

母体说服务项目与建议收费标准

Matrix Theory Service Codes and Recommended Fee Schedule

2026年美元参考价格、地区调整、资质系数与年度修订制度

2026 USD reference fees, locality adjustment, qualification factors and annual revision policy

Version 2026.1

USD Reference

Annual Revision

生效日期：2026年1月1日 · 建议下次修订：2027年1月1日 · 本表不是保险报销承诺。
Effective January 1, 2026 · Next recommended revision: January 1, 2027 · This is not an insurance reimbursement guarantee.

一、制度定位

本标准不是全球统一强制价格，也不是医疗保险承保或报销标准。它建立类似保险项目表的结构：项目代码、服务定义和计费单位全球统一；实际货币价格按照当地医疗与心理咨询市场调整。

当地实际价格 = 美元参考价格 × 地区调整系数 × 资质系数 × 特殊工作系数

母体说内部培训或认证，不等于政府颁发的心理治疗、心理咨询、心理学或医疗执业资格。

二、2026年美元基础单位

1 MT-RU = 150美元 / 50分钟

MT-RU仅用于年度计算和跨地区比较，并不表示每位服务者都应收取150美元。

三、2026年美元参考价格

A. 个人服务

代码	服务项目	标准时间	美元参考价
MT-101	初次情况了解与服务边界说明	30分钟	\$75
MT-102	初次完整结构梳理	60分钟	\$180
MT-201	标准个人结构梳理	50分钟	\$150
MT-202	延长个人结构梳理	80分钟	\$225
MT-203	个人连续陪伴会谈	50分钟	\$150
MT-204	行动边界与主权恢复计划	60分钟	\$180
MT-205	会谈后书面摘要	每份	\$50-100

B. 伴侣与家庭

代码	服务项目	标准时间	美元参考价
MT-301	双人关系会谈	75分钟	\$240
MT-302	双人深度结构会谈	90分钟	\$285
MT-401	三至五人家庭会谈	90分钟	\$300
MT-402	跨代家庭结构会议	120分钟	\$400
MT-403	家庭交接或重大决定会议	120分钟	\$400
MT-404	家庭关系结构图与摘要	每份	\$150-300

C. 严重疾病、重大变化与告别陪伴

代码	服务项目	标准时间	美元参考价
MT-501	严重疾病期间个人陪伴	50分钟	\$150

MT-502	家属支持会谈	50分钟	\$150
MT-503	家庭交接讨论	90分钟	\$270
MT-504	生命故事整理	每小时	\$150
MT-505	告别信或家庭信件整理	每份	\$100-250
MT-506	定制陪伴文字或录音脚本	每份	\$150-400

D. 书面、小组及机构服务

代码	服务项目	标准单位	美元参考价
MT-601	来信、关系材料或人生叙述分析	每小时	\$150
MT-603	正式书面结构报告	每小时	\$175
MT-701	小组结构讨论	每人/90分钟	\$35-60
MT-702	主题阅读小组	每人/90分钟	\$20-40
MT-801	机构讲座	60分钟	\$500-900
MT-802	机构工作坊	90分钟	\$800-1,500
MT-803	半日培训	最多4小时	\$1,500-3,000
MT-804	一日培训	最多8小时	\$2,800-5,000

四、地区调整

每个地区应调查不少于十家正规机构，取当地注册心理咨询师、心理治疗师或临床社会工作者50分钟个人服务价格的中位数。

$$\text{地区调整系数} = \text{当地50分钟心理服务中位价（美元等值）} \div 150$$

不得只按汇率换算。应优先考虑当地心理服务价格、医疗或保险支付标准、居民可支配收入、专业工资、运营成本及购买力。

五、资质系数

级别	服务者类别	系数
L0	无受监管心理专业资格的公共教育者	0.20-0.40
L1	无当地临床执照的母体说陪伴者	0.50-0.75
L2	具有相关专业教育或工作背景者	0.65-0.90
L3	当地注册心理咨询师、心理治疗师或同等专业人员	0.90-1.15
L4	注册心理学家或相应高级临床专业人员	1.15-1.60

六、特殊工作系数

情况	系数
标准服务，无额外准备	1.00
少量材料预审	1.10
大量材料预审	1.15-1.30
正式书面报告或跨专业沟通	1.20-1.40
夜间、周末或法定假日	最高1.25
翻译或双语材料制作	1.10-1.30

不得因为求助者富有、知名、情绪强烈、病情严重、处于丧亲阶段或急于得到答案而加价。

七、年度修订

收费标准每年修订一次，并于每年1月1日发布新版。

$$\text{年度调整率} = 60\% \times \text{上一年度美国CPI-U变化率} + 40\% \times \text{上一年度美国就业成本指数变化率}$$

下一年度价格 = 本年度价格 × (1 + 年度调整率)，通常取最接近的5美元整数。常规年度调整建议控制在0%-8%。重大通货膨胀、货币危机、医疗支付改革或监管变化时，可以特别修订，但必须公开原因、数据和生效日期。

八、公开报价与边界

服务开始前应书面披露：服务代码、名称、性质、时长、价格与货币、税费、地区系数、资质级别、交付内容、取消退款规则、保密边界及保险报销情况。

使用母体说服务代码，不代表服务可以获得公共医疗保险、私人保险或员工福利报销。

全球统一的是项目代码，不是每个地方的货币金额。

资格决定收费上限，时间和工作量决定具体收费。

收费对应专业劳动，不对应求助者的痛苦程度。

服务可以收费，依赖不能出售。

1. Purpose and Scope

This schedule does not create mandatory worldwide prices and is not an insurance reimbursement schedule. It standardizes service codes, service definitions and billing units while requiring actual prices to be adjusted to local counselling, psychotherapy and healthcare markets.

$$\text{Local Fee} = \text{USD Reference Fee} \times \text{Locality Factor} \times \text{Qualification Factor} \times \text{Additional Work Factor}$$

Internal Matrix Theory training or certification is not a government-issued licence to practise psychology, psychotherapy, counselling or medicine.

