

Counseling with Dr. Sunbeck -

Active Conversation · Honest Feedback · Plan of Action · Support



Counseling Can be a Life Enhancing Experience

Private Respectful Sessions

WHAT AND HOW:

- ❖ *Insight and active focus on goals and success strategies*
- ❖ *“Cognitive-Behavioral” solutions to life’s challenges*
- ❖ *All spiritual/philosophical/cultural beliefs honored*

WHO:

- ❖ *Motivated adults & teens; and students age 6+with parent*
- ❖ *Individuals, family, small groups of students or employees*

DEBORAH SUNBECK, PH.D. (585) 381-2270

Deborah Sunbeck, Ph.D.

The woman who will greet you at the door is Dr. Sunbeck. You may also call her Deborah, if you prefer.



Dr. Sunbeck has been counseling for almost 30 years. She has been a New York State licensed psychologist since 1984, and is a clinical provider of psychotherapy services for many health insurance and EAP plans.

Dr. Sunbeck earned her Ph.D. from the University of Rochester after being awarded a full scholarship. She was later invited to be the University of Rochester's first staff psychologist hired by the Clinical Psychology Department for their newly founded Mt. Hope Family Center. Her special love of working with motivated students and parents developed first there.

Later, Dr. Sunbeck broadened her expertise into the field of behavioral medicine through additional training. In the late 1980's she was honored with an invitation to study documented spontaneous remission of illness alongside one of Brazil's most medically authenticated healers of that decade. From this and other life-changing experiences, she has developed an extensive understanding of how beliefs, faith, expectations and perceptions influence physical and emotional health, academic and career success, and life-changing choices. She welcomes your personal beliefs and your search for life purpose, personal fulfillment and contentment as part of your counseling experience.

Deborah is also the creator of "Infinity Walk", a progressive multi-skills training method that builds success-readiness for skills needed from preschool through our golden years. Her first Infinity Walk book was published in 1991. You can read about her method on the website www.infinitywalk.org.

Dr. Sunbeck's Eastside Location



Always a parking space at the front door

This quiet and private hilltop property is just minutes from the city. You get front door parking every visit. Confidential sessions are spaced so there is no overlap of visitors.



This counseling setting is a completely private, comfortable and serene space overlooking the Ellison Park forever-wild hills.

Also ask about school, agency and job-based consulting and training.

Youth Counseling

To help your child prepare for a comfortable first visit please share the photos in this brochure with him or her.



The natural beauty of the setting that you and your children will be using for counseling offers a sense of serenity, safety, and privacy. The personal greeting at the front door and friendly invitation to enter sends a message that they are welcome as a guest.

Upon entering, they will realize that their new counselor likes and enjoys youth, and has their best interest in mind. As conversation emerges, they will sense that she is knowledgeable, and understands a great deal about life. Parents are encouraged to be a part of every session unless their child asks for a private session.

First-time experience with counseling can feel a little intimidating to some children. This home-like setting is meant to put them at ease. If your young child needs a little extra help with the idea of counseling, when making the first appointment bring some snacks and ask for the “**kitchen grandma treatment**”.

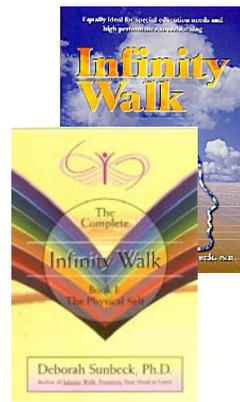


Available for first appointment only, with advanced scheduling

TO: *Teens and Children*

ABOUT: *Your New Counselor*

- ❖ **Loves animals.** Her horses names were Cherokee and Baron. Cherokee loved to run. Baron later became a sheriff's horse and wore a badge. Kelly was her first dog. They went camping together during Dr. Sunbeck's college years. Together, they climbed many of the Adirondack Mountains in upstate New York..
- ❖ **Loves to sing.** She has song in many nursing homes with some of her friends, and has recorded a music CD. Dr. Sunbeck also was in many musicals in high school.
- ❖ **Writes books.** These are two of her books. One book helps make learning easier and more fun for students. The other book helps people of all ages train their bodies to be better at things that they want to do.
- ❖



Affectionate Cat on Property

Discuss Any Cat Allergies Before Appt.

STEPS BEFORE BEGINNING COUNSELING

1. ***Know what you want to accomplish and determine if a counselor offers that particular type of help.*** No counselor can specialize in everything. Some areas that Dr. Sunbeck does not specialize in are chemical abuse/dependency (drug/alcohol); anger management; long-term management support for chronic conditions; medication management; psychological assessment/ testing; and, crisis or same-day services. Potential adult clients are motivated to schedule their own appointments. Children must be willing to participate in sessions which are scheduled by a parent.

2. ***If you wish to use medical insurance, two factors need to be considered.*** Does your situation qualify for use of your medical insurance;* and if so, does Dr. Sunbeck accept your insurance plan.

To find out if Dr. Sunbeck is currently contracting to accept your insurance policy search for her name on your medical insurance company's provider list under "psychologist".

Medical insurance use is limited to working towards resolving diagnosable *medical* conditions, such as depression, anxiety, acute stress reaction, etc. Not all issues are covered by medical insurance. For instance, marriage, family and relationship problems are not a medical condition, but depression and acute stress related to a home, school or work problem can be. To qualify for use of your medical insurance you must be diagnosed with a mental health issue. That diagnosis will be used when billing your psychotherapy sessions. If you are not being referred with a pre-existing mental health diagnosis, Dr. Sunbeck offers a short phone consult to determine if your situation warrants a mental health diagnosis before you commit to a first appointment. If you are taking a medication for depression, anxiety or stress you are automatically qualified for insurance use.

***Cash Fee Option** - Dr. Sunbeck offers confidential non-clinical sessions in her capacity of consultant/educator. Insurance does not apply. No medical diagnosis or medical recordkeeping would occur.

3. ***If you have a current counselor or therapist***, first talk with that professional. Are you wishing to change therapists or add a second therapist for a team approach? We both need to know.

4. ***Call for a brief confidential phone conversation with Dr. Sunbeck***. In case an appointment is scheduled, have all your insurance information available for that phone call. Schedule an initial appointment.

5. ***Before your first appointment, fill out the health and insurance paperwork that will be emailed or mailed to you***. Bring these forms to your appointment along with your insurance card.

Deborah Sunbeck, Ph.D.

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