



# Welcome to Animals in Mind® Animal-Assisted Intervention / Therapy

## FEES POLICY EXPLAINED

Filial and Small Group Costs

Updated 1<sup>st</sup> February 2023.

### Overview

The fees set out within are for Animal Assisted Therapy with a family group, or where agreed a small group of unrelated members with similar educational or therapeutic goals and needs for services. They are outlined to help clients, their carers / parents, advocates, schools and funding agencies to understand the cost of AAT prior to deciding to enter into a session, or series of sessions. The fees policy should be read in conjunction with the client consent form.

### Transparency

The fees for your specific programme will be provided in a written quote prior to the needs assessment meeting, so will be based on information provided in the initial enquiry and booking conversations. Any recommended adjustments to the number of sessions, or any course of action that incurs additional costs will be clearly explained prior to the costs being incurred so that you have absolute confidence in the cost of the Animal Assisted Intervention / Therapy.

### Number of sessions

Most 1-1 AAT activities take place across a number of regular sessions, usually lasting between six and 15 weeks. Individual sessions can be booked for specific purposes / goals. However, at Animals in Mind® we usually work with clients who have specific goals that require a period of time to have impact. We believe that every single encounter with animals can have positive mental health benefits. We will therefore carry out short term / single sessions. However, we do wish to be transparent and realistic about the lengths of time it can take for behavioural change and for neural pathways to change, particularly where the person has low self-belief / esteem. For support for anxiety reduction, decreased low mood etc, we recommend considering ten weeks / sessions, with for increased efficacy and impact.

### Fees

All fees quoted below are for sessions at Animals in Mind® base, which is where the animals live, so provides the most natural environment for you to interact and for sessions that are activity based or include play or behavioural work with different animals.

One of sessions, such as phobia work, or sessions paid on a session by session basis cost £115 per session – usually 60-90 minutes (excluding travel – see table for travel costs).

**Prices are reduced for block booked series of sessions as below, and blocks of 6-15 weeks are most often more effective on longer term behaviour change linked to some client goals<sup>1</sup>. However, this requires the fee to be paid in advance of the series of bookings.**

Sessions, by agreement can take place at your preferred location once a risk assessment for the animals and practitioner are in place to assure their safety with the unfamiliar environment. Sessions in your setting will incur an additional charge for travel fee (@Inland revenue rate – currently .45p per mile), and unfortunately may need to include costs for the time travelling (up to £30ph), which will be quoted and transparent prior to the commencement of services.

Sometimes, additional consultation or professional services are required outside appointment times or session inclusions, such as email, phone or in report writing and / or case meetings and this chargeable professional time will be charged £12 per 15- minutes. However, report writing and de-briefing as part of a six, ten- or 20-week block of support is included in the block booking price at no additional charge. I will be sure to advise you, if any services or activities fall outside of the quoted costs.

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<sup>1</sup> O’Haire et al, (2012)

Lynn Hart MAEd, PGCE, BSc(Hons) - Animals in Mind®, Stonegarth, East End, Scaldwell,  
Northamptonshire. NN69LB

<b>Group / Family Rates</b>		
<b>Block Type</b>	<b>Price</b>	<b>Included</b>
<b>Block booking of six sessions (Family / group rate)</b>	<b>£95.00 per session Total Cost: £570 (excl travel, if req'd)</b>	<ul style="list-style-type: none"> <li>• A Pre-booking / consent telephone / zoom conference with you / advocate to gauge the desired needs and goals and establish if AAT is right for you.</li> <li>• Six sessions x 45-55 minutes (usually 1-2 sessions per week). This commences with an induction / introductory session to establish client likes goals / preferences and confirm consent.</li> <li>• Debrief / report to advocate / parent / carer / guardian at start / mid-stage and summary report of achievements (or more by session, where needed)</li> <li>• Summary report of the programme and goals and follow up meet and greet with client six weeks post programme (where needed)</li> </ul>
<b>Block booking of 12 sessions (or more) (Family / group rate)</b>	<b>£85.00 per session Total Cost: £1020 excl travel, if req'd)</b>	<ul style="list-style-type: none"> <li>• Pre-booking / consent telephone conference as stated above.</li> <li>• 12 sessions x 60 minutes (usually 1 or 2 sessions per week) Initial session one assessment session (as stated above)</li> <li>• Debrief / reports as above.</li> <li>• Summary reports as above.</li> </ul>
<b>Other possible charges</b>		
<b>Travel fees</b>	<b>.45p per mile (IR rate)</b>	If mileage is chargeable, it will be notified up front. AiM tend to only travel up to a maximum of 30 minutes due to animal welfare.
<b>Travel Time</b>	<b>Up to £30 per hour</b>	Travel time can be by negotiation but may be up to £30 per hour for longer distances. Set up costs each end will not be charged, but please note, animals may need to arrive 15 minutes or more ahead of any session to allow relaxation from the journey, so this charge is not passed to the client, but clients are asked to appreciate that the AiM team may be 'at work' for an additional 45-90 minutes per average home / off-site visit.
<b>Meetings / reports / emails / additional de-briefing</b>	<b>£12 per 15 minutes</b>	Each block booking has significant amounts of additional time allocated for de-briefing / reporting. However, occasionally, additional time may be requested. We will notify you of this prior to incurring costs. If additional home visits, or meetings are required, this will be charged at £12.00 per 15 minutes.

## **Invoicing and Payment**

An invoice will be issued at the time of confirmation of a booking.

Payment for block bookings is due in full at the time of booking. Alternative arrangements can be considered upon request. Clients booking yearly or termly sessions following the initial block

Lynn Hart MAEd, PGCE, BSc(Hons) - Animals in Mind®, Stonegarth, East End, Scaldwell,  
Northamptonshire. NN69LB

[Enquiries@animalsinmind.uk](mailto:Enquiries@animalsinmind.uk)

[www.Animalsinmind.uk](http://www.Animalsinmind.uk)

0798555754

booking period can be put onto a staged invoicing system at the lowest sessional rate. Monthly invoicing will be paid one month in advance. Payment for single, individual sessions is due **prior** to the session.

AiM can accept cash, cheques or same-day bank transfers, the latter is preferred. Same day receipts will be sent to you electronically directly from QuickBooks accounting software. Invoices and receipts will be provided to you, or your carer / advocate / parent automatically and usually to the provided email address, but paper receipts either handed to you, or posted can be provided.

### **Cancellations**

If you need to cancel, change, or postpone an appointment, please let me know two days in advance of your appointment unless you are facing an unforeseen circumstance that prevents you from attending. Same-day cancellations will try to be accommodated but if an appointment is not attended, the full appointment charge will stand and the session will be forfeit.

### **Consent**

Prior to any booking, AiM would require individual (or signed by a carer / advocate) to complete an informed consent form. We are unable to commence any sessions until this is received, as this forms part of our duty of care, safeguarding, animal welfare and health and safety policies, and enables us to plan a safe and effective sessions for all concerned. This will be sent to all clients at the time a booking is confirmed. Please see AiM privacy statement on our website where we assure the security and confidentiality of your information.

*Lynn Hart*

Owner and Director, Animals in Mind® - Animal Assisted Therapy and Education