-PAY THERAPY



CHOICE

SELF-PAYMENT FOR THERAPY ALLOWS CLIENTS TO SELECT A THERAPIST THAT MEETS THEIR SPECIFIC NEEDS AND PERSONALITY, WITHOUT BEING LIMITED TO PRE-APPROVED PROVIDERS WITHIN THEIR INSURANCE NETWORK. THIS PROVIDES FLEXIBILITY IN SCHEDULING, WAIT TIMES, AND SESSION LENGTHS. THE DECISION TO SELF-PAY SHOULD BE MADE CONSIDERING ONE'S FINANCIAL SITUATION AND MENTAL HEALTH NEEDS, BUT IT OFFERS A UNIQUE OPPORTUNITY TO TAKE CHARGE OF ONE'S MENTAL HEALTH JOURNEY.

FLEXIBILITY

INSURANCE RESTRICTIONS NOT ONLY LIMIT THERAPISTS BUT ALSO CONTROL THE MENTAL HEALTH JOURNEY OF CLIENTS. SELF-PAYMENT FOR THERAPY OFFERS A SOLUTION BY GIVING CLIENTS COMPLETE CONTROL OVER THE FREQUENCY, DURATION, AND COMPLETION OF THERAPY. WITH THIS FREEDOM, CLIENTS CAN TAILOR THEIR THERAPY TO THEIR SPECIFIC NEEDS WITHOUT THE CONSTRAINTS OF INSURANCE REGULATIONS. SELF-PAYMENT ALLOWS FOR A PERSONALIZED AND EMPOWERING MENTAL HEALTH EXPERIENCE.



CONVENIENCE

SELF-PAYMENT FOR THERAPY OFFERS MORE THAN JUST THE FREEDOM TO CHOOSE A THERAPIST THAT RESONATES WITH THE CLIENT. IT ALSO PROVIDES THE ADVANTAGE OF QUICKER ACCESS TO THERAPY, OFTEN WITHOUT THE LENGTHY WAIT TIMES THAT CAN COME WITH INSURANCE. ADDITIONALLY, SELF-PAY CLIENTS ARE FREQUENTLY OFFERED MORE FLEXIBLE SESSION TIMES, SUCH AS EVENINGS AND WEEKENDS, WHICH CAN BETTER ACCOMMODATE THEIR SCHEDULES.

PRIVACY

USING INSURANCE FOR THERAPY REQUIRES THERAPISTS TO ASSIGN A MENTAL HEALTH DIAGNOSIS, WHICH BECOMES A PERMANENT PART OF THE CLIENT'S MEDICAL RECORD. THIS MAY POSE A PRIVACY CONCERN FOR CLIENTS WHO PREFER TO KEEP THEIR MENTAL HEALTH JOURNEY CONFIDENTIAL. PAYING OUT OF POCKET ELIMINATES THIS CONCERN, AS THERAPISTS ARE NOT REQUIRED TO ASSIGN A DIAGNOSIS OR SHARE MEDICAL INFORMATION WITH ANYONE. THIS PROVIDES A SAFE AND PRIVATE SPACE FOR CLIENTS TO EXPLORE THEIR MENTAL HEALTH WITHOUT FEAR OF JUDGEMENT OR REPERCUSSIONS.



TIMELINESS

THE DEMAND FOR MENTAL HEALTH SERVICES CAN LEAD TO EXTENDED WAIT TIMES FOR CLIENTS SEEKING THERAPY WITHIN THEIR INSURANCE NETWORK. FURTHERMORE, SOME INSURANCE COMPANIES MAY REQUIRE PRE-AUTHORIZATIONS, WHICH CAN ADD FURTHER DELAYS TO SCHEDULING APPOINTMENTS. THIS CAN BE FRUSTRATING AND CAUSE UNIQUE STRESS FOR THOSE IN NEED OF IMMEDIATE SUPPORT. OPTING FOR SELF-PAYMENT ELIMINATES THESE OBSTACLES AND OFFERS MORE PROMPT ACCESS TO THERAPY.

FOCUS ON YOU

SELF-PAYMENT FOR THERAPY PRIORITIZES A HOLISTIC APPROACH THAT EMPHASIZES PERSONAL STRENGTHS AND GROWTH, RATHER THAN JUST ADDRESSING MENTAL HEALTH CONCERNS. IN CONTRAST, INSURANCE COMPANIES REQUIRE A MENTAL ILLNESS DIAGNOSIS, WHICH MAY HAVE IMPLICATIONS FOR FUTURE INSURANCE POLICIES AND PREVENT CLIENTS FROM OBTAINING COVERAGE. CHOOSING SELF-PAYMENT ALLOWS FOR A MENTAL HEALTH JOURNEY THAT IS FREE FROM THE CONSTRAINTS OF INSURANCE REGULATIONS AND PRIORITIZES THE CLIENT'S OVERALL WELLBEING.



