

Interview with Marilyn Murray
By: Stacy Hall

Marilyn Murray is a former PCS therapist and author of *Prisoner of Another War*. During the interview she recounts her remarkable story of how she found healing from her own childhood trauma to the development of her groundbreaking therapeutic intervention tool called the Scindo Syndrome. Finally, she shares about her current project in Russia involving training mental health professionals in her therapy intervention tool. Marilyn Murray has currently trained over 1600 therapists in Russia on the Scindo Syndrome (a therapeutic modality used for treatment of severe trauma, neglect and deprivation).

Hall: Please talk a little about how you became interested in the field of psychotherapy?

Murray: My first interest in psychology and counseling began in 1975 when I was the co-founder of one of the first support groups for women in the United States. At that time there were no books or information available on how to start or run a group (except for AA) but there was a great need for women to have a safe place to share. We called the groups, “More Than Friends” (MTF) and they became greatly successful immediately. It was like an avalanche – in a short time we had 35 groups in the Phoenix area and groups in four other states. We never advertised and always had at least 125 women on a waiting list. In addition to working with my own group and running the MTF office, I also wrote the training manuals and trained our group leaders. I also met with those leaders weekly and attempted to help them deal with all the serious issues that were emerging from those groups – women were being physically abused, they had kids on drugs, daughters having abortions, etc.

I had been raised to be what we call today a co-dependant or caretaker and had no concept of boundaries whatsoever – we did not have that term back then or any knowledge of the destructiveness of codependency. I was not trained as a therapist thus I became completely overwhelmed by the intensity and enormity of it all and was working massively long hours from 6 a.m. to midnight,

I had spent 25 years as a businesswoman and started one of the first art galleries in Scottsdale. Even though I had retired from working every day in the art gallery to go full time with MTF, I was still doing all of the gallery book work and helping with our art shows. Plus I had two beautiful daughters, Jinger and Missy and was also trying to be a good mom to them.

I was a perfectionistic, workaholic caretaker who had been trained by my family and my culture not to show my feelings and to only work out of my head. I also came from a family that did not deal with negative issues - I had never heard my parents argue. As a result, many painful issues had never been resolved in my life - not only from childhood but also from my life as an adult. I also had many physical problems – especially severe head-aches and body pains – none of which responded to the many types of medical treatment I sought out over the years.

When I began working with MTF, I was forced to “come out of my head” and start to work “out of my gut” – I had to allow myself to feel. When I was dealing with so many women with so many problems there were questions that needed to be answered out of my gut, not just from my head. Unfortunately, when I did so, my physical pain level increased dramatically. It felt like I was a pressure cooker with the lid clamped down really tight with no escape valve and the heat just kept being turned up. Consequently, the pressure became so intense the doctors later said I was probably on the edge of a massive heart attack or a stroke. I was becoming suicidal because no matter what I tried - doctors of every type and many, many hours of prayers - nothing helped.

Fortunately, my best friend insisted that I go to therapy but I was very resistant to that suggestion.. In 1980, in my family and culture, you didn't go to therapy unless you were certifiably psychotic or came from a very abusive alcoholic background and I knew neither of those applied to me. But my friend and my MTF group basically did an "intervention" with me (we did not realize that was what it was back then) and were insistent that I get some psychological help – it was on my 44th birthday. Their tough love was a genuine life saving gift for me.

On Thanksgiving week-end of 1980, with great reluctance, I went to a Christian counseling center in the San Francisco Bay area (carrying my briefcase full of gallery book-work) – I was registered to stay for a two week intensive. The center was owned by a pastor/therapist who was one of the very first to do intensive treatment and had done a lot of early work in abuse issues. He had written books that were translated into fifteen languages and there were people that came from all over the world to this clinic. It was one of the only ones of its type in the United States at the time.

I went there for two weeks but - I was gone seven months. During that time I dealt with many issues but the two primary subjects were sexual abuse from my childhood at age eight, and my extreme caretaking (what we now know as codependency). I don't want to take a lot of time talking about my sexual abuse issues and would like to encourage people to read my book, "*Prisoner of Another War*" (which they can order through PCS) which will give them many more details about what occurred during those seven months and the ensuing results.

I would like to address how the theory and method that I now teach came into being. It certainly was not anything that I intentionally sought out - but I fully believe that God orchestrated my healing and that He is able to take any bad thing and make something good to come of it.

Over the past 27 years as a psychotherapist who has specialized in the treatment of trauma and abuse, I have found that violent traumas often become released violently in therapy. As I said previously, I was very resistant to the concept of therapy and definitely did not go searching for anything in my childhood. So, when my childhood gang rape came literally roaring to the surface like a volcano it was more than devastating – it was like a giant infected wound that you barely touched and it exploded. It left me feeling much like an eight-year-old for about six weeks. I could not read not write beyond the level of a third-grader; could not drive a car or wear make-up, jewelry or a bra; even the hair on my arms and legs stopped growing. I went from a professional business woman carrying a briefcase to an eight-year-old child carrying a coloring book.

During this time I really couldn't use adult terminology very well and in trying to explain to my therapist, Dr. Peter Danylchuk (who was a pastor with a doctorate in psychology), what was happening with me, I simply said, "It feels like when God created me I was this Original Feeling Child, this feeling person, not just the thinking adult that I have been. But when my abuse happened I became this Sobbing Hurting Child - but in order to survive it was like being that hurting child was not okay, I just couldn't deal with that. And so it felt like I then became this Controlling Child who took both the hurting child and also the original child and put them into a box and buried them in the ground – then this Controlling Child took over my body and walked me home."

As the months went by I started using those terms to try and describe to Dr. Danylchuk what was happening in my sessions. I also realized that God wanted me to become a healthy adult person not just a thinking adult but also a feeling adult. Obviously, this was an extremely traumatic time for me, and for my family back in Arizona because no one could really comprehend what was actually happening. It seemed like every day something new and major was unfolding.

