

Counseling with Dr. Sunbeck-

Can be a Life Enhancing Experience

- ❖ *if you are ready for change*
- ❖ *if you need to be understood*
- ❖ *if you need to do better than cope*
- ❖ *if life is losing meaning*
- ❖ *if stress is stealing your joy*
- ❖ *if you can't go it alone anymore*
- ❖ *if you are willing "to do the work"*



Private Respectful Sessions

in a setting of natural beauty

Counseling Based on Your Needs:

- ❖ *Insight therapy and/or goal-directed coaching*
- ❖ *Philosophical and spiritual beliefs honored*
- ❖ *Adults; Adolescents; Students ages 7+*
- ❖ *Home Visits for Illness or Final Life Stage*
- ❖ *School Visits As Needed*

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

Dr. Sunbeck's Counseling Room

(Right photo) The counseling setting is a completely private and comfortable space with a beautiful view of Thomas Cove and Ellison Park. A more casual lower level space is also available for young children. In the summer, the outdoor deck is an optional place to talk, if you choose. From the deck, the setting is enriched by the sounds of the cove's many songbirds and a 30 foot spirited waterfalls.

(Below Photo) This quiet Panorama Trail hilltop property is just minutes from the city limits. You may park directly in front of the entrance door, in the circular drive. Sessions are planned so there is no "waiting room" delay. Your session will begin upon your arrival even if you are a few minutes early.



Go to www.sunbeck.com to print additional copies of this brochure in color and for more information.

CALL (585) 381-2270 FOR AN APPOINTMENT.

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 20 years. She is a New York State licensed psychologist and is a provider of clinical services for most local insurance plans.



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 for at-risk children. Later, Dr. Sunbeck broadened her expertise into the field of behavioral medicine. She has been honored as the only American psychologist to be personally invited to study spontaneous remission of illness alongside one of Brazil's most documented and medically authenticated healers. Her extensive understanding of how beliefs and perceptions influence physical and emotional health, academic and career success, and every life choice, provides a solid foundation for a gentle yet dynamic therapeutic process for positive change. Deborah is the creator of "Infinity Walk", a successful sensorimotor multi-tasking training method that enhances life skills from preschool to senior living.

Also Counseling Youth-

A special need for trust and respect

Traditionally, psychotherapy has often taken place in medical building settings. In the traditional model the therapist learns a great deal about the client, but the client knows very little about the therapist other than their professional degree and place of employment. There are good reasons for having “professional boundaries”.

There are also some good reasons why other types of therapy settings and some additional knowledge about a therapist can be a helpful thing. Youth, in particular, may make better use of their first counseling sessions, and be more likely to want to continue sessions, if they are comfortable with the therapy environment, and can know something of the person behind the credentials.

To be a good youth therapist, a professional must also be a good role model. Youth who do not yet understand the benefits of successful therapeutic treatment must rely on their first impressions of the therapist and the setting.

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 respected 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 an interest in a successful outcome.

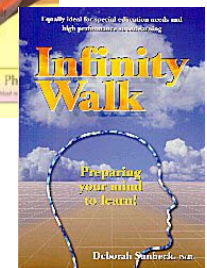
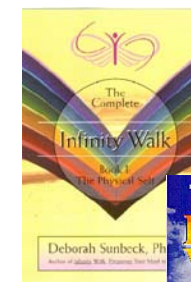
TO: Adolescents and Children

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 a book called “Devoted Friends” by author Gretchen Alday.

❖ **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.

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Counseling or Coaching:

WHAT YOU CAN EXPECT:

- ❖ Active conversation
 - ❖ Honest feedback
 - ❖ Goals established and progress reviewed
 - ❖ Respect for cultures, religions, beliefs
 - ❖ Insight and greater understanding
 - ❖ A plan of action for positive change
 - ❖ Support throughout the process
 - ❖ Privacy and confidentiality
-

INSURANCES ACCEPTED:

**Blue Cross Blue Shield PPO's and HMO's
Aetna; United Health Care;
Many Private National Insurance Plans**

***(Check your insurance policy to be sure that
Dr. Sunbeck takes your insurance.) Rev. 2010***

QUESTIONS ?

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To learn about Infinity Walk:

www.infinitywalk.org

- ❖ Infinity Walk coaching
- ❖ Infinity Walk in-services.
- ❖ Infinity Walk staff training