

MARY A. FISHER, CMHC, CST

Mary Fisher Psychotherapy, PLLC
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EDUCATION & CREDENTIALS

Certified Sex Therapist (CST) (February 2020 – present)
American Association of Sexuality Educators, Counselors, and Therapists
(AASECT)

Graduate, Level One (October 2018 – November 2019)
Developmental Model, The Couples Institute, Ellyn Bader & Peter
Pearson

Clinical Mental Health Counselor (CMHC) (November 2012 - present)
Department of Professional Licensing, State of Utah

Certified Discernment Counselor (December 2018)
The Doherty Relationship Institute

Doctoral Student (August 2005 – May 2011)
Department of Counseling Psychology, University of Utah

Associate Clinical Mental Health Counselor (ACMHC) (June 2006 – June 2013)
Department of Professional Licensing, State of Utah

Certified Reliable Coder *Adult Attachment Interview (June 2009, June 2019)*
University of California, Berkeley
Reliability testing: Mary Main, Ph.D., Eric Hesse, Ph.D., & Naomi
Gribneau-Bahm, Ph.D.

M.A. Community Counseling (May 2005, ACA Accredited)
Gonzaga University (Spokane, WA)
Cumulative grade point average: 3.99

B.A. Psychology (May 2003)
University of Utah (Salt Lake City, UT)
Dean's List 2001

CLINICAL EXPERIENCE

Private Practice

(September 2013 – present)

- Psychotherapy, sex therapy, personality disorders and attachment assessment with individuals, including infant-parent dyads, adolescents, adults, and geriatrics. Focus on long-term treatment of individuals with personality disorders, treatment refractory cases, gender-diverse individuals, and sexual issues. Couples' work includes sex therapy, and Discernment Counseling, for couples who are ambivalent about a direction for their relationship.

Psychotherapist

(November 2012 – September 2013)

Center for Human Potential

- Psychotherapy, assessment, EAP with children, adolescents, adults couples, individuals), geriatrics, skilled nursing facilities.

SUPERVISORY EXPERIENCE

Interpersonal Reconstructive Therapy (IRT) Peer Consultation (Present)

- Peer consultation group to discuss IRT cases. Meets approximately every six weeks. Facilitated by Dr. Ken Critchfield, Ph.D.

Peer Consultation Group

(December 2016 to Present)

- Founded peer consultation group with psychodynamic base and eclectic practitioners. Meets biweekly.

Substitute Supervisor

(2014)

- Supervised a Clinical Mental Health Counseling master's student while her formal supervisor was unavailable. Two sessions.

PUBLICATIONS

Fisher, M. (2018). Mary Ainsworth. In *Encyclopedia of Couple and Family Therapy*, New York City, NY: Springer.

Fisher, M. & Fisher, A. (2017). Sexual Dysfunctions in Couple and Family Therapy. In *Encyclopedia of Couple and Family Therapy*, New York City, NY: Springer.

Fisher, M. (2017). Adult Attachment Interview. In *Encyclopedia of Couple and Family Therapy*, New York City, NY: Springer.

Fisher, M. (2017). John Bowlby. In *Encyclopedia of Couple and Family Therapy*, New York City, NY: Springer.

Fisher, A. & Fisher, M. (2017). Alfred Kinsey. In *Encyclopedia of Couple and Family Therapy*, New York City, NY: Springer.

Fisher, A. & Fisher, M. (2013). Sharing vulnerability after a change in beliefs. Sunstone, March, 170, 14-17.

Fisher, M., Florsheim, & P., Sheetz, J. (2005). That's not *my* problem: Convergence and divergence between self and other identified problems among homeless adolescents. Child and Youth Care Forum, 34, 6, 406-419.

SUPERVISED CLINICAL EXPERIENCE

Interpersonal Reconstructive Therapist (January 2018 – May 2021)

- Practiced Interpersonal Reconstructive Therapy under consultation with Dr. Lorna Smith Benjamin, including didactic discourse, clinical case consultations and clinical role-plays.