I prayed constantly and depended upon God to guide me regarding where each therapy session would lead. Years later (after I had received my degrees in psychology and was an active therapist) Dr. Danylchuk and I were speaking at a conference together years later in Hawaii (Dr. Earle also was speaking there.) Dr. Danylchuk and I gave a case study presentation with two of us as therapist and client. At the end, someone from the audience asked Dr. Danylchuk, "How did you know where to take Marilyn next in the therapy." And he replied, "I never did. It seemed that she directed her own therapy and knew where she needed to go. I just followed along and was supportive of her." Of course his wise decision was exactly what I needed and gave me permission and support in order to listen to God's leading. I was doing very intensive therapy 4-6 hours every week day and I usually stayed in the therapy room over the lunch hour and rested – and prayed. It seemed very clear to me each day that it was almost as though God was writing on the ceilings saying, "This is where you need to go next and this is what you need to do."

I know it sounds strange as I speak about it now but it was a most unique time and space. As I mentioned before, I did want to go to therapy and certainly never sought out the opportunity to be involved in anything so extraordinary. But, after several months of this intensive, I began to realize that something really unusual was happening and that for some reason God had placed me right in the middle of it. And no matter how much I would have preferred to stop and go home, I also knew for certain that if I did not stay and "reach the bottom" I never would be healthy – physically, emotionally, or spiritually.

During the time I was literally "stuck at age 8," I could not write well but I was able to borrow an old manual type writer and I could type with one finger. So I started writing journal notes of my sessions. I taped some but it was very hard for me to talk. Whenever I talked about anything that had to do with the attack I stammered and stuttered like an extremely terrified child, so it was easier to do the typing which I did for quite a long time resulting in many pages describing my sessions.

When I first started dealing with my sexual abuse I thought that I needed to "kill off" this terrified hurting child and that I only needed to be the original child but I began to see that this Sobbing Hurting Child was the part that gave me empathy and compassion and I needed to keep her. From the time that I was eight years old I had been actively involved with helping others - not just with my church but in many kinds of community services. Also I worked with a pastor in Czechoslovakia for 30 years and visited him being the Iron Curtain several times in rather dangerous situations. I began to realize that that caring, compassionate part of me came from my Sobbing Hurting Child and thus was something I needed to preserve and nurture.

I also went through a stage of thinking that I really needed to rid myself of this demanding Controlling Child who was accustomed to "sitting on the throne" and being in charge of my life. But I gradually began to understand that she represented a very important God-given defense mechanism and thus I should never be without her. Also, if she was healthy, she would be the part that helped me to set healthy boundaries and also to keep me responsible. Without her, my Sobbing Hurting Child would always be so empathetic and compassionate that I probably would die a martyr at age 44 because I wasn't taking care of myself.

In the past my Controlling Child actually was using all of my non-stop work, caretaking and general busyness as a defense mechanism to try and cover up my huge pool of pain. During the first few months of my therapy time, there literally was a physical battle going on because my Controlling Child was so adamant, and nearly hysterical saying, "If you allow yourself to actually feel this pain - you are going to die!" I realized later that the "emotional shock defense" mechanism that God gives us in times of trauma (exactly the same as physical shock after an accident that causes physical damage) and shuts you down and does not allow you to feel pain for a time, is essential - especially for a child. If children felt the full intensity of what was happening

when they are being abused, their fragile emotional systems could not handle it. So it needs to be tempered by their defense. However, - just like physical shock, emotional shock is supposed to be temporary and not permanent. It is helpful to suppress those painful things for survival, but it is very poisonous if you continue to keep them repressed. Also I know now that we can become “stuck” back at those traumatic times if not allowed to release that “emotional shock” and be able to feel our emotions appropriately.

I realized there was a part of my Controlling Child that was “stuck at age eight” thinking that if I felt this pain I literally would die and she was fighting for her life. Also she was so used to running my life that she was very resistant to coming down off her throne. She thought I was going to just throw her away. So, much of my therapy time was not only in dealing with the pain of my Sobbing Hurting Child but also getting my Controlling Child to be willing to cooperate. I remember telling Dr. Danylchuk that I felt like I was in WWII with a war on two fronts: one in a battle with my childhood attackers, and one between my Sobbing Hurting Child and my Controlling Child.

I also had to learn about this “foreigner” – my Original Feeling Child. I was raised in a small Kansas, Bible-belt, farm town in the 1940-50’s during a time when girls weren’t supposed to be “smart”- and not many went to college - your job was to be married and have a family. In fact my mother even told me, “Don’t let boys know you are smart because you will intimidate them.” It seemed like I spent my whole life apologizing for who God created me to be. I know this sounds ridiculous now – but I remember the day very clearly while I was in therapy that I realized, “I know God gave me this brain, do you think He wants me to use it?” Hello! It was a huge “Ah ha!” for me to be able to accept the right to be what God created me to be and to stop apologizing for it and trying to change it. Dr. Danylchuk and then later Dr. Earle worked a great deal with me regarding being able to recognize and to accept the gifts and talents that God had given my Original Child and to feel okay with that. I think that actually was one of the most difficult aspects of my therapy because it went against so many cultural tapes that continued to play in my head.

Probably the most important factor that I discovered about my Original Feeling Child was that her core contained my soul – that eternal part of me that wanted to connect with God and around which everything else was built. I had become a Christian when I was age fourteen and felt that if I were to die, I would go to heaven. However – I also knew that I didn’t really understand the concept of “Grace.” I had studied about grace - I even wrote lessons about grace that we used in our MTF groups. I understood it in my head – but I didn’t understand it “in my gut” and grace comes from there. So, it wasn’t until I removed the concrete and steel barrier that my Controlling Child had placed between my head and my feelings - and finally allowed all of the garbage to come up and be released from my Sobbing Hurting Child – that I finally was able to find my poor little Original Feeling Child who had been buried under it for thirty-six years.

