



Aubrey Michelle Toole, PhD

Academic Staff - Hourly, Psychiatry and Behavioral Sciences

CLINICAL OFFICES

- **Psychiatry Clinic**

401 Quarry Rd

MC 5718

Stanford, CA 94305

Tel (650) 498-9111

Fax (650) 723-2269

Bio

BIO

Dr. Aubrey Toole is a licensed psychologist whose research and clinical work has focused on the treatment and prevention of eating and body image problems and the potential benefits of compassion- and acceptance-based interventions. Dr. Toole further specializes in treating eating and body image concerns in high performance athletes at Stanford. She also serves as a supervisor within the PGSP-Stanford Psy.D. Consortium. She completed her bachelor's degree in Psychology with Highest Honors at UC Berkeley and her Ph.D. in Clinical Psychology at Emory University. She completed her predoctoral internship at Emory University's School of Medicine and postdoctoral fellowship at Stanford University's School of Medicine.

CLINICAL FOCUS

- Psychology

ACADEMIC APPOINTMENTS

- Academic Staff - Hourly, Psychiatry and Behavioral Sciences

PROFESSIONAL EDUCATION

- Fellowship: Department of Psychiatry, School of Medicine, Stanford University Hospital (2019)
- Internship: Emory University Medical School (2018) GA
- PhD Training: Emory University Office of the Registrar (2018) GA

Publications

PUBLICATIONS

- **Brief self-compassion meditation training for body image distress in young adult women** *BODY IMAGE*
Toole, A. M., Craighead, L. W.
2016; 19: 104–12
- **Self-compassion, Body Image, and Self-reported Disordered Eating** *SELF AND IDENTITY*
Breines, J., Toole, A., Tu, C., Chen, S.

