

Counseling with Dr. Sunbeck -

Active Conversation · Honest Feedback · Plan of Action · Support



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(back of booklet)

Counseling Can be a Life Enhancing Experience

Private Respectful Sessions

- ❖ *Goal-directed therapy with insight and new life skills*
- ❖ *Better coping and solutions for life's challenges*
- ❖ *All spiritual/philosophical/cultural beliefs honored*
- ❖ *Adults; Adolescents; Students ages 6+*
- ❖ *Individual, Couples, Family, Group Counseling*
- ❖ *Home Visits During Recovery or Final Life Stage*

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

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. Sessions are spaced so there is no overlap of visitors.



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

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 in private practice for over 20 years. She has been a New York State licensed psychologist since 1984; and, is a clinical provider of psychotherapy services for many health insurance plans. (See last page for partial list of medical insurance plans she accepts.)

Dr. Sunbeck earned her Ph.D. from the University of Rochester after being awarded a full scholarship. On completing her doctorate, she was invited to be the University of Rochester's first staff psychologist for the Clinical Psychology Department's newly founded Mt. Hope Family Center.

Later, Dr. Sunbeck broadened her expertise into the field of behavioral medicine through post-doctorate training. In the late 1980's she was honored with an invitation to study 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 and perceptions influence physical and emotional health, academic and career success, and the right life choices. She welcomes your personal beliefs and search for life purpose or healing as part of your therapy experience.

Deborah is also creator of "Infinity Walk", a progressive multi-skills training method that builds success-readiness from preschool through the senior living years. Her first authored book on the topic was published in 1991. You can read about this method at the website www.infinitywalk.org.

Also Counseling Youth

Youth, who do not yet understand the benefits of therapy, must rely on their first impressions of the therapist and setting.



An after-school nook to sit and talk

The natural beauty of the setting that you and your children will be using for counseling is an immediate pleaser for youth. It 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 therapist likes and enjoys youth, and has their best interest in mind. As conversation emerges, they will sense that their therapist is knowledgeable, and understands a great deal about life. Respecting their therapist can then extend to respect for the therapeutic process and participation in a successful outcome.

First-time experience with counseling can feel a little intimidating to youth. This home-like setting is meant to put anyone at ease. If your child needs a little help being comfortable with the idea of therapy, ask for “grandma treatment” when making an appointment. Must be scheduled in advance. First appt. only.



“Grandma’s Kitchen”

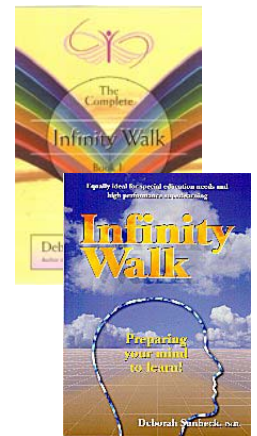
TO: *Teens and Children*

ABOUT: *Your New Counselor*

- ❖ **Loves animals.** Her horses names were Cherokee and Baron. Cherokee loved to run. Baron is now a sheriff’s horse and wears a badge. Kelly was her first dog. They went camping together. Kelly once saved a girl from danger. The rescue is written about in the book “Devoted Friends” by Gretchen Alday.
- ❖ **Loves to sing.** She sings in nursing homes with some of her friends.
- ❖ **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 they want to do.



Affectionate Therapy Cat
(Discuss cat allergies before appt.)



infinitywalk.org

STEPS TO BEGIN COUNSELING

1. Be referred by a medical, health or educational professional; or, recommended by a prior or current client.
2. Discuss with your doctor, especially if needing insurance authorization or a medical team approach to treatment.
3. If you have a current psychotherapist, 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 an appointment and confidential phone conversation with Dr. Sunbeck. Have your insurance information available (see below). Schedule an initial appointment.
5. Before first appointment fill out paperwork that will be emailed, faxed or mailed to you. Bring to appointment.

STEPS TO USING MEDICAL INSURANCE

1. Determine Your medical insurance coverage for “outpatient (OP) mental health office visits, by a NY licensed psychologist.
 - a) Are you covered?
 - b) Is Dr. Sunbeck on their provider list?
 - c) What is your co-pay?
 - d) Do you need a prior authorization number?
2. How do you get these questions answered?
 - a) Call ph. number on your insurance card.
 - b) Read about your policy benefits
 - c) Ask your employer’s insurance rep.

Contact:

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HEALTH INSURANCES ACCEPTED

Blue Choice; Blue Cross/Blue Shield/ Excellus

Blue Choice Senior; Medicare Blue Choice

Monroe Plan/NY Programs: Blue Choice Option,

Child Health Plus; Family Health Plus

Preferred Care; Aetna; United Behavioral Health

Oxford, and other private national insurance plans

Please call phone number on your insurance card to pre-determine your co-pay and whether you require a prior authorization number before your first visit. Some plans have different benefits for mental health than for other specialties. Ask for benefits information for “out-patient (OP) mental health office visits for psychotherapy by a NY licensed psychologist.”

Sorry, I do not contract with Medicaid and Medicare