It would have been much easier if I could have just reached out around all the pain of my Sobbing Hurting Child and brought out my Original Child – but unfortunately, you can’t jump over the pain – you have to walk through it. Gradually I realized that all the hundreds of hours re-experiencing the pain of my Sobbing Hurting Child was worth it to finally be able to access that Original Child. I was incredible to find out not only who God created me to be – but more importantly to really touch into my soul.

So today – my relationship with who Jesus Christ is, who God is, who the Holy Spirit is in my life is radically different than it was before. Now I teach that, “You can only be as intimate with somebody else, including God, to the level or degree that you are intimate with, and know and understand yourself.” Before, I only knew myself from my neck up and thus my relationship with God and other people was from here – and also from what part of my heart I could access. I think if you would have asked my children before what kind of mother I was they would have said I was

a loving mother. But if you ask my children or my grandchildren today what kind of mother or grandmother I am, I think they would still say I was a loving mother, but now they also would say I am an accessible mother - they can talk to me about anything – sex, you name it and feel comfortable about that.

Back to my time in therapy – I feel that God kept me in that intensive for seven months not only to deal with my childhood sexual abuse issues, but also to address my rigid belief systems. It took that long to crack my firm resolve regarding the way I had been living my life before in a co-dependent/ caretaker mode and to accept that my lifestyle had been very unhealthy. I remember that at first I really argued with Dr. Danylchuk and stated that, as a Christian this is how we are supposed to act and that it certainly was what my family and culture role-modeled to me. But, he just kept saying to me, “Does it work - is it producing health?”

One of the difficulties was that back in 1980-81, there were no books or other information available regarding co-dependency or boundaries or dysfunctional systems, either secular or Christian - nothing that he could have given me that would have influenced me. But fortunately, Dr. Danylchuk gently persisted and finally (with God’s help) was able to get me to see that the way I had been living my life was not healthy. It was a major paradigm shift for me to finally acknowledge that my “perfect Christian lifestyle” was killing me and was definitely not healthy for me or for my family, friends and others around me. But, just believing that a major change was required and doing it were two very different things.

I knew I needed to take the ménage a trois of these three independent “children” and allow God to mold them into a healthy balanced person – a Feeling Adult. I spent many hours with Dr. Danylchuk as he helped me to understand what that person could be like – someone who was able to balance thinking and feeling. I also began to realize that I needed to be someone who paid attention to all the parts of myself: my Original Feeling Child who housed all my soul and all my natural abilities – physically, emotionally, intellectually and spiritually; my Sobbing Hurting Child who brought compassion and caring; and my Controlling Child, my defense mechanism who protected me, helped set boundaries and kept me responsible. It quickly became apparent that this would be a protracted, life-long job.

Something else also was occurring during those seven months of intensive therapy. As I mentioned before there were clients from all around the world coming to the clinic and I learned to know most all of them. During our group sessions I heard many, many stories about abuse issues that were occurring on every continent on our planet. I was shocked that there were so many kinds of abuse - some I didn’t know existed and that no one in the United States in the 70’s was talking about. The adult part of me was conscious enough to know that “something is happening here and I don’t know what it is but I think it is far bigger than I realize.”

When I came back to Arizona in June, 1981, I was very different person than when I left seven months prior – my entire comprehension of the world had been shattered and been placed on a different axis. I wanted to shout to the world, “Do you realize what is happening to millions of children right now all over the world? Do you know that abuse is happening everywhere – even here?!” But people didn’t want to hear it. It was sort of like a soldier who is captured and put in a concentration camp, then when the war is over and he goes home – everyone is happy to have him back but they really don’t want to hear anything about what went on inside the “camp.” It was a very difficult for me and for my family.

One of the first things I did was to apologize to my daughters for the fact that I had raised them (the way I had been raised) not to be a feeling person where any negative issues were concerned. I often had told them, “Go to your room and don’t come out until you have a smile on your face.” I

encouraged them to become feeling persons and to allow their own children to do the same. (I am pleased to say that they both have become wonderful “Feeling Adults” and that I am very proud of them and my grandchildren.)

Of course I don’t want to forget to comment on what happened to me physically – especially since I went into therapy originally because of severe physical pain. I came home completely free from physical pain and looked like a new person. I had gone from a size 12 to a size 6 and was able to exercise strenuously on legs that previously could not walk up stairs or a hill without pain. I was ecstatic. But, I quickly learned that the secret to remaining free of physical pain was in direct correlation to keeping my feelings open and flowing - the minute I started repressing what I felt and not processing emotions appropriately – my body pain immediately returned.

After my return to Arizona, I did follow- up therapy with Dr. Danylchuk for several months via the phone and occasional trips back to California. During that time he encouraged me to consider returning to college because I had only one year of BA education. He said, “I think there is a part of you that has always regretted that you have never finished your degree.” I replied “Well, I ran a million-dollar art business and became very successful without a degree.” But he persisted and continued to encourage me in this direction. He also told me of a new concept entitled “adult education” that was being introduced in many universities and asked me to check that out. I finally reluctantly agreed and found that Ottawa University in Phoenix was one of the first universities in the United States to start offering special adult classes. I made an appointment with them and was blown away because it was one of those rare cases where something turned out better than I had expected. It turned out to be exactly what I needed. I had so many questions about psychology – and why a child or person reacts to trauma and abuse in different ways, etc., etc. So, I enrolled to obtain my BA in psychology and loved it.

At the almost the same time I was looking for a therapist here in the Valley and fortunately, I was referred to Dr. Ralph Earle at Psychological Counseling Center – he was my age and had lived many years in Kansas City so I felt he was a good fit. My first appointment with Dr. Earle was the day after I started my first class at Ottawa so it was perfect timing for me. It was wonderful because I was so excited about everything I was learning in school and Dr. Earle became a great encourager for me. I now know that it definitely was part of God’s plan for my healing as Dr. Earle became my therapist, and - over the past 28 years - my mentor, colleague and friend.

