



## Caroline Fleck

Adjunct Clinical Instructor, Psychiatry and Behavioral Sciences

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### Bio

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Dr. Caroline Fleck received her doctorate in Psychology & Neuroscience from Duke University, and went on to specialize in cognitive behavioral therapies including Exposure and Response Prevention, Dialectical Behavior Therapy, Parent Management Training, Gottman Method Couples Therapy, and Behavioral Activation. She is the founder and clinical director of Luma - a network of evidence-based clinicians in private practice. Dr. Fleck is also a trainer, educator, and public speaker on the topics of evidence-based approaches in psychology, mindfulness, and the use of technology in mental health care. Her lectures and courses at Stanford focus on training residents, post-docs, and faculty in Dialectical Behavior Therapy, and risk management.

More information can be found on her website: <https://www.drkarolinefleck.com/>