Consultant: Lorna Smith Benjamin, Ph.D., ABPP

Sex Therapist (June 2016 – October 2019)

- Practiced sex therapy under supervision with adult individuals and couples, for the following concerns (not an exhaustive list) lack of orgasm, difficult orgasm, rapid ejaculation, prolonged ejaculation, erectile anxiety and dysfunction, desire discrepancy, pain during sex, gender and sexual orientation issues, relationship styles, fetishes, alternative sexuality practices, sexual trauma, low desire, asexuality, out of control sexual behavior, etcetera.

Supervisor: Gretchen Fincke, LSCW, CST, CST-S

Group supervisor: Doug Braun-Harvey, LMFT, CST, CST-S

Psychotherapist (June 2011 – November 2012)

Center for Human Potential

- Psychotherapy and assessment with children, adolescents, adults (couples and individuals), and geriatrics.

Supervisor: C. Brendan Hallett, Psy.D.

Graduate Student Therapist (August 2010 – May 2011)

The Children's Center, Salt Lake City, Utah

- Culturally sensitive psychotherapy and assessment with young children, parents, and families. Training in Trauma-Focused Cognitive Behavioral Therapy (TF-CBT) and Child-Parent Psychotherapy (CPP).
- Clients who have experienced trauma, parent-child relational problems, pervasive developmental disorders, attachment disorder

Supervisor: Douglas Goldsmith, Ph.D.

Graduate Therapist (Spring 2006 – Fall 2008)

Interpersonal Reconstructive Therapy Clinic, University Neuropsychiatric Institute

- Individual psychotherapy and assessment
- Clients: clients with multiple morbidity, repeated hospitalization, and suicidality

Supervisors: Lorna Smith Benjamin, Ph.D.
Ken Critchfield, Ph.D.

Therapist & Case Manager (February 2005 – August 2007)

Young Parenthood Program (YPP), Department of Psychology, University of Utah

- Clinical intake, couples' therapy, referral, family planning, and research support
- Clients: Pregnant and parenting adolescents from diverse backgrounds

Supervisor: Lisa Mountain, Ph.D.

Therapist (May 2006 – August 2008)

Adolescent Development Outreach Project (ADOP), Department of Psychology, University of Utah

- Clinical intake, individual psychotherapy
- Clients: Low income adolescents

Supervisors: Paul Florsheim, Ph.D.
Lisa Mountain, Ph.D.

Practicum Counselor (September 2006 – May 2007)

University Counseling Center, University of Utah

- Clinical intake, assessment, referral, and individual counseling
- Clients: Students, faculty, and employees of the University of Utah

Supervisors: Susan Morrow, Ph.D.
Carla Reyes, Ph.D.

Counselor Intern (September 2004 – May 2005)

Catholic Charities Counseling, Spokane, WA

- Clinical intake, individual, couples', and family counseling
- Clients: Adults diagnosed with psychiatric disorders

Supervisor: Pam Brown, LMFT

TEACHING EXPERIENCES

Adjunct Professor (June 2006 – May 2009, August 2012 – December 2013)

Department of Psychology, Salt Lake Community College

Courses: General Psychology (Psychology 1010), Human Growth and

Development (Psychology 1100)

- Full responsibilities: administration of lectures, grading assignments, assignment of course grades

Supervisor: Larry Christensen

Adjunct Professor (January 2011 – May 2011)

Department of Psychology, Westminster College

Courses: Methods of Counseling (PSY 405)

Lifespan Developmental Psychology (PSY 303)

- Full responsibilities: administration of lectures, developing class material & curricula, grading assignments, assignment of course grades.

Supervisor: Colleen Sandor, Ph.D.

Teaching Assistant (August 2008 – May 2010)

Department of Psychology, University of Utah

Course: Introductory Psychology (Psychology 1010)

- Assisting professor and guest lecturers with audio-visual matters, answering student questions, proofing exams, and responsibility for two lectures

Supervisor: Sean Meegan, Ph.D.