One of my first professors at Ottawa was Dr. George Larsen (also was a friend of Dr. Earle’s) and he became very interested in my therapeutic history when I shared it with him one evening after class. In one of my assignments for his class I had to give an oral report on a theoretical concept and so I chose to do a report regarding my seven-month intensive.

I’m basically a theoretician at heart and love puzzles and figuring out things. So to prepare for this report I took a big easel pad and in my office at home I placed those easel sheets all over the floor; and then using my journal I charted out what occurred during my intensive therapy. As I worked, I could see certain patterns in all that went on. However, as I put it together theoretically, I thought it only applied to me and had no clue it could generalize to anyone else. I then presented my report to the class stating that I hypothesized regarding how a person survives in times of trauma and abuse.

Dr. Larsen came to me afterwards and said, “I have a private practice and have a client that has a lot of trauma in her childhood and I have been uncertain regarding how to treat her. Can I take you for a cup of coffee and would you consult with me on this?” Of course, I consented. As I listened to him it was obvious to me what I would need for him to do if I was his client – so I shared that information with him. The next week he came to me after class and said, “What you told me really

worked. Could you please continue to consult with me on this?" So, the rest of that semester after class he and I went for coffee - I listened and then shared with him what I would need in each situation if I was his client. Every week he would come back with a new problem and consequently it forced me to push the walls of my new theory out further.

Over the months, the number of pages on my office floor increased – sometime I would wake up in the middle of the night and go in and write and write and make dozens of different diagrams. Then I would go back to bed and upon awaking in the morning, when I returned to my office – it looked like some giant had been playing with colored pens in all the masses of big easel sheets on the floor. Sometimes I couldn't even remember writing everything down and would read it like it was new to me and thought, "Wow – where did this come from?!" That type of out-pouring of information from my subconscious/unconscious actually occurred numerous times over the years as I studied and expanded my theory.

I was sort of laughing about these experiences while talking to Dr. Earle in my therapy sessions and he asked if I would bring in my theory and show it to him. He had just moved into the new Angus Drive office and I well remember laying all these big easel sheets all over his office floor. He walked around and around as he looked at it and finally he said, "This will make you famous someday and I would like to be the first person you train." It brought tears to my eyes – I could not begin to imagine what was going to happen with that theory in the future – a theory created by a child.

Dr. Larsen continued to stay in touch with me and remained very supportive of my work. He came from a background of severe deprivation and helped me to understand how deprivation and neglect also cause great destruction for a child. So with his encouragement and help, my theory became an explanation of the consequences of trauma, abuse *and deprivation*.

During this time, Dr. Earle had several psychologists in his office that were interested in the theory and pretty soon I ended up on Saturdays having several Ph.D. psychologists in my office at home teaching them little bits and pieces of it (and I was still in my BA program). I remember one saying, "I just wonder how many of my clients slipped through the cracks because I did not know the right questions to ask or what to really be aware of?"

While in my BA program I used to ask every professor and psychologist to tell me what they knew about the "splitting process" that occurs during trauma (that emotional shock defense mechanism) and I usually received answers like, "Well, we know that happens but, because we cannot replicate trauma in a laboratory, we don't know much about it." I also was told that theory is usually written by theorists or therapists who are standing on the outside, looking in, trying to determine what is going on in the mind of the child. And I relied, "But, I am that child, I am standing on the inside, looking out...and I can tell you what is going on in the mind of that child and what that child needs."

Also they thought when I used the word "split" that I was talking about Schizophrenia (schizoid is the Greek word for "split"), or Split Personality (a term commonly used back then for Multiple Personality or DID). And I would respond, "I'm referring to the normal phenomenon that everyone experiences as a survival defense mechanism when traumatized – it is not pathological." As my theory continued to expand, I felt I need to give it a name that would differentiate it from the above pathologies. After much research, I chose the Latin word for "split" – SCINDO - and called my theory, *The Scindo Syndrome*.

I went through three years of a B.A., two years of a Masters, to starting a Ph.D. in 44 months. I just raced through it and loved it. During that time Dr. Earle was a great cheer leader - he used to say

“I’m really at odds because there is part of me that is excited about you bringing greatly needed new knowledge to our field and I want to cheer you on saying, ‘Go go go!’ But the therapist part of me is saying, ‘Now slow down and take care of yourself.’ ”

In addition to my university classes I also became one of the first persons in the United States to speak publicly about sexual abuse and also about abuse in general. It wasn’t long until I was traveling all over the United States speaking in universities, churches, at psychological hospitals, counseling centers, and on radio and television. When I would do a national television show they would literally bring me my mail in sacks. I remember sitting on the living room floor in the midst of all of these letters, reading an eighteen-page letter from a young black girl in New York and just weeping and being overwhelmed by the enormity of it all. Everyone was asking, “Where do we go for help?” “Who can help me?”

When I was speaking nationally, after my presentation I would stand for hours as people lined up from the podium, down the aisle and out the door to talk to me. They would say, “I have never found anyone before who could understand my pain,” or “I told my mother/teacher/pastor about my sexual abuse and they told me not to talk about it and just forget it” or many, many similar comments. I would just listen and hold them as they cried and cried. Then I would stay and counsel for free for three or four days - 15 hours per day. It seemed like they just slid my food under the door and I couldn’t even take a bathroom break. Of course, all of them wanted a referral of where to go for help. As a result, I started going to the cities where I was to speak several days early and interviewed therapists in that city so I would have clinicians to refer to. It was really difficult because no one had any training regarding trauma and abuse.

Back in Arizona, Dr. Earle introduced me to numerous other psychologists, one of whom was Dr. Sandy Mazen a professor at ASU. He asked me to come and speak to his graduate class and it ended up being a rather amazing session with me actually needing to act as a therapist to one of his students with a background of violent trauma.