2. 2026 USD Reference Unit

$$1 \text{ MT-RU} = \text{USD } 150 \text{ per } 50 \text{ minutes}$$

The MT-RU is a calculation and comparison unit. It does not mean every provider should charge USD 150.

3. 2026 USD Reference Fees

A. Individual Services

Code	Service	Standard Time	USD Reference
MT-101	Initial information and scope discussion	30 minutes	\$75
MT-102	Full initial structural review	60 minutes	\$180
MT-201	Standard individual structural session	50 minutes	\$150
MT-202	Extended individual structural session	80 minutes	\$225
MT-203	Continuing individual support session	50 minutes	\$150
MT-204	Boundary and personal-agency plan	60 minutes	\$180

MT-205	Written post-session summary	Per document	\$50-100
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B. Couple and Family Services

Code	Service	Standard Time	USD Reference
MT-301	Two-person relationship session	75 minutes	\$240
MT-302	Extended relationship session	90 minutes	\$285
MT-401	Family session for three to five people	90 minutes	\$300
MT-402	Intergenerational family meeting	120 minutes	\$400
MT-403	Family transition or major-decision meeting	120 minutes	\$400
MT-404	Family structure map and summary	Per document	\$150-300

C. Serious Illness, Major Transition and End-of-Life Support

Code	Service	Standard Time	USD Reference
MT-501	Individual support during serious illness	50 minutes	\$150
MT-502	Family-member support session	50 minutes	\$150
MT-503	Family transition discussion	90 minutes	\$270
MT-504	Life-story organization	Per hour	\$150
MT-505	Farewell or family-letter assistance	Per item	\$100-250
MT-506	Customized supportive text or audio script	Per item	\$150-400

D. Written, Group and Organizational Services

Code	Service	Standard Unit	USD Reference
MT-601	Letter, relationship-material or life-narrative analysis	Per hour	\$150
MT-603	Formal written structural report	Per hour	\$175
MT-701	Structured group discussion	Per person/90 min.	\$35-60

MT-702	Guided reading group	Per person/90 min.	\$20-40
MT-801	Organizational presentation	60 minutes	\$500-900
MT-802	Organizational workshop	90 minutes	\$800-1,500
MT-803	Half-day training	Up to 4 hours	\$1,500-3,000
MT-804	Full-day training	Up to 8 hours	\$2,800-5,000

4. Locality Adjustment

Each region should survey at least ten legitimate providers and determine the median local fee for a 50-minute individual session with a registered counsellor, psychotherapist or clinical social worker.

$$\text{Locality Factor} = \text{Local Median 50-Minute Mental-Health Fee in USD Equivalent} \div 150$$

Exchange-rate conversion alone is insufficient. Local service prices, insurance payment practices, disposable income, professional wages, operating costs and purchasing power should be considered.

5. Qualification Factors

Level	Provider Category	Factor
L0	Public educator without a regulated mental-health qualification	0.20-0.40
L1	Matrix Theory facilitator without a local clinical licence	0.50-0.75
L2	Provider with relevant professional education or experience	0.65-0.90
L3	Locally licensed counsellor, psychotherapist or equivalent	0.90-1.15
L4	Registered psychologist or comparable advanced clinician	1.15-1.60

6. Additional Work Factors

Circumstance	Factor
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Standard service without additional preparation	1.00
Limited advance material review	1.10
Extensive material review	1.15-1.30
Formal report or interprofessional coordination	1.20-1.40
Evening, weekend or public holiday	Maximum 1.25
Translation or bilingual document preparation	1.10-1.30

Fees must not be increased because a client is wealthy, famous, emotionally distressed, seriously ill, grieving or urgently seeking an answer.

7. Annual Revision

The schedule is revised once each year and a new edition is published every January 1.

$$\text{Annual Adjustment Rate} = 60\% \times \text{Prior-Year U.S. CPI-U Change} + 40\% \times \text{Prior-Year U.S. Employment Cost Index Change}$$

Next-Year Price = Current-Year Price $\times$ (1 + Annual Adjustment Rate), normally rounded to the nearest USD 5. Routine annual changes should normally remain within 0%-8%. Exceptional revisions are permitted after severe inflation, currency crisis, healthcare-payment reform or regulatory change, provided the reason, evidence and effective date are published.

8. Disclosure and Boundaries

Before service begins, the provider should disclose the service code, name, nature, duration, price and currency, taxes, Locality Factor, qualification level, included deliverables, cancellation and refund rules, confidentiality limits and insurance status.

Use of a Matrix Theory service code does not make a service eligible for public insurance, private insurance or employee-benefit reimbursement.

Service codes may be global. Local monetary prices cannot be global.

Qualifications determine the upper boundary; time and workload determine the specific charge.

Fees compensate professional work; they do not measure suffering.

A service may be sold. Dependency must never be sold.