



## THRIVE WELL SERVICE RATES TERMS & CONDITIONS

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*These rates are effective as at 1 August 2021 and may be subject to changes.*

Table 1. Rate Category

Rate Category	Type of Therapist	Therapist Years of Experience
<b>Standard Rate</b>		
Consultant	Consultants	≥ 8 yrs
Senior Associate	Senior Qualified	5-8 yrs
Junior Associate	Junior Qualified / Provisional	≤ 5 yrs
Subsidised (B40)*	Trainees / Provisionals	≤ 5 yrs

\*Eligibility criteria for this rate is ≤ RM4,850 (monthly household income) and ≤ RM2,500 (monthly single income).

#### **Application for Jom Sembang (Subsidised Rates)**

To apply for Jom Sembang (subsidised rates), clients are required to complete a Jom Sembang (Subsidised Rates) Application Form. *Before doing so, the client must first submit their Registration Form (“Thrive Well Adult Registration Form” or “Thrive Well Minor Registration Form”).*

Table 2. Service Rate for Individual Therapy

Service	Intake Session	Individual Session	Block Session
<b>Individual Therapy</b>	1.5 hrs	per hour	5 hrs
Individual therapy, known as a one-on-one talk therapy, aims to help an individual understand their feelings, address the underlying cause of their problems as well as how to overcome or cope with them. This can benefit anyone and everyone, from setting one’s own life goals or establishing healthy relationships, to providing relief from symptoms and restoring one’s own quality of life.			
<b>Standard Rate</b>			
Consultant	RM300	RM350	RM1,540
Senior Associate	RM250	RM300	RM1,320
Junior Associate	RM250	RM200	RM880
<b>Jom Sembang</b>			
Subsidised (B40)	RM70	RM50	RM220

Table 3. Service Rate for Couple/Family Therapy

Service	Intake Session	Individual Session	Block Session
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<b>Couple/Family Therapy</b>	<i>1.5 hrs</i>	<i>1.5 hrs</i>	<i>7.5 hrs</i>
<p>Couple/Family therapy is similar to individual therapy but in a couple and/or family setting. This therapy focuses on the relationship dynamic embedded within the couple/family. This can benefit those who need help in coping and navigating difficult circumstances (divorce, job loss, illness, death of a loved one), mediating conflicts in relationships and breaking dysfunctional cycles.</p>			
<b>Standard Rate</b>			
Consultant	RM300	RM450	RM1,913
Senior Associate	RM250	RM350	RM1,488
Junior Associate	RM250	RM300	RM1,275
<b>Jom Sembang</b>			
Subsidised (B40)	RM70	RM80	RM340

Table 4. Service Rate for Learning and Behavioural Consultant

<b>Service</b>	<b>Intake Session</b>	<b>Individual Session</b>	<b>Block Session</b>
<b>Learning and Behavioural Consultant</b>	<i>1.5 hrs</i>	<i>1.5 hrs</i>	<i>7.5 hrs</i>
<p>Learning and behavioural consultation is a type of individual therapy specifically targeted towards helping children and adolescents with behavioural difficulties and/or developmental disabilities. Consultants conduct assessment, develop and implement therapy plans, and provide on-going support. This can benefit individuals diagnosed with developmental disabilities (Autism Spectrum Disorder, Attention Deficit Hyperactive Disorder) and those experiencing general learning and behavioural problems at home or in school.</p>			
<b>Standard Rate</b>			
Consultant	RM300	RM350	RM1,540
Senior Associate	RM250	RM300	RM1,320
Junior Associate	RM250	RM200	RM880
<b>Jom Sembang</b>			
Subsidised (B40)	RM70	RM50	RM220

Table 5. Service Rate for Mental Health Screening

<b>Service</b>	<b>Intake Session</b>	<b>Individual Session</b>	<b>Block Session</b>
<b>Mental Health Screening</b>		<i>1.5 hrs</i>	

Mental health screening is a brief examination of your general mental well-being by completing a number of basic psychological screening tests. Screening is primarily used to determine the presence of symptoms of any kind of mental disorder enabling early diagnosis and prompt treatment.

#### Standard Rate

Consultant	N/A	N/A	N/A
Senior Associate	N/A	RM100	N/A
Junior Associate	N/A	RM50	N/A

#### Jom Sembang

Subsidised (B40)	N/A	RM20	N/A
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Table 6. Service Rate for Career Assessment

Service	Intake Session	Individual Session	Block Session
<b>Career Assessments</b>		<i>1.5 hrs</i>	
<p>Career assessment is the evaluation process of an individual's personal attributes (skills and expertise), interest, motivations, values and personality traits to help identify a suitable career choice, by completing a series of tests and interviews. This is especially beneficial to anyone who is undecided or confused about their career choices (college and university students) and those who are looking to change their current line of work.</p>			
<b>Standard Rate</b>			
Consultant	N/A	RM250	N/A
Senior Associate	N/A	RM200	N/A
Junior Associate	N/A	RM150	N/A
<b>Jom Sembang</b>			
Subsidised (B40)	N/A	RM50	N/A

Table 7. Service Rate for Psychological Assessments

Psychological Assessments	Standard Rate	Jom Sembang Program
Psychological assessments are a series of tests that allow the administrator to gather and integrate data to evaluate a person's behaviour, abilities, and other characteristics, particularly for the purposes of making a diagnosis or treatment recommendation.		
Psychological Assessment (To be decided after consultation)	RM150-500	RM50-200

Table 8. Service Rate for Reports and Letters

Report and Letters	Psychological Screening Report (Brief)	Brief Report (summarised)	Full Report (detailed)
Psychological reports are either summarised (Brief) or comprehensive (Full) reports that interpret the results of a mental health screening or psychological assessment. These reports are official documents that can be used for a number of different purposes (e.g., school placements, special needs school placements, employee psychological competency, court cases, insurance claims and etc.).			
<b>Standard Rates</b>			
Consultant	RM100	RM150	RM250
Senior Associate	RM80	RM100	RM200
Junior Associate	RM50	RM80	RM150
<b>Jom Sembang</b>			
Subsidised (B40)	RM10	RM20	RM50

Table 9. Service Rate for Others

Others	
Transportation Mileage (per km)	RM2 (maximum of 30km, return)

### Policy

- Extra charges will incur for any additional assessment tools and reports with the agreement for both therapist and client.
- The therapy progress and consultation fees should be reviewed and updated by the therapist and client after every 5 sessions.
- Block sessions have to be **COMPLETED WITHIN 3 MONTHS** starting from date of purchase. Any sessions not completed within the given time-frame will be ineffective and there will be **NO REFUNDS** (unless there are specific reasons which are approved on a case-by-case basis).

All fees are subject to change and to be reviewed by therapist, IF

1. You experience a change in income status, which your monthly income increases to more than RM4,850.00 (household) or RM2,500.00 (single),
  - a. You may request to transfer to standard or associate therapist and pay according to standard rates OR
  - b. You may remain Jom Sembang (subsidised rates) for existing services.
2. As for Thrive Well employee/scholar/volunteer and Thrive Well trainee/intern/volunteer, all fees should be paid according to your income status after the termination of your contract with Thrive Well.

The therapist and centre shall be updated of any change listed above and the revised fee shall be payable effective from the date of change.