Dr. Mazen also ran the Sex Offender Treatment Program (SOTP) at the AZ state prison in Florence. Through him I was asked to give my presentation regarding my sexual abuse and resulting therapy to teen-age sex offenders at Adobe Juvenile Prison starting in 1983. It seemed as though I left my heart with those boys as I listened to their horrific stories of physical and sexual abuse – it became so obvious how they progressed from victim to victimizer. I worked there part-time, pro bono for two years and also started at the SOTP program with adult offenders in Florence in 1984. I continued to work part-time, pro bono at Florence for eight years. My work with sex offenders became one of the most powerful experiences in my life and a major healing aspect for me – and for them. I often have said, “If time and money were no object, I would do nothing but prison work.”

When I first presented my Master’s thesis to my advisor in 1983, I apologized for the “simplistic” names of the “children” and thought I should change them to something more academic. And I was surprised when she admonished me saying, “Never use the word ‘simplistic’ for this. You have taken a difficult concept and reduced it to the most basic elements – and it is very easy to comprehend.” Then she went on to tell me that good theory is 1) Easy to understand; 2) Easy to remember; 3) Easy to transmit to others; 4) It is effective; and 5) It is effective over a long period of time. I never forgot that. So, I still try to adhere to what she taught and to keep things “user friendly” - I teach left brained theory in a right brain way with many diagrams and drawings.

In 1984 I moved to the Bay Area where I co-founded a counseling center specializing in intensive therapy. Most of my clients came from persons who had heard me speak either in person or from media presentations – they came from all over the country. I took two clients a week – seeing each

one for four hours a day – usually for three weeks at a time. The major problem was having a therapist to do their follow-up work when they returned home

Dr. Earle continued to encourage me and stressed the need for me to develop a regular theory training seminar. I knew he was correct as this had already become obvious to me as I traveled the country and found that therapists simply were not trained to deal with trauma and abuse. Also at this time, I was not the only one speaking out about these issues. For the first time, the issues of sexual abuse, incest, child abuse, domestic violence, etc. were actually being discussed in the media and they evoked a huge crowd of people seeking qualified therapists to help them

True to what he asked me, Dr. Earle (by this time I was calling him Ralph) was in the first group that I trained in my theory. Marcus (Dr. Marcus Earle) was just finishing his Ph.D and was contemplating coming into the PCS practice with his dad, Ralph. Dr. Greg Crow and Dr. Bill Retts were also in that group – there were six total and we met for four days. I was completely surprised at the response – I had no idea this type of training session would create the kind of reaction it did - it was just enormous. Afterwards, I felt like I had a tiger by the tail and had absolutely no idea what was going to happen as a result. And I think both Ralph and Marcus were probably were saying sort of the same thing like - whoa, this is something more than what we expected. Over the years I met with that group numerous times for follow-up work – I think we all gained from those times and I know I certainly have appreciated the encouragement and support of Ralph, Marcus, Greg and Bill.

My theory continued to expand – at first because I constantly was trying to analyze myself personally and to theoretically “diagram” what was happening in my life; then as I worked with more and more clients, I began to create many more theoretical concepts and treatment techniques. Gradually I stopped using the term, “Scindo Syndrome” to describe my theory and it became “The Treatment of Trauma, Abuse and Deprivation” (TAD). At the present time, I simply refer to it as “The Murray Method” because now it includes many more aspects than just TAD.

During the 1980s I was speaking at eight to twelve conferences a year plus having a full-time practice, starting to give training seminars – and trying to do a Ph.D. program. Not smart. I began to be physically ill again and had to bring all this busyness to a screeching halt in 1986. With great regret I resigned from my doctoral program, cut back on my counseling and traveling and began smaller training classes. The classes I had been giving nationally were up to 200 in size and people had been asking for smaller, more personal groups so this decision was a wise one.

I moved to the San Diego area where I bought a hill-top home on the edge of town and created a beautiful garden around it. It felt like a retreat center and was an ideal place to have my small training seminars when I could schedule them around my private practice. My practice was still basically made up of intensives. During those years Ralph, Marcus, Greg, Bill and many of the psychologists that I met when I was teaching around the country, sent their patients to me for intensives. I was very busy there for the next seven years.

Ralph always called me an “emotional open heart surgeon.” In the field of medicine you go to see a general practitioner and if they say that you need surgery because of a heart problem or cancer - they send you to a surgeon who specializes in that field; the surgeon treats you and then returns you to your general practitioner. In the field of psychotherapy that’s what I became - the surgeon who helped clients work deeply on certain issues, then sent them back to their primary therapist.

During the 1980-90s, Ralph and I presented workshops together at many conferences and both of us really enjoyed those times. We often spoke regarding sexual addiction and also on intimacy issues. It was a type of “iron sharpening iron” intellectual stimulation that always was fun for us. I

was asked by Dr. Robert A. Schuller of the Crystal Cathedral to present week-long workshops on my TAD program at their retreat center which I did for several years. As a result, they also asked if I could do something for singles and for couples on intimacy. I invited Ralph to join me and we created a week-long seminar entitled, “An Invitation to Intimacy” which included some of my theoretical concepts along with his knowledge and experience – we were most pleased with the results as we saw how all of it worked effectively with individuals and couples.

In 1992, I started going to Arizona every few months to participate in follow-up work with various clients that had been referred to me by Ralph, Marcus and Greg – I was officially becoming part of the PCS staff, even though I had felt like part of the PCS “family” for many years. Ralph had always been interested in the “intensive concept” - he used to do all day Saturday marathons or weekend marathons at PCS and saw the value in that type of work. He also saw the results in all of the clients he was sending to me for intensives in California. At the same time I was aware that in California, I was unable to offer any group work as there just was not enough time in my schedule and I felt this was an asset that was lacking for my clients. Also Ralph and Marcus were developing an expertise in the area of sexual addiction and sexual issues in general that I knew could be very helpful for some of my clients, both individuals and couples, from other parts of the country.

I remember calling Ralph in the fall of 1993 and saying I had some clients that I felt could really benefit from a week at PCS. I suggested that I have them do two weeks with me in California and then I also would come to Scottsdale and have them do a week at PCS where they would see not only me, but also see Ralph, Marcus and other staff - and also be able to participate in the groups. He thought that was a good idea. So in October of 1993 I brought my first client for an intensive at PCS and his experience turned out so well that I brought a married couple just a few weeks later.

