



Pennsylvania Teletherapy Disclosure Statement

WELCOME

Before you begin receiving teletherapy services from Sanvello, we'd like share the information below with you, as required by the Pennsylvania Board of Examiners for Social Workers and Professional Counselors. Please read through this document carefully and ask your therapist about information that seems unclear before you begin counseling, or at any time throughout your course of treatment.

YOUR RIGHTS

As licensed therapists, we desire to integrate sound cognitive behavioral therapy principles in your treatment. You are entitled to receive information from any therapist concerning our methods of therapy, the techniques used, an estimation of the duration of your treatment, risks and benefits of counseling, confidential communication, and access to your records. You also have the right to know what other treatment options are available and the possible effectiveness of those alternatives. You may at any time seek a second opinion from another clinician and/or terminate the counseling process. Therapists need to be informed if you are working with more than one counselor. In a professional relationship with a therapist, sexual intimacy is never appropriate and should be reported to the board that licenses, registers, or certifies that therapist.

HIPAA provides you with several new or expanded rights regarding your Clinical Record and disclosures of protected health information. These rights include requesting that your therapist amend your record; requesting restrictions on what information from your Clinical Record is disclosed to others; requesting an accounting of any disclosures of protected health information that you have neither consented to nor authorized; determining the location to which protected information disclosures are sent; having any complaints you make about our policies and procedures recorded in your records; and the right to another copy of this Notice upon request.

DISCLOSURE OF EXPERIENCE, DEGREES, LICENSING, AND OTHER CERTIFICATIONS

You have the right to be informed regarding the degrees, credentials, certifications, registrations, and licenses held or obtained by your therapist. This includes the education, experience and training that were required to satisfy the degrees, credentials, certifications, registrations, and licenses. We have multiple licensed therapists who are working through our teletherapy practice.

This information is required by the Board of Social Workers, Marriage and Family Therapist, and Professional Counselors which regulates social workers, marriage and family therapists and counselors. The board can be contacted at:

State Board of Social Workers, Marriage and Family Therapists and Professional Counselors
P.O. Box 2649
Harrisburg, PA 17105-2649
Phone: (717) 783-1389
Fax: (717) 787-7769



SANVELLO PENNSYLVANIA THERAPISTS

Donald Cooper LPC - PA License # PC005030

I have a passion for learning innovative ways to inspire and help others learn the skills to help themselves. Although I have received numerous awards for academic excellence, I am most proud to receive the notable Algernon Sydney Sullivan Award for the excellence of character and service to humanity. I am a Licensed Professional Counselor Supervisor in Texas and a Licensed Professional Counselor in Texas and Pennsylvania. I am also a Board-Certified Counselor, and I am certified to provide treatment to people categorized with trauma disorders. My particular expertise is in counseling young people classified with Disruptive Behavior Disorders as well as people categorized with Personality Disorders, people categorized with Mood or Anxiety Disorders, people with relationship or self-esteem concerns, people with career and academic difficulties, and people with a history of trauma and abuse. Additionally, I specialize in clinical supervision. My personal goals are to be the best husband and the best father I can be. What is more, I have been happily married to my college sweetheart for over 20 years. My wife Saira is from Pakistan, and we have two wonderful multiracial daughters, ages 12 and 14. Something interesting about me is that I love reading and writing poetry to process complicated feelings and to relax. I have published numerous poems and have won several Editor's Choice awards in poetry. Lastly, I am skilled in integrating approaches to include family systems theory, experiential strategies, psychodynamic approaches, and dialectic behavioral and cognitive-behavioral therapies.

Elizabeth Gerbert LPC - PA License # PC005292

I believe it is an honor to work with people when they are going through a tough period in their life or dealing with a challenging situation. I work towards understanding my clients' current needs with the goal of helping them to feel better. Attending therapy can feel overwhelming, but it is a step towards a healthier and happier life. I have been practicing as a licensed professional clinical counselor for the past 10 years. I trained as a therapist in Philadelphia, PA. I moved to the West Coast recently to spend more time outdoors where I thrive. I believe in taking a strength-based approach to working with clients and view therapy as a collaboration between the client and therapist. Therapy should be a safe place to discuss very personal topics and concerns. Therapy is a tool to be used to improve your life. I hope to support you in identifying goals for therapy, as well as providing you the skills to help manage anxiety, depression, grief, stress, compassion fatigue, and relationship concerns.

Dana Puma LPC - PA License # PC012975

I am a Licensed Mental Health Counselor from New York City. I am committed to providing a safe, non-judgmental, supportive and empathetic environment where we work together to meet your goals. My experience includes utilizing trauma informed therapy, solution-focused therapy, strength-based counseling, supportive counseling, cognitive behavioral techniques, and mindfulness-based CBT. I have experience working with various presenting concerns including anxiety, work stressors, school stress, trauma, and mood disorders. I have worked extensively with sexual trauma, as well as first responders and their families. In my free time I enjoy spending time with my friends and family, as well as my four dogs.