College Success Instructor (August 2005-May 2007)

Department of Educational Psychology, University of Utah

Course: Strategies for College Success (Educational Psychology 2600)

- Full responsibilities: administration of lectures, grading assignments, assignment of course grades

Supervisor: Tina Hatch

PRESENTATIONS

Fisher, M. (2020). BDSM and the couch: Psychotherapy with kinky patients. Synchronous webinar. Mary Fisher Psychotherapy, PLLC.

Fisher, M. (2016, 2019). Competency with kink/BDSM in clinical work. Presented in SW 6621-091, Human Sexuality, Department of Social Work, University of Utah. Instructor: Kristin Hodson, LCSW.

Fisher, M. (2019). Gaining clinical competency in Sex Across the Rainbow. Presented at Sex Across the Rainbow, The LGBTQ-Affirmative Therapists Guild, biannual ethics conference, Salt Lake City, Utah.

Fisher, M. (April, 2019). Sexual health conversations in psychotherapy. Presented at the LGBTQ-Affirmative Therapists Guild, biannual ethics conference, Salt Lake City, Utah.

- Helfer Parker, N. & Fisher, M. (2018). Ask A Queer Sex Therapist. Presented at Affirmations, Salt Lake City, Utah.
- Fisher, M. (November, 2017). Sexual dichotomies: Is sex pleasure or danger? Presented in Philosophy of Love and Sex, Department of Philosophy, Westminster College. Instructor: Kara Barnette, Ph.D.
- Fisher, M. (2017). Weathering developmental storms & nurturing connection with mixed faith couples. Presented at Women in Private Practice, Salt Lake City, Utah.
- Fisher, M. (October, 2016). Becoming a Sex Therapist. Presented in Human Sexuality, Department of Psychology, University of Utah. Instructor: Molly Butterworth, Ph.D.
- Fisher, M. (2016). Treating polyamorous and consensually non-monogamous patients. Presented at the Association for Women in Psychology inservice, Salt Lake City, UT.
- Fisher, M. (2016). Ethics and competence in treating “kinky” patients. Presented at the American Association for Sexuality Educators, Counselors, and Therapists, Meet & Greet, Utah chapter, Salt Lake City, Utah.
- Fisher, A. & Fisher, M. (2016, April). Attachment and quality of life among consensually non-monogamous individuals. Presented at the Society for Sex Therapy and Research, Chicago, Illinois.
- Fisher, M. & Fehlberg, A. (2016, March). Mixed orientation marriage: Clinical and ethical challenges. Presented at the LGBTQ-Affirmative Therapists Guild, Salt Lake City, Utah.
- Fisher, M. (2016, February). Treating polyamorous and consensually non-monogamous patients. Presented at Women in Private Practice, Salt Lake City, Utah.
- Fisher, A. & Fisher, M. (2015, August). The other poly: Navigating consensual non-monogamy. Sunstone Symposium, Salt Lake City, Utah.
- Fehlberg, A., Fisher, M. (2015, March). Why Stay? Gay Individuals in Heterosexual Relationships, presented at Generations, Salt Lake City, Utah.
- Fisher, M. (2014, May). Emotionally Focused Therapy for Same-Sex Couples. Presented at LGBTQ-Affirmative Therapists Guild, Salt Lake City, Utah.
- Fisher, A. & Fisher, M. (2012, July). When One Spouse Experiences a Change in Beliefs: Strengthening Your Marriage through Shared Vulnerability. Presented at the

Sunstone Symposium, Salt Lake City, Utah.

Bennett, E., & Fisher, M. (2005, April). Hardiness and depression: Implications for counselors. Presented at the Annual Convention of the American Counseling Association, Atlanta, Georgia.

Fisher, M. & Bennett, E. (2004, October). Hardiness and depression: Implications for counselors. Presented at the Annual Convention of the Washington Counseling Association, Spokane, Washington.

Minchala, V., Bennett, E., & Fisher, M. (2004, October). Counseling and domestic violence in same-sex relationships. Presented at the Annual Convention of the Washington Counseling Association, Spokane, Washington.

