




## Aubrey Toole, PhD

Clinical Assistant Professor, Psychiatry and Behavioral Sciences

 Curriculum Vitae available Online

### CLINICAL OFFICE (PRIMARY)

- **Psychiatry Clinic**

401 Quarry Rd

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Stanford, CA 94305

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### Bio

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#### 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. Clinically, she works with a range of presentations, including eating and body image concerns, mood and anxiety difficulties, interpersonal problems, and post-traumatic stress, as well as rigid perfectionism, harsh self-critical thinking, and shame. 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 the Emory University School of Medicine Department of Psychiatry, where she worked with children, adolescents, and young adults with eating disorders, emotion regulation difficulties, anxiety, depression, OCD, and PTSD. She completed her postdoctoral fellowship at Stanford University's School of Medicine within the Psychosocial Treatment Clinic, where her training focused on evidence-based treatments for eating disorders, anxiety and mood disorders, couples, and high-performance athletes, as well as clinical supervision.

#### CLINICAL FOCUS

- Clinical Psychology

#### ACADEMIC APPOINTMENTS

- Clinical Assistant Professor, 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

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### PUBLICATIONS

- **Self-compassion and dissonance-based interventions for body image distress in young adult women.** *Body image*  
Toole, A. M., LoParo, D., Craighead, L. W.  
2021; 38: 191–200
- **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.  
2014; 13 (4): 432–48