

RE: Increase in Psychological Services Recommended Rate in Nova Scotia

May 15, 2024

Please be advised that effective October 1, 2024 the Association of Psychologists of Nova Scotia (APNS) has set the recommended fee for psychological services provided by psychologists registered with the Nova Scotia Board of Examiners in Psychology at \$225 per hour.

APNS does not regulate the rate charged by psychologists; however, this figure is offered as a general guideline to assist individual psychologists in representing themselves to their clients indicating the level of fees that they may be expected to charge.

This guideline is also intended for third-party payers that contract for psychological services, as well as insurers, government policy makers, and large businesses, so they may be aware of the rates being charged by psychologists, and may make informed decisions when adjusting their reimbursement rates for psychological services.

This fee increase is based on a review of other psychology association rates across Canada, and those currently being charged by psychologists in general across the province. APNS also reviewed and compared our rates to those being charged by other mental health professionals in Nova Scotia. The rate is reviewed annually and was last revised in 2021.

Please keep in mind that there may be differences in fees charged, depending on the nature of services provided; and individual psychologists or practices may choose to offer rates other than the rate suggested here. Please also be aware that:

- These rates are offered as a general guideline for users of psychological services (corporate, insurers, government, or individuals) as to the level of fees that psychologists in Nova Scotia may be expected to charge.
- There may also be regional variation in the fee charged, as some may offer a rate that is higher or lower than this figure in order to accurately reflect the current market value of psychological services being provided in their area.
- Fees for specialized services and treatments may exceed the current recommended guidelines e.g., group, couple, family therapy and assessment, as well as custody and access, legal and forensic assessment.
- The hourly rates also apply to report preparation, telephone consultations, letter writing and form completion.

If you have any questions concerning this rate, please contact the APNS office by email apns@apns.ca

Sincerely,



Chimène Jewer, R.Psych.
President, Association of Psychologists of Nova Scotia