

Biography

Barry M. Gregory Ed.D., M.Ed., BA graduated from Florida Atlantic University in 1997 with a master's degree in counseling and in 2001 with a Doctor of Education. He worked in the fields of education, addiction, and mental health for the past 25 years helping individuals and families overcome some of life's toughest challenges. He has worked as a faculty member at colleges and universities, as a national trainer providing evidence-based seminars, and as a consultant. He is the author of the best-selling CBT Skills Workbook and has appeared on national and local TV and radio shows including MSNBC's one-hour documentary on College Binge Drinking. From 2003 to 2016 he worked as a Licensed Mental Counselor in the State of Florida.

He has worked with individuals who are incarcerated, homeless, mentally ill, and suffering from addiction including working with young adults on the front lines of the national opioid crisis. Dr. Gregory is well known as a national trainer providing evidence-based training seminars to mental health, addiction, and criminal justice professionals. He has taught undergraduate and graduate courses in education and counseling as an adjunct professor. He is well known for his nonjudgmental and compassionate counseling, coaching, and training style. He also provides Online Life Coaching to help men and women unlock the secrets to discovering their passion and potential.