As a result Ralph, Marcus and I began to schedule me at PCS one week out of every four or six. If I had a client to bring, fine – if not there always were many of my former intensive clients that wanted to do follow-up work. Then gradually they stopped sending their clients to California and instead, waited to have the clients do their intensives with me when I came to Arizona. During 1994-96, I went to Arizona on a regular basis and many times, I would send my clients to PCS even when I was not there. I would work with them two weeks in California, then send them for a week with the PCS staff. By then, a number of the staff had gone through my training and so it worked out very well. We were able to move the clients seamlessly between the therapists because we all used the same basic language and when they shared their home-work with another therapist – the therapist always understood immediately. It really was very effective. And – it became obvious that Ralph, Marcus and the PCS staff could do the intensives very well even if I was not there, so gradually the intensive program started to take off and became a major, integral part of the PCS practice which it remains today. PCS truly has a most unique intensive program – probably the only one of its kind in the United States in which the staff works so beautifully together with each one bringing their own distinctive abilities to make every client’s experience truly healing and helpful.

Ralph began urging me to move back in Arizona in 1996 and my children also said they really wanted me to come home. At the same time, Ottawa University contacted me regarding the possibility of starting a Master’s program in “The Treatment of Trauma, Abuse and Deprivation” featuring my theory and work. I was very honored by their request and pleased that I would be able to teach without having to travel around the country or to use my home as a classroom. I returned to Arizona in January, 1997 and began working full time at PCS and also with Dr. Crow whose office is only a few doors away (he would have me do some intensives with him where he would see a client for a certain amount of hours then schedule them at PCS with me.)

My practice has always been mainly intensives and I rarely saw clients on a regular once-a-week basis in California. But when I came back to Arizona, some of my intensive clients wanted to do weekly work with me, plus often Ralph or Marcus would say, "I've got this client that I would really like for you to work with for a while." As a result I became busy with many intensives and also a schedule of some weekly clients. In addition, I started my TAD program at Ottawa University and taught eight classes a year for them. I was very pleased that several of my graduate students eventually came to work at PCS like Soozi Bolte, Gayle Selby and Deb Stelzleni.

At Ottawa I had a number of international students and I was very interested in how my theory applied to them. I already had clients from almost all the continents and found it to be effective but I was very happy whenever a new foreign student arrived to see if it was helpful for them also.

Hall: What led you toward helping individuals and families in Russia deal with trauma?

Murray: In 1999 I was asked to teach classes for an international university that has 250 locations in the world. I started in Hawaii where most of my students were from the Pacific Rim but some were from Europe and South America. In 2001, they asked me to teach in Amsterdam, Holland and also in Kiev, Ukraine where the majority of the students were from the former Soviet Union. The trip to Kiev was a life-changer for me. As I mentioned before, I had worked with a pastor in Czechoslovakia for many years and I always have had a heart for Iron Curtain countries. This trip to Kiev - a former part of the USSR - was important to me for a personal reason because my father's parents came from Russia.

As a child whenever I would ask my dad about his childhood, he simply would say, "It was too painful and I don't want to talk about it." That was it. His mother had been killed by lightning when he was seven so of course, I never knew her; and his father died when I was three - I only saw him a couple times and hardly remember him at all. My dad never had anything good to say about his father - he said very little about him and whatever he did say was negative. His father was a pastor and a farmer who was harsh and hard and ignored his children.

I knew nothing about my grandparents except the names of the Russian villages near the Volga River where they were born. I was aware that my mother had tried to find some information about the members of my dad's family who were left in Russia - all my grandparent's siblings and extended family - but because of the Iron Curtain and WW II there was no way to obtain any information about them. Unfortunately, my dad died in 1984 not knowing anything about his family in Russia and believing he was the youngest of eight children.

Well, a major event happened in 1996 while I was still living in the San Diego area, I received a package in the mail from a cousin in Oklahoma that I never knew existed, I opened it up and was stunned to find a family history chart of my father's family in Russia going back to 1757, with a picture of my great-grandfather. And - I found out from the family chart that my father is the youngest of twelve - he had four other siblings that died in Russia before his parents came to the States! I was so shocked I just burst into tears. It was like finding half of my life.

I immediately called this cousin in Oklahoma and found that when the Iron Curtain fell in 1991, some people in America who were from Russian emigrant families traveled to Russia or communicated with people there trying to find out if their relatives were still alive or what had happened to them. This cousin found a university professor in a city near the villages of my grandparents and paid him to research our family,

Fortunately this professor was able to go to archives where he found birth and death records and thus put together the family history of my grandfather (it was made easier by the fact that the

family had lived in the same village since 1757.) The other mind-blowing event was that my Oklahoma cousin also wrote to some newspapers in Siberia and placed ads asking if anyone who had our family name and came from this particular village along the Volga, would they please write to him. Well, to his great surprise, he received an answer from a cousin names Johannes! They began a long correspondence and he found that all of my grandfather's and grandmother's family that stayed in Russia (they only had a couple of siblings that came to the United States) - all the rest of them - sisters, brothers, cousins, aunts, uncles, nieces, nephews - were either murdered by Stalin, starved to death, or were sent to labor concentration camps (gulags) in Siberia. No member of our family was spared. Needless to say, I was more than stunned to hear this. We learned that Johannes was seventeen when he was sent to a gulag in Siberia – his fifteen-year-old brother and three-year-old sister died there. He wrote about many things from those horrible years - you have no idea what that meant to me.

My Oklahoma cousin also told me about a national organization here in the States made up of families that came from the same Volga region in Russia and mainly whose families who were put into slave labor in Siberia or who were killed. I joined that organization and learned volumes more about my ancestors and about all of the tragedies that befell our families during those violent years under the Soviet system.

