



Carly Lua Pershyn, MA, RYT, Doctoral Student, Sex Therapy Intern
Rochester Center for Sexual Wellness
625 Panorama Trail, Building 3, Suite 200, Rochester, NY 14625
Office (585) 865-3584 ext. 10
carly@rochestercenterforsexualwellness.com

Welcome to Rochester Center for Sexual Wellness (RCSW)! I hope that we can build a lasting, trusting relationship in which you can accomplish the goals you set. This letter will explain a few things about our work, your rights, and responsibilities, as well as mine.

As a PhD student in Counseling Psychology at University at Buffalo, I practice under the supervision of Daniel Rosen, LCSW-R, CST, CST-S. I have a master's degree in psychology and philosophy, with 3 years experience providing individual therapy. I am in the process of working toward my AASECT certification to become a Certified Sex Therapist. I follow the Code of Ethics set forth by the American Psychological Association (APA) and I practice under the guidelines set forth by the American Association of Sexuality Educators, Counselors, and Therapists (AASECT). You can request a copy of these codes of ethics at any time. I am also a Registered Yoga Teacher on the way to certification as a Yoga Therapist and often incorporate yoga principles into my talk therapy with clients.

It is important to know that treatment at RCSW is confidential and shared as indicated by your Consent for Treatment and Authorization for Release of Health Information. If you enter therapy with your partner(s), each member participating in therapy must consent to a release of information. In accordance with New York state regulation and professional ethics, specific circumstances may require me to break confidentiality and report certain information. Those circumstances may include 1) therapist believes a client may be a danger to self or others 2) therapist believes a child, elderly or disabled person may be subject to abuse or neglect 3) court order exists that information regarding therapy process be provided.

Entering the therapy process may look different to everyone. Similar to any process of change and growth, there can be risks associated with therapy such as powerful insights or feeling overwhelmed with negative, unpleasant emotions; I welcome discussion of this as we progress in the work.

RCSW does not participate on any insurance panels. For those with insurance coverage who would like to submit a statement (often called a Super Bill) to your insurance company for out-of-network reimbursement, please request a statement of services at the end of each visit. The fee for services with me, Carly Pershyn, is **\$80 per individual therapy visit.**

If you should choose to leave therapy, it is best if we discuss the termination of therapy at a regular therapy session. If there is no session activity or phone contact for a period of 8 weeks, your file may be closed. In most circumstances, your file can be re-opened upon completion of a new intake and payment of any balance due.

At RCSW we strive for the best standard of care, therefore, if you have a crisis and need to reach me between sessions, please contact me at (585) 865-3584 ext 10. **PLEASE NOTE** that text or email are not appropriate means of contact in a crisis situation. I am available for emergent or urgent telephone support. However, I



am not able to provide life-saving interventions. Therefore, if you are suicidal or at risk of harming someone else you need to contact 911, the psychiatric emergency department, or other first responders.

It is my pleasure to work with you, and I am happy to discuss any questions you may have regarding your care.

Sincerely,

Carly Lua Pershyn, MA, RYT, Doctoral Student, Sex Therapy Intern