



IFS Therapy - 2026 Fee Schedule

Accessibility of service is one of my core professional values. Students and the unemployed receive an automatic additional 40% discount. Discounts are also available for those working on lower incomes.

Note that appointments on Saturday include a 15% weekend surcharge.

Individual IFS Session	Price
60 Minutes	€ 85
75 Minutes	€ 100
90 Minutes	€ 115
120 Minutes	€ 145

VAT not applicable (French Tax Code, art. 293 B)

Bulk Discounts

Discounts are available for multiple appointments paid for in advance as follows:

- 3 x Sessions 5%
- 5 x Sessions 7.50%
- 10 x Sessions 10%

Cancellation Policy

Out of respect for the other clients seeking appointments, please note that for cancellations within 48 hours of the scheduled time, 50% of the fee is due. For those cancelled within 24 hours, the full fee applies.

Insurance

Reimbursement options vary depending on your country and insurer. If your plan includes coverage for psychotherapy or counselling, you may be eligible to claim IFS sessions. Please check with your insurer directly. Invoices can be provided upon request.

Sessions are delivered online via video call or via audio call if the client prefers. Home visits are also sometimes available in the Paris and Seine-et-Marne areas (additional costs may be incurred).

Payment via bank transfer or PayPal.