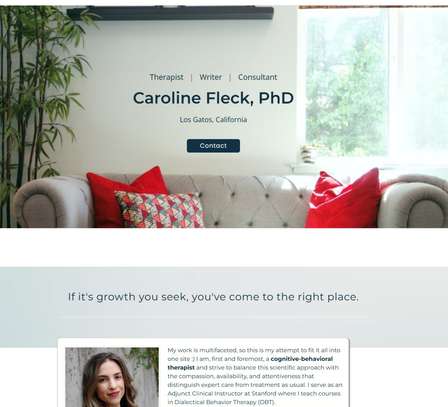

Therapist | Writer | Consultant

Caroline Fleck, PhD

Los Gatos, California

Contact

If it's growth you seek, you've come to the right place.

My work is multifaceted, so this is my attempt to fit it all into one site :) I am, first and foremost, a **cognitive-behavioral therapist** and strive to balance this scientific approach with the compassion, availability, and attentiveness that distinguish expert care from treatment as usual. I serve as an Adjunct Clinical Instructor at Stanford where I teach courses in Dialectical Behavior Therapy (DBT).

My other passions include clinical training and corporate consulting. Keep scrolling to learn more about my work.

CFleck

Therapy

Clients

- Adults
- Couples
- Parents
- Telehealth
- Teens

Problems

- Anxiety disorders
- Borderline personality disorder
- Binge-eating
- Obsessive-compulsive disorder
- Parenting
- Panic disorder
- Phobias
- Post-traumatic stress
- Mood disorders
- Relationships

Treatments

- **Behavioral Activation (BA)**
- **Cognitive Behavioral Therapy (CBT)**
- **Dialectical Behavior Therapy (DBT)**
- **Exposure & Response Prevention (ERP)**
- **Gottman Method Couples Therapy**
- **Parent Management Training**
- **Prolonged Exposure (PE)**

Interested in therapy with Dr. Fleck?

Find out more about her therapy practice and availability.

Approach to Therapy

Request an Appointment

Clinical Training for Students & Clinicians

Increasing access to evidence-based approaches (EBAs) is one of the enduring passions of my career. I offer training and supervision in EDAs, as well as solutions to facilitate their use in private practice and beyond.

Luma Consortium

I formed Luma to help increase the availability and quality of EBAs. Members are hand selected and commit to strict standards of evidence-based care while independently operating their own practices.

Learn More

Teaching & Supervision

I provide workshops, lectures, and supervision in evidence-based treatments and practices to licensed clinicians and clinical training programs around the country.

Learn More

Private Practice

I've studied, tested, and obsessed over private practice development for years. I now enjoy applying what I've learned to help others streamline and develop their ideal practices.

Learn More

> Caroline is a gifted speaker and a phenomenal educator. She knows DBT inside out, and makes the approach come alive in an accessible, hands-on, practical, and genuine manner. She easily engages a large group with diverse needs, insuring that everyone from the beginning trainee to the advanced practitioner walks away with new learning and increased passion and enthusiasm for their work and clients.
>
> **Sanno Zack**
> **DBT Program Director**

Get information on supervision, consultation, and training with Dr. Fleck

For those interested in psychotherapy, please call, email, or use the form on our **Contact** page.

** Indicates required field*

I'm interested in *

Clinical supervision

Email *

SUBMIT

Corporate Consulting

Few have proven to know more about human behavior or how to change it than behavioral scientists. If you're looking for transformation, look no further.

Executive Coaching

My executive coaching methodology integrates social psychology, neuroscience, and behaviorism to help clients not only define and achieve their career goals, but become agents of change within their industries.

Program Development

I create and implement customized behavioral change programs for Fortune 500 companies to equip whole teams with the skills, practices, and emotional intelligence that define high performing cultures.

Clinical Consulting

I provide consultation to tech companies on topics ranging from app and software development, to product usability and risk management. I am also a GLG Counsel Member and advise select companies through this platform.

Results that speak for themselves

Here is just some of the survey data from managers and senior leadership who completed a program I designed for a Fortune 20 company. The program consisted of a 12-week skills training class followed by 12-weeks of individual coaching.

100%

Said they **would recommend** Dr. Fleck's 12-week skills class after having completed it.

100%

Said Dr. Fleck's 12-week skills class was **valuable** for the org.

100%

Said individual coaching had a **direct effect** on their use of skills at work.

100%

Said Dr. Fleck's training program was well **worth their time.**

Interested in Dr. Fleck's corporate services?

Reach out today to learn more.

Contact

Dr. Caroline Fleck

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Campbell, CA 95008

Dr. Fleck 's office is located on the boarder of Campbell and Los Gatos. She provides therapy and consulting to clients in the Bay Area and Silicon Valley including Campbell, Los Gatos, Mountain View, Palo Alto, Menlo Park, Los Altos, Cupertino, Saratoga, Sunnyvale, San Jose, Gilroy, Redwood City, Belmont, Foster City, San Mateo, San Francisco, and the East Bay. Video conferencing therapy is also available for select clients in California and Washington state.