

### Welcome!

Like most people, Jzeela Gheisar has many aspects to her. She considers herself a being with intuitive gifts, a connective resource to other realms, including one's physical, mental, emotional, astral, and auric fields. Jzeela utilizes her gifts with the intention to bring about the highest good for all. Under the title of a Coach/Metaphysical Mentor/Reader/Consultant (from here on out referred to as "provider" or "practitioner"), she is able to provide services intended to support and strengthen the person's internal resourcing, re-connect the person to their divinity, re-calibrate their direction, and rejuvenate their energy centers into alignment, all over the world. She has a Masters Degree in Counseling Psychology, licensed in the state of CA in Marriage Family Therapy (CA LMFT #98994) and is also a Certified Hypnotherapist, specializing in transpersonal modalities.

Although metaphysical services may feel extremely therapeutic, they are not equivalent to traditional psychotherapy. When booking metaphysical-type sessions, the practitioner will not be approaching the sessions from a LMFT lens. Please be mindful of the difference in services.

Insurance does not cover metaphysical readings, workshops or coaching services. If you would like psychotherapy services, please fill out the Therapy Inquiry Form and be advised that Jzeela is only able to provide psychotherapy services in the state of California at this time.

Metaphysical realms know no bounds, and most services can be experienced via online platform from anyone around the world. The emotional experience in every session, workshop, class, or retreat may vary. Emotionally expressive sessions may cause you to leave session preoccupied with the revelations, emotions, realizations and thoughts of that experience. Please be patient and compassionate towards yourself as healing is a journey.

Jzeela offers various classes, often facilitates workshops and retreats. Please see past events on the QCH website for details.

### Services Offered

**Transpersonal Hypnotherapy** offers a unique and powerful form of healing for those seeking to deepen their understanding of themselves. During the session, the practitioner helps to uncover and explore the unconscious and spiritual aspects of the individual, allowing for greater insight and personal growth. Through the use of hypnosis, you can expect to reach an altered state of awareness and access deeper levels of consciousness to gain a better understanding of their challenges and create positive change in their lives.

Examples: Meeting the Higher Self, Inner Child, Past Life Regression, Akashic Records, Meeting your Spirit Team

**Individualized Coaching** provides guidance and support to help individuals achieve their personal and professional goals by specifically identifying blockages in energetically, mentally, emotionally, karmically. Our experienced provider offers personalized strategies to help you overcome obstacles to experience your full potential.

**Intuitive/Mediumship Reading** provides a unique spiritual experience, allowing you to connect with your inner wisdom and the those beyond the physical plane. Please be aware that the practitioner is a messenger between dimensions, and cannot guarantee the presence of any specific spirit/soul/guide. The provider is a conduit and only provides the information that the individual's Spirit Team approves.

**Tarot Readings** provides spiritual insight and clarity. The practitioner uses their intuitive gifts to interpret the cards' messages and provide meaningful guidance that can help you gain a deeper understanding, clarity, direction, and what to expect.

#### Locations

When at class venues, please refrain from bringing pets, guests and/or children to your individual sessions, unless previously discussed and arranged with practitioner. Please do not leave children unattended in the waiting area or in the vehicle during your session, as it is a safety risk. No weapons, concealed or otherwise, are allowed in the building. When using tele-services, please make sure you have a stable connection to wifi/data for minimal technical interruptions. Please select a quiet space with privacy. Please ensure you have ample tissues, water nearby if taking part in an online session.

Sessions may be at the practitioner's home office, public place, or the client's home. If travel is involved, the practitioner's rate will increase to cover the cost of travel and accommodations, if necessary.

Please be mindful that although these public settings will be agreed upon prior to session, privacy cannot be entirely secured due to the nature of the setting.

Session lengths are based on the type of session booked, these can vary and can be adjustable if discussed and agreed upon in advance. Consistent attendance of regular coaching sessions are the most effective in completing one's goals. It is best practice to openly communicate in advance any intention to decrease frequency of services. Coaching involves the client to commit and invest their attention and energy in working through the issues that come up. Should your coach observe a pattern of disinterest, distraction, lack of implementation of interventions, homework exercises, or effort, your coach may recommend that sessions be discontinued until there is a higher degree of commitment on behalf of the client.

### No Show/Late Arrival/Late Cancellation Fees

The fee for a no show or late cancellation, is the **entire rate** of the service booked. This applies to both face-to-face, tele-services, classes, workshops. No refunds are issued.

“No show” is when the client does not show up at all or is more than 15 mins late. “Late cancel” is when the client communicates an intention to cancel, less than 2 days (48hrs) in advance. If a client arrives late to the appointment, there is no extension to the session time.

### Payment

Payment for services, are due upon booking the service. Payment is accepted through Apple Pay, and Zelle using the business number 916-757-0715. Payment is due the same day of services rendered.

If a contract has been signed for spiritual services for a designated amount of time, the retainer rate must be paid in full, *prior* to the beginning of that time frame.

### Emergencies

Your provider is not an emergency service; in case of a mental or medical emergency, call 911 or go to the nearest hospital.

### Social Media

Your provider may have business social media accounts open to the public. QCH’s website may also offer a community page. Please note that utilizing the messaging systems on social media is not an acceptable form of communicating rescheduling, cancellations, etc. Please be mindful of the public nature of your comments, and use discretion when divulging private information. Provider’s social media accounts are not a form of emergency services or sessions.

### Outside Contact

It’s a small world! Should a person come across the provider outside of the office, she will not acknowledge the person first, in an effort to maintain person’s confidentiality. It will be up to the person to determine if he/she/they would like to acknowledge their relationship and the type of relationship in public.

### Ethics

Within the scope of metaphysical services, this practitioner is not mandated to report abuse, but has an ethical and moral duty to do so. In cases of any suspected child, elder, and/or dependent adult abuse, intention to harm others or self, this practitioner has a moral and ethical duty to report abuse to the proper authorities.

This practitioner will only reveal the messages she is informed of through Spirit, and will never lie or embellish. The practitioner has an innate ethical boundary to only serve in the Divine Light, with the intention of bringing about the highest good and harm to none.

#### Tele-Services Consent

Tele-services includes the practice of having coaching sessions, metaphysical services, readings, conducted using interactive audio, video, or data communications (such as phone, text, email, Zoom, FaceTime).

As a convenience, your provider sends appointment text reminders. This may be through an automated system using a third party app such as Wix.com. At times, there may be a need to utilize other electronic means of communication, including email, fax, voice message, etc. Should there be an emergency occur during the session, the clinician will call upon necessary emergency services or emergency contact in an effort to support the person.

Please remember that although your provider takes careful measures to protect your confidentiality, it is not guaranteed when using such electronic methods of communication such as text, email, or other communication technologies. It is recommended to only disclose information electronically that you are comfortable sharing while acknowledging the potential compromise.