

## **Cara Flanders, M.MFT, LPC-S, LMFT-S**

### **Assistant Director/Counselor**

Cara Flanders is a 1992 graduate of ACU's AAMFT-approved Marriage and Family Therapy program. She is a Clinical Fellow of the AAMFT, an AAMFT-approved supervisor, and both a Licensed Professional Counselor and Supervisor, as well as a Licensed Marriage and Family Therapist and Supervisor in the state of Texas. Cara joined ACU in 2006 and additionally serves as an adjunct faculty member for the Department of Marriage and

Family Studies. She was named Assistant Director of the Counseling Care Center in 2019. She specializes in family and relationship issues, depression, anxiety, eating disorders, cross-cultural adjustment, and missionary care. Cara met her husband Chris at ACU, married in 1993, and they have two children. She enjoys being out in nature, listening to music with her husband, and playing with her cats.

