

## COUNSELING SERVICES – Reka Farago

### SEX THERAPY:

Sex Therapy is a systematic treatment of couples or an individual for concerns related to intimacy, sex life and their relationship. It is a goal-oriented approach to a satisfying intimate life as well as a satisfying relationship.

A healthy relationship and sexual health go hand in hand, however I realize it is often difficult to talk about the most intimate aspects of your life so respect and confidentiality are key. Reka has been extensively trained and has 15 years' experience working through complicated issues and treatment plans in therapy. Her approach is strongly rooted in not taking "sides" and looking for "fault", as pointing the finger does not create strong relationships. Reka uses a strength based, cognitive and systems approach to help heal the relationship.

### SESSIONS:

Sessions will run as "session and a half" meaning 90 minutes for \$200.

Sessions will take place on a bi-weekly basis.

I do not accept insurance for my therapy services, however upon request I can provide you with a form about your therapy should you choose to submit to your insurance company.

### WHAT TO EXPECT:

Sex Therapy may involve homework beyond talk therapy, however under no circumstances is there ever physical contact of any kind between therapist and client. Therapy involves commitment and hard work to achieve the outcome you want, however hard work in therapy can have life changing benefits.

You will always know what we are working on, in a systematic, goal-oriented manner and you are in charge. We will progress through therapy at your pace but expect to be challenged and "dig deep" for a successful outcome. My goal for you is problem solving for your current issues and to equip you with tools and knowledge you can apply to your relationship and life after therapy.

Sex Therapy  
Marriage Therapy  
Divorce Prevention and Recovery  
Non-Sex Marriages  
Infertility  
Pre-Marital Therapy  
Low Desire  
Erectile Dysfunction  
Rapid Ejaculation  
Female Orgasm

Parenting  
Desire to Reconnect  
Gay and Lesbian Relationships  
Affairs  
Sex and Physical Injury  
Cross-Dressing, Fetishes  
Gender Identity  
Transgender  
Sexual Dysfunction  
Sexual Addiction  
Women's Sexuality  
Sex Drive "Mis-Match"  
Postpartum Changes