



Tara Fleck, LCP

Adult Outpatient Therapist

"I knew I wanted to pursue a career in psychology when I was a junior in high school, after taking my first psychology class. I love working with people to help them achieve their goals and witnessing the progress they make along the way. I find my work incredibly fulfilling and feel fortunate to have the opportunity to help others."

About

Tara Fleck began her career at an outpatient Community Mental Health Center in Parsons, where she served for three years before continuing her work at Via Christi Behavioral Health's outpatient clinic for 11 years. She joined Crawford County Mental Health Center in January 2023. Tara has extensive experience working with a wide range of diagnoses and client age groups. She is especially passionate about supporting adults dealing with depression, anxiety, trauma, grief, abuse, and stress-related issues.

While her primary focus is psychotherapy for adults, Tara also sees adolescents and provides psychological testing, including ADHD evaluations, IQ testing, and personality assessments. She is certified in Accelerated Resolution Therapy (ART), a trauma-focused intervention known for producing rapid and effective results.

Education

- Master of Science in Psychology with a Clinical Emphasis | *Pittsburg State University*
- Bachelor of Arts in Psychology | *Pittsburg State University*

Specialties and Focus Areas

- Depression, anxiety, Trauma, Grief, Abuse, and Stress

Certifications

- Accelerated Resolution Therapy (ART)
- Cognitive Behavioral Therapy (CBT)
- Motivational Interviewing (MI)

Age Group(s) Served

- Adults 18 and up



**CRAWFORD COUNTY
MENTAL HEALTH CENTER**