

## Proven treatments, expert care

### Therapy grounded in science

Dr. Fleck is an expert in evidence-based therapies. She bases her healthcare decisions on the latest scientific research and tailors her treatment plans around the dynamic lives of her clients. She consults weekly with industry experts and keeps her thumb on the pulse of academia through her ongoing collaborations with Tier 1 institutions.


[Request Appointment](#)


#### Clients

Adults  
Couples  
Parents  
Remote clients  
Teens



#### Services

Individual therapy  
Group skills training  
Individual skills training  
Couples therapy  
Parent training  
Teletherapy



#### Treatments

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

*Click on the links above for info*



Many studies have found cognitive behavior therapy to be an effective treatment for mood and anxiety disorders. However, few patients actually receive evidence-based treatments.

**Tom Insel, MD**

Former Director of the National Institutes of Mental Health



### Evidence-based treatment

Less than 20% of mental health treatments have proven through research to be effective. Dr. Fleck only uses these proven methods in her practice.

For more information on evidence-based treatments, click [here](#). Dr. Linehan's video also provides a short, but powerful explanation of why these first line treatments are not more commonly provided.

### First appointment

After scheduling your first appointment, you'll receive an intake packet, with consent forms and information about Dr. Fleck's practice. You may choose to sign all forms electronically.

#### What to expect

You'll meet exclusively with Dr. Fleck for the entire appointment. No trainees. No fellows.

You'll discuss your reasons for coming, and what you hope to work on in therapy.

Dr. Fleck will conduct a comprehensive diagnostic assessment to determine any diagnoses.

Towards the end of session, you and Dr. Fleck will discuss treatment planning.



Dr. Fleck is not contracted with insurance companies and is considered an "out-of-network" provider. If your policy includes out-of-network benefits, a portion of your fees will usually be covered. Please contact your carrier *before* your first appointment to determine your benefits.

### Moving forward

Ongoing therapy with Dr. Fleck typically consists of weekly 50 or 90 minutes sessions in person or via video conferencing. If you require treatment outside of her areas of expertise or an additional service (medication consult, skills group), we'll help you find it.

### Customized Healthcare, Concierge Conveniences



#### Available

Dr. Fleck is available to clients between sessions



#### On Time

The average wait time for Dr. Fleck is 2 minutes



#### Tech Friendly

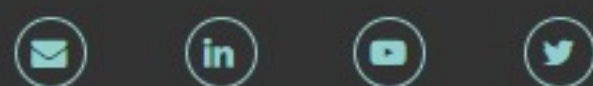
Email, text, apps, e-forms, telehealth, & more

[Contact](#)

#### Dr. Caroline Fleck

650-429-8828

1350 Dell Avenue  
Suite 206  
Campbell, CA 95008



#### Policies

[Privacy Policy](#)

[Teen Privacy](#)

#### Providers

[Training & Supervision](#)

[Private Practice](#)

[Luma](#)

#### Resources

[Recommended Reading](#)

[Mental Health Apps](#)

[YouTube Playlists](#)

[Links](#)