



Frederick J. Barrow

Special Counsel

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Email



Service Focus

- Counseling and Advice
- Litigation and Trials

Overview

Frederick Barrow has over 20 years of labor and employment experience in compliance, litigation, and policy development, delivering client-centered solutions across a diverse range of industries. Frederick provides proactive advice to ensure multi-jurisdictional compliance, creates litigation avoidance strategies, and guides workplace policy improvements in areas such as performance management and leave and accommodation. His experience also includes high-stakes employment claims, including discrimination, harassment, wrongful termination, and wage disputes.

Prior to joining Fisher Phillips, Frederick was Of Counsel at a Dallas-based law firm where he focused on reducing clients' legal risks, enhancing operational efficiency, and minimizing client disputes to avoid litigation.

Frederick serves as an Adjunct Professor at UNT Dallas College of Law where he teaches two courses: Negotiation and Conflict Management and Client Interviewing and Counseling.

Frederick works remotely and is licensed in Texas and Louisiana. You may contact him via email or by phone. Please use our [Dallas](#) address for mailing purposes only.

Credentials

Education

- J.D., *magna cum laude*, Southern University Law Center

- B.S., Louisiana State University

Bar Admissions

- Texas
- Louisiana

Recognitions

- President's Award, State Bar of Texas (recognizing leadership and contributions to the Dallas Diversity Task Force)
- President's Award, The National Bar Association
- Texas Rising Star, *Texas Monthly and Law & Politics*

Affiliations

Professional Activities

- Vice Chair, District 6 Grievance Committee, State Bar of Texas
- Foundation Fellow, State Bar of Texas Foundation
- Foundation Fellow, Dallas Bar Association
- Foundation Fellow, Dallas Association of Young Lawyers

Community Activities

- Member, Father's Auxiliary, Northeast Dallas Chapter of Jack and Jill of America, Inc.