

# Gerry Fisher

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Life coach and counselor, working with children (8+), adults, and couples, and specializing in personal-goal attainment, emotion management, and positive psychology.

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**Skills**      **Expert level:** A broad variety of Cognitive-Behavioral Treatment (CBT) techniques, Dialectical Behavioral Treatment (DBT) techniques and program leadership, mindfulness practice and theory, systematic desensitization, exposure treatment, relationship coaching, and gender- and sexual-orientation issues as an openly-gay counselor. **High skill level:** Substance-abuse treatment, hypnotherapy, couples treatment, time-effective techniques, mind-body techniques, and MA Batterers Intervention Program techniques and theory.

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<b>Experience</b>	<b><u>July 2002—Present</u></b> Life Coach  Developed a unique practice designed to get people unstuck emotionally, thereby boosting goal attainment, emotion-management skills, and life satisfaction.	<b><u>Private Practice</u></b> Arlington, MA
	<b><u>October 1997—April 2002</u></b> Outpatient Clinical Social Worker  Provided community-based counseling to a broad variety of clients; was the resident behaviorist, often referred clients with persistent panic attacks and anger-management problems; led DBT implementation efforts, including case consultation and clinician instruction; taught mindfulness skills; implemented a skills and wellness group for chronic clients, including a weight-loss program addressing medication side effects.	<b><u>The Edinburg Center</u></b> Lexington, MA
	<b><u>May 1996—May 1997</u></b> Outpatient Social-Work Intern  Attended weekly group supervision with Margot Fanger, learned and applied time-effective treatment techniques, obtained supervision on applying systematic desensitization and relaxation techniques, provided treatment to approximately 25 couples.	<b><u>Harvard Vanguard Associates</u></b> Burlington, MA
	<b><u>September 1995—May 1996</u></b> Outpatient Social-Work Intern  Conducted court-mandated, substance-abuse counseling; applied the Prochaska-DiClemente change methodology; and applied motivational interviewing techniques.	<b><u>Adult/Adolescent Counseling, Inc.</u></b> Malden, MA
	<b><u>June 1984—October 2008</u></b> Consulting Technical Writer (part time)  Managed 20 writers and a \$4-5 million budget for 2 years, developed and delivered diversity training, and transferred to different companies through corporate mergers.	<b><u>Digital (DEC), SiteScape, Novell</u></b> Maynard, MA

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<b>Education</b>	Clinical Training, Mind/Body Medicine 1 week, 2007	Harvard Medical Continuing Education Boston, MA
	Master of Social Work, 1997	Boston University School of Social Work Boston, MA
	Bachelor of Arts, 1983 English Literature and Computer Science	Boston University Boston, MA