The Benefits of Self-Pay Therapy

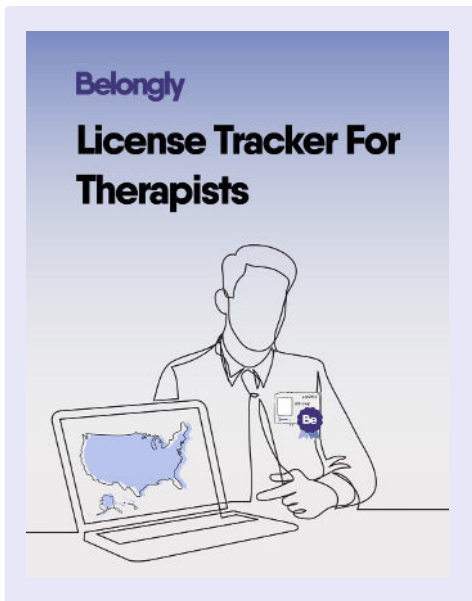
The Self-Pay Empowerment Tool provides a comprehensive breakdown of the benefits of self-pay for therapy and emphasizes the importance of privacy and autonomy. By distributing this tool or using as a reference in dialogue, you can help your clients navigate the complexities of insurance networks and prioritize their personal well-being!

[Download This Worksheet](#)

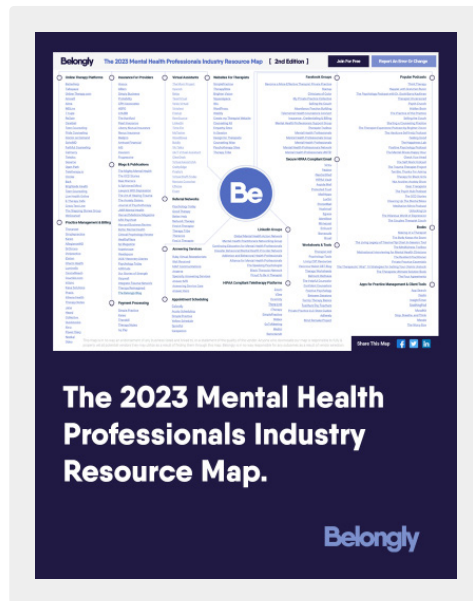


More Mental health professional resources worth engaging with, and sharing.

Our resources have helped mental health professionals gain exposure and immerse themselves in the world of running their businesses, serving their clients and becoming better professionals.



The Belongly License Tracker For Therapists



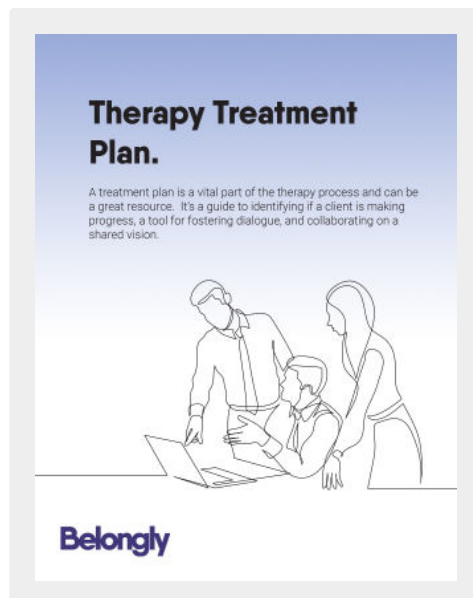
The 2023 Mental Health Professionals Industry Resource Map



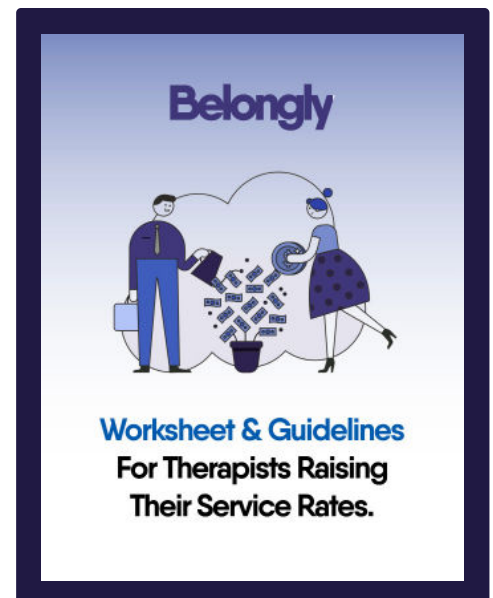
The Belongly HIPAA Compliance Checklist



The Belongly Checklist for Therapists Starting a Private Practice



The Treatment Plan Template



The Belongly Guide To Raising Your Rates



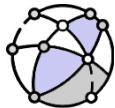
The Professional Community for Mental Health Providers

A free, secure space for mental health professionals to collaborate with and meet new colleagues, support each other with referrals and stay connected to a trusted network of peers.

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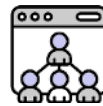
Belongly is a secure private platform. Currently, we only accept US-based therapists.



Connect

Meet other psychologists, social workers, and mental health professionals who share your specialties, interests, and day-to-day challenges.

[See who's on Belongly](#)



Collaborate

Consult on cases, securely discuss specific issues, and learn from a protected space. Help one another by giving and receiving professional support.

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