This organization held a national conference each year in which almost all the presentations were regarding genealogy or how to locate ancestors or family members in Russia today. However, someone became aware of my work regarding trauma and asked me to give a presentation at their annual conference in 2000 regarding how trauma affected these Russian families. I was honored to receive the invitation and set out to create a PowerPoint presentation that I called, "The Story of a Family." In it I charted the history of my family in Russia including all the major traumas they had experienced (one of my great-great grandparents had fourteen children and only two of them lived to adulthood), and included the story of my grandfather who lost four wives and eight of his twelve children – I also pictured myself in it as a child of sexual abuse. But – I did not tell them it was a story of my family until the end. The whole point was that this family learned to deal with trauma by not dealing with it – but by suppressing it and using hard work, caretaking and busyness to cover it up. It created lots of interest and I was asked to repeat it at the conference. I also used this story when I presented at two psychological conferences in 2000 and 2001 - one in which Ralph and I presented together and titled it, "Tradition and Trauma – Heritage and Healing."

So by 2001 I had a very strong interest in Russia and when the teaching opportunity in Ukraine came I was very excited. I decided that a good way to introduce myself to this class would be to use this PowerPoint of "The Story of a Family." I really prayed about it but had no idea what the results would be. Fortunately, it was exactly what I needed to do because I learned later that Russians are more concerned about relationships, communication and family than anything else. So, to speak first about my family, my Russian family literally broke down their walls of suspicion regarding me as an American outsider.

When I got to the place in the presentation that I told them this was the story of my family and the sexual abuse had happened to me as a child, many of them burst into tears. Because number one, nobody ever talked about sexual abuse, ever, ever over there and no one had ever told them there was a way they could deal with their traumas. At that point I repeated a phrase I had learned to say in Russian, "Ya ees Ameriki, nor na palavino Russkiya." which means "I am from America but I am half Russian" They hugged me and kissed me with shouts of "Russkiya! Russkiya!" It ended up being a totally amazing class with all of them sharing their own pain for the very first time with many, many tears. I also spoke one evening at a church to a group of about 200 men and women of all ages. When I showed them my "The Story of a Family" – they also were weeping. I was

overwhelmed and knew that God was leading me into something far bigger than I could begin to imagine.

The next year I was asked by another group to go Moscow and teach for one week in a five-week course on the treatment of addictions and I eagerly accepted. When I stepped off the plane at the Moscow airport in September, 2002, I felt I was home. I fell in love with Moscow and the Russian people and God affirmed to me daily that it was His will for me to be there.

That first class of about thirty persons included psychologists, pastors, some young people who had been in prison for drugs and now were sober and working in rehab centers, and others from varying professions. At the end of the week they said, “We need this addiction training and we have a number of people who can teach us that, but nobody, nobody is talking about trauma and abuse and neglect – and certainly not about sexual abuse. Those are the things in Russia that no one ever speaks about. Please, please would you stay and teach us more – we really need it!” I told them I was not certain, but I would pray about it and see if I could come back in January-February (2003). (At the time, of course, I was very busy here in the States - I had a full client load at PCS, plus teaching eight classes per year at Ottawa.)

After I finished my Moscow class that September, I went on a pilgrimage to visit the villages of my grandparents near the Volga River. I spent 8 days there and it was an extremely powerful experience.. It’s hard for me to talk about without tears - it was so amazing. It certainly bonded me to the country when I saw the church where my family had been baptized, married and buried for centuries. I had a map of my grandfather’s village and could stand on the spot where my family’s house was located – where my great-aunt had starved to death in the horrible famines...and where many of my family faced Soviet soldiers who herded them into boxcars and sent them to an appalling life in Siberia. It was like walking through the Holocaust of my own family.

I mentioned earlier that I believe God is able to take any bad thing and make a good thing to come from it – that certainly is the case here. He was able to use the very traumatic history of my family – my Russian family, plus my own sexual abuse to literally pave the way for me to be accepted by the Russians. They are extremely suspicious about foreigners, especially Americans. Since the Iron Curtain fell many foreigners have come to Russia teaching various seminars and workshops (genuinely wanting to help) but most stayed a week or two, and then left. However, since for Russians, relationships and communication are vital over a long period of time, they did not always value the efforts of these “outsiders.”

So the fact that I am half-Russian and that I have a family that has experienced a great deal of trauma and pain, that I have experienced sexual abuse myself, and that I now live in Russia over half-time and I am there consistently...they accept me and regard me as Russian, which is a great compliment to me. They don’t treat me as a foreigner, an outsider. They never, ever say to me, “You wouldn’t understand” (which is their common response to almost all foreigners.)

I did return to Moscow in January-February of 2003 and went back again in May staying through mid-July, and again in September-October. I have kept that same schedule since then and am now in my seventh year living in Russia a little over half-time. I rented a small apartment (in May, 2003) in a building that looks like a Harlem slum – it is the same type of building in which almost all my students live – except some of theirs are worse.

For the first two years, I paid for everything myself - all my transportation, my apartment, plus paying for the seminars there because people just did not have the money. Professionals in Russia are paid by the government and thus many are still on “Soviet type” of wages which are very low; and the pastors often receive no salary at all. Consequently, I also was providing extra funds to

help some of them with their travel as many were coming from far distances and Moscow is an extremely expensive city.

I had cut my income in half and doubled my expenses – not too wise. Plus I had family here and a home to care for. I was being very hard on myself having to work so many hours while I was at PCS and Ottawa to pay for everything, and I also depleted all my savings and retirement. Obviously I was not being congruent since I was teaching about being a healthy, balanced person and I definitely was not being that. Things were becoming much more difficult for me personally and I realized it also was not the best for my clients or students.

