

TALKING ABOUT THIRDS

(HAVE YOU NOTICED? COUNSELLING CAN BE EXPENSIVE)

Counselling is great value for the cost. And... counselling can be expensive for many. My “thirds” program is a way to provide subsidized support for people unable to pay the full counselling fee. This format is for those with insufficient income and resources who require counselling. It is not for those who wish not to pay the cost for service and are hoping for something cheaper (Costco care?). And it is not for those who have extended health insurance that covers the cost of psychological counselling.

Here is the plan.

I call the plan “Thirds” and it means that we divide the cost of my counselling hour into three payers: counsellor, client and sponsor. I reduce my fee to \$125 per hour (a \$45 reduction), the client pays \$65 per session, and the sponsor pays \$60. After the counselling session, the client pays me the full \$125 and receives reimbursement from the sponsor with the receipt that I provide.

The “Thirds” subsidy system is for a maximum of 10 sessions and so the sponsor is limited to providing support of \$600 per client (couple or family) with the subsidy being \$60 per session. In other words, there is an upper limit on the amount of sponsorship provided by the counsellor and the sponsor.

The counselling support is usually used for individual counselling but it may be used for family or couple counselling as well. The upper limit remains the same.

My clients and sponsors have appreciated this subsidy format as it provides necessary support for a person needing counselling, and the sponsor receives good value for their financial commitment. For the sponsor (say a church or a community organization) it is similar to having a registered psychologist on staff, someone you know and can trust.

If you would like to sponsor someone to visit with me, or discuss any more details of the sponsorship, simply email me. You can also check out my web site at www.theducklows.ca for other information about what we do.

With thanks,

Dr. Paddy Ducklow, Psychologist (R.Psych. 402)