

**Amy P. DiGennaro, MFA, MA, AT**  
Masters level Therapeutic Consultant in Art Therapy and Marriage & Family Therapy  
art\_therapy@amydigennaro.com  
(612) 326-0725

When we decide, eagerly or apprehensively, to pursue our healing and growth, it is very important to seize the moment. In an ideal world, we all should have an easy access to affordable care and a wide variety of modalities. Currently, however, affordable care in general, and alternative/complementary modalities such as art therapy in particular, are not widely available.

To do my small part in making (art) therapy more accessible, I have a policy of doing my best to not turn anyone away for lack of funds. At the same time, I do not waive my fee entirely. If you are unable to pay my full fee and need to negotiate for a lower fee, please read this document thoroughly in considering what you can pay.

My individual sessions can be up to 90 minutes in length as opposed to 45-60 minutes, which is the common standard in therapy. I offer sessions in longer units because: 1) it is important to leave time when working with creative expression in therapy so we can make things and talk; and 2) I take time developing a richly described understanding of problems as well as skills and abilities, and this takes time.

Please Consider from whom you ask for a discount for what in what situations: Please ask yourself: When have I asked for discount? For what items or services? From whom? Did I consider the impact on the service provider for agreeing to charge me less? Do I have a conscious or unconscious assumption, for example, that "therapists whose job is to care about people" should offer discounts and sliding scale?

I am a self-employed, single mother who makes a living by providing sessions and training in creative arts and narrative therapies. In particular, I am interested in serving those who have been impacted by social, collective and historical traumas (e.g., racism, sexism, homophobia and heterosexism, American Indian genocide and displacement, colonialism, slavery, etc.) and those who want to be effective allies. However, I ask you to understand that it is not a casual decision on my part to maintain this policy and practice. In some ways, by offering this policy, I am preventing my clients from examining why some resources are accessible only to some people, and taking steps, individually or collectively, to correct this inequity in our healthcare system.

Once we agree on a negotiated fee, I ask you to do the following:  
Negotiated fees are **NOT** discounted fees or a sliding scale; you are ultimately responsible for the difference between my full fee and what you are able to pay now in the following manner:

1. Please keep track of the difference between what you pay and what the full fee would have been;
2. Near or far down the road, when you have more resources, please offer me the difference so that I can continue my practice with the same policy. Alternately, please contribute the amount to an individual, an organization or a program that seeks to end racism.

Thank you for your consideration. I look forward to our collaboration for your healing, growth and empowerment.



\* I would like to sincerely thank [Thea Lee](#) for her generosity in sharing her negotiated fee statement with me and for being an important part of my own learning around this issue.