Fisher, M., Florsheim, P., Sheetz, J., Burkett, M., McAllister, M., & Wood, M. (2002, March). Coping and Help-Seeking Behaviors among Homeless Youth. Poster session presented at the annual meeting of the Rocky Mountain Psychological Association, Utah.

OTHER PROFESSIONAL SERVICE

Research Assistant (February 2006 – August 2008)

Young Parenthood Program (YPP), Department of Psychology, University of Utah

- SASB coding of young parent video interactions
- Wrote the sexual health/family planning module for the manual
- Clients: Pregnant and parenting adolescents from diverse backgrounds

Supervisor: Paul Florsheim, Ph.D.

Research Assistant (May 2006 – May 2007)

Department of Social Work, University of Utah, Salt Lake City, UT

- Adult Attachment Interviews with adolescent refugees
- Recruitment of participants
- Clinical referrals

Supervisor: Joanna Bettman, Ph.D.

Crisis Telephonist (February 2004 – April 2005)

Spokane Mental Health, Spokane, WA

- Telephone triage with suicidal, homicidal, mentally ill, and distraught individuals
- Referrals for local and statewide assistance.

Supervisor: Nancy Linerud, M.S.W.

Graduate Assistant (September 2003 – May 2005)

Department of Counselor Education, Gonzaga University, Spokane, WA

- Assist accreditation preparation, manage program libraries and AV equipment, assist students and adjunct faculty.
Supervisor: Paul Hastings, Ph.D.

Research Assistant (August 2000 – May 2002)
Department of Psychology, University of Utah, Salt Lake City, UT

- Managed undergraduate research assistants
- Transcription

Supervisor: Paul Florsheim, Ph.D.

Clinical Intern (August 1999 – January 2001)
Utah AIDS Foundation, Salt Lake City, UT

- Co-facilitator, support group for women with HIV/AIDS
- HIV test counseling, safer sex counseling, interim supervisor for HIV test site
- Supervised volunteer client support program

Supervisor: Doug Brunner, LCSW

Hotline Crisis Counselor (April 1998 – May 2000)
Rape Recovery Center, Salt Lake City, UT

- Crisis telephone counseling to victims of sexual assault
- Referrals

Supervisor: Amy Alleman

Midwife and Doula (January 1994 – August 2000)
Private practice, Salt Lake City, UT

- Prenatal, perinatal, postpartum care for low-risk cases
- Childbirth coaching, support, and advocacy
- Postpartum support

OTHER TRAINING

WPATH GEI Advanced Mental Health Course (December 6 & 13, 2020)
8 hours of material, featuring person of the therapist, co-occurring issues, intersectionality and POC, telehealth, and complex cases.

Mountain West Transgender Health Conference (September 2020)
University of Utah Transgender Health Program, 5 CEUs

WPATH GEI Foundations Course (May 2020 to July 2020)
15 hours of case consultations and foundational didactics.

Developmental Model, Level 1 (November 2018 to present)
Ellyn Bader, Ph.D., The Couples Institute

- Adult Attachment Interview Institute*** (June 17-28, 2019)
Mary Main, Ph.D., Eric Hesse, Ph.D., & Naomi Gribneau-Bahm, Ph.D.
University of California, Berkeley
- Experiential learning to effectively work with highly comorbid, personality-disordered individuals*** (April 2019). Lorna Smith Benjamin, Ph.D. Generations, ESI
Management Group, Salt Lake City, UT.
- Out of Control Sexual Behavior - Treatment Interventions Part I*** (June 2017). Douglas
Braun Harvey & Michael Vigorito, American Association for Sexuality
Educators, Counselors and Therapists, Annual Conference, Las Vegas, Nevada
- Out of Control Sexual Behavior - Treatment Interventions Part II*** (June 2017).
Douglas Braun Harvey & Michael Vigorito, American Association for Sexuality
Educators, Counselors and Therapists, Annual Conference, Las Vegas, Nevada
- Sex Therapy 101*** (June 2017). Gretchen Fincke, LCSW & Francie Stone, PsyD,
American Association for Sexuality Educators, Counselors and Therapists,
Annual Conference, Las Vegas, Nevada
- Challenging the Sex Addiction Model in Working with Problem Behavior*** (April 2016)
Lawrence Siegel & Richard Siegel, Mormon Mental Health Association, Salt
Lake City, Utah
- Beyond Porn Addiction: Practical Ways to Approach Porn-Related Problems*** (May
2016) David Ley, The Healing Group, Salt Lake City, Utah.
- Sex Therapy Skills for the Practicing Clinician*** (April, 2016). Society for Sex Therapy
& Research (SSTAR) Chicago, Illinois.
- Sexual Attitudes Reassessment (SAR)*** (June 2015), Jose Nanin, Ed.D. American
Association of Sexuality Educators, Counselors, and Therapists, Minneapolis,
MN.
- Sexual Addictions: Diagnosis and Treatment of Hypersexual Conditions from an
Integrative/Analytic Perspective*** (December 2014)
Chris Kraft, Ph.D., International Psychotherapy Institute, Salt Lake City, UT
- Emotion Focused Therapy Core Skills 4/4*** (November 2012)
Scott Woolley, Ph.D., Salt Lake City, UT
- Emotion Focused Therapy Core Skills 3/4*** (August 2012)
Rebecca Jorgenson, Ph.D., Salt Lake City, UT
- Emotion Focused Therapy Core Skills 2/4*** (June 2012)

Scott Woolley, Ph.D., Salt Lake City, UT

Emotion Focused Therapy Core Skills 1/4 (March 2012)

Rebecca Jorgenson, Ph.D., Salt Lake City, UT

Emotion Focused Therapy Externship (October 2011)

Rebecca Jorgenson, Ph.D. & Scott Woolley, Ph.D.

Salt Lake City, UT

Psychoanalytic Treatment of Children and Adolescents (Oct 2007 – March 2008)

Janine Wanlass, Ph.D.,

International Psychotherapy Institute: Salt Lake City, UT

Adult Attachment Interview Institute (February 2007)

Sonja Gojman de Milan, Ph.D., San Diego, California

Strange Situation Coding Training (June 2004)

Alan Sroufe, Ph.D., University of Minnesota

Marital Therapy: A Research Based Approach (March 2004)

John Gottman, Ph.D., The Gottman Institute, Seattle, WA

CONFERENCES ATTENDED

LGBTQ-Affirmative Therapist Guild (2019)

“Sex Across the Rainbow: Increasing clinical competency in sexual health discussions with clients,” with Mary Fisher, CMHC, Jordan Rullo, Ph.D., Kara Posner, CMHC, Braxton Dutson, LCSW, & Nicole Miholopoulos, MD.

Southwest Sexual Health Alliance (2018)

Denver, CO – Science of Fantasy, Justin Lehmillier, PhD

American Association of Sexuality Educators, Counselors, and Therapists (2018)

Denver, CO.

American Association of Sexuality Educators, Counselors, and Therapists (2017)

Las Vegas, NV

Bridging the Gap (2011)

The Children’s Center – Attachment theory in research and clinical work

Adult Attachment Interview in Clinical Context (March 2008)

UCLA Lifespan Learning

Bridging the Gap (2007)

The Children's Center – Attachment theory in research and clinical work

Bridging the Gap (2006)

The Children's Center – Attachment theory in research and clinical work

ORGANIZATIONAL AFFILIATION

World Professional Association for Transgender Health

(2020 – present)

American Association for Sexuality Educators, Counselors, and Therapists

(2015 – present)

American Counseling Association

(2013 – 2017)

The LGBTQ-Affirmative Therapist Guild of Utah

(2012 – present)

International Centre for Excellence in Emotion Focused Therapy

(2012 - 2015)

Society for Emotion and Attachment Studies (2014 – 2015)

American Psychological Association

Student affiliate (2001 – 2011)

American Counseling Association

Student member (2003 – 2005)