



# Institute for Therapeutic Learning

## Lucid Heart Therapy® & Life Coaching Services

Jack Elias, Founder and Director  
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FindingTrueMagic.com [jackelias.com](http://jackelias.com)

### Counseling & Coaching Fees and Disclosures

I work virtually via Skype, Zoom, Facetime, WhatsApp, and phone with people all over the world. I've been in private practice, as well as training and certifying hypnotherapists, for over 32 years.

I have been doing virtual sessions for 25 years, so it is not new to me.

My normal fee is \$160/hr. For those who have a genuine financial need and cannot afford my full fee,  
I have a sliding scale fee structure from \$160/hr. down to \$110/hr.

**I trust the client to pick the hourly fee somewhere in that range that is fair for them.**

First session is 90 minutes, so the session fee is 1-1/2 times the hourly rate chosen - \$235 [at \$160/hr.] anywhere down to \$165 [at \$110/hr.] for 90 minutes.

I recommend 90 minute sessions, but they are not mandatory after the first session.

I schedule virtual appointments weekdays usually between 9 AM and 6 PM PDT.  
6 PM can be the beginning of the appointment.

**\*\*\*Send days/times that work for you.**

Virtual Sessions Contact Info:

Phone: 206 890 9775 - WhatsApp & Facetime  
Skype name: jackelias  
Zoom by invitation

Virtual session clients schedule their appointment and pay in advance at PayPal, Venmo, or Zelle.

1) PayPal: go to PayPal, select "Send Money" and send your payment to [jelias@sprynet.com](mailto:jelias@sprynet.com).

2) Venmo and Zelle payment: once you set up with these Apps, you send you payment to me using my phone number 206 890 9775. They are very handy Apps.

This work is very fast and powerful, yet gentle and even enjoyable!

\*\*\*Regarding number of sessions, a very broad rule of thumb is 3-10 sessions. Of course, everyone is different. It is good if the first 2 or 3 could be scheduled weekly, but unlike talk therapy, sessions can be spaced out to accommodate financial needs.

\*\*\*Cancellation of Appointments

Please understand that when you make an appointment, I am reserving that time for you. If you miss an appointment, that is time that could have been spent with another client, therefore it is necessary for me to charge for missed appointments.

There will be no charge if notice is given 24 hours before the session, or if you are ill or have an emergency.

\*\*\*Insurance -- I do not bill insurance. I give clients invoices so they can ask for reimbursement.

Some companies will reimburse, even though I am not on their provider list -- others don't. Please ask your insurer if they will cover my services.

I look forward to working with you. Send days/times that work for you.

Peace,  
Jack

Jack Elias, CHT  
FindingTrueMagic.com  
jackelias.com/blog  
Lucid Heart Therapy & Life Coaching  
Trainings in Transpersonal Hypnotherapy & NLP