

Anne Fishel, Ph.D. is a family therapist, clinical psychologist, and Associate Clinical Professor of Psychiatry at the Harvard Medical School. She is Director of the Family and Couple Therapy Program at Massachusetts General Hospital, where she trains child psychiatry residents and psychology interns in family therapy.

Dr. Fishel is also Executive Director and co-founder of The Family Dinner Project, a non-profit group based at MGH's Psychiatry Academy, that helps families on-line and in communities to have better and more frequent family dinners. She lectures widely at academic conferences and to parent and teacher groups. She is the author of *Home for Dinner: Mixing Food, Fun, and Conversation for a Happier Family and Healthier Kids* (Harper Collins, 2015).

She has written numerous scholarly articles and chapters about family issues, and wrote an earlier book, *Treating the Adolescent in Family Therapy: A Developmental and Narrative Approach*. Her most recent book is *A Life-Cycle Approach to Treating Couples: From Dating to Death* (Momentum Press, 2018). She has also written family-oriented articles for NPR, PBS, *The Washington Post*, *Time Magazine*, and other media outlets. She is an editor for the *Harvard Review of Psychiatry* and *Couple and Family Psychology: Research and Practice*.