As I talked with Ralph and Marcus about the situation, they really encouraged me to start a non-profit foundation – actually we had been talking about that for some time and finally, after lots and lots of prayer, I did that. I called our new entity, Health Restoration Foundation, Ltd. (HRI) and we received our 501 (c)(3) from the government and were able to receive tax-deductible contributions. But, there still were not enough donations for me to quit work and take a salary from the foundation. So for a year I worked pro bono for HRI and still had to work at PCS and Ottawa to support myself and most of the work in Russia

Finally in 04', we were able to receive enough donations so I could retire from PCS and Ottawa and work fulltime for HRI. Of course, I also regretted that, because I loved working there. It was really hard because PCS had been such a major part of my life for twenty years - from 1984 to 2004. I so enjoyed being involved with Ralph and Marcus and PCS and always regarded them as part of my family. Ralph always has been one of my biggest supporters – a great cheerleader who opened so many doors for me. I've always been grateful for all that he's done. And now that Marcus is running PCS, he and I have had many good times together and I miss him too – as well as all my wonderful friends on the PCS staff.

When I went work full-time for HRI my salary became about one-fifth of what I earned previously. So, I sold the home I loved in Scottsdale and bought a small, “lock & leave” condo in Phoenix about 20 minutes from the airport. I cut my expenses in half and cut back dramatically in order to fit within my new small budget. I haven't taken a raise in these last 5 years.

Unfortunately, I'm still wearing many, many hats because, not only do I prepare all the materials for the seminars and then teach the materials, but I also do all the book work, all the fundraising here in the State, most of the filing all the many governmental reports, etc. It's a very complex job. It wasn't until this last year that we were able to hire someone in Moscow to help me with the logistics there.

Our mission statement for HRI is “Educating and Providing Resources for Emotional, Spiritual, Intellectual and Physical Health.” Right now our main emphasis is what we call *Project Restoration Russia* - “Helping Russians Save Their Children, Their Families, and Themselves.” Hopefully, in the future we also can add other countries but that's not possible at this time for lack of funding. I encourage everyone to please check out our website at www.hrilttd.org because it has many wonderful photos and comments from our work in Russia.

I love to tell about what it happening over there because God truly is doing some amazing work. I think I am a visionary but in my wildest dreams I never, ever could have imagined that it would turn out the way it has. We now I have about 1600 students from 177 cities in the former USSR. Those are astounding figures to me. I have a complete computerized database now and when I was counting the cities I was really surprised - 177 cities! Our students come from the farthest points of Russia and also from Germany, Finland, the Ukraine, Kazakhstan, Uzbekistan, Tajikistan, Mongolia, Latvia, Belarus - from all the former USSR territories. I've had students ride for four

days and four nights sitting up on a train from Siberia or north of the Arctic Circle - they are so eager to be part of our classes they are willing to endure hardships unthinkable in the States.

I would like to explain our program there: I teach two tracks of *The Murray Method*: one for health professionals (physicians, psychiatrists, psychologists, counselors, psychotherapists, social workers, and addiction counselors); and one for clergy and church workers (we have clergy from nine different denominations). The classes include: Levels One, Two, Three, and Four; and I'm starting my first Level Five Class in January 2009. In addition, I have Level One Instructor Training and Level Two Instructor Training as I teach special graduates to "train other trainers."

The Level One class is one week long and it is the basic class similar to what I taught at Ottawa where people do their Trauma Eggs and drawings of all their children. For all of them it is the very first time they ever have addressed the pain of their Sobbing Hurting Child. They do their Trauma Eggs on wallpaper and they commonly run from eight to fifteen feet long. There are many, many tears shed during this week but it always is amazing how they look and change by the last day as they find their Original Feeling Child and draw what they want their Healthy Balanced Person to look like.

Level One is a forty hour class in which I teach twenty per cent of the time and the students share eighty percent of the time. I have about eighty or more people that have gone through Level One Instructor Training and can teach Level One and do a really good job. They have taught it all over the former USSR. I constantly receive emails and letters from the instructors who are presenting these classes very successfully. I have one woman in Ukraine who has taught over thirty Level One seminars. I obviously am very happy to know that the students there are able to take over these classes for me.

The Level Two class is two weeks long, an eighty hour class, in which I teach eighty percent of the time. As a consequence, it is a much more difficult class to learn how to teach. I have twenty-eight people who have completed the Level Two Instructor Training and I have a brand new class of twelve that just started it. The Level Two Instructor Training is eight times as long as the Level One Instructor Training because Level Two is much more complex in that we address critical issues such as "Values and Behaviors." When I started my very first Level Two class I soon realized that Russians do not have the same values that are important to most persons in the United States such as: freedom, honesty, hard work, responsibility, etc. I became very aware that I needed to literally go back to "K-3" and start to teach some basic fundamentals before we could progress.

Because everyone in Russia has endured a lifetime of trauma – WWII, seventy years of a harsh, repressive Soviet system, constant lack of basic necessities, violence and alcoholism, etc., etc. – they had to learn how to simply survive – and to do it in whatever manner necessary. I wish I had the time and space to tell you about the incredible things I have heard during my time in Russia – I have learned to have the deepest respect for the Russian people – you cannot imagine the incredible traumas they have endured. To me it seems a major miracle that anyone of them has survived and is functioning.

Unfortunately, during Soviet times, the government said, "We are a perfect country and trauma, abuse, neglect and addictions do not happen here." Consequently, while almost all of my students are highly educated, they had huge holes in their education where these subjects were concerned. And – none of these professionals had done any of their own work regarding these destructive issues. As a result, my classes have become their personal therapy time, in addition to learning how to provide treatment for their patients, clients and parishioners. Most of my students have repeated the classes numerous times over the years and we have seen miraculous changes in their

lives. This brings me great joy as they all have become very dear friends of mine and I know that only God could produce the amazing life-changes that we experience every week, in every class.

In 2004, I was asked by Moscow State University of Psychology and Education to present some post-graduate classes for them. They have CEU's there just like we do here, so that worked out well. The class participants were psychologists from Moscow and surrounding regions and all worked in government run counseling centers for families and children – some in orphanages. At the present time the university is preparing to offer a complete post-graduate program for a specialty in the treatment and prevention of addictions. My *Murray Method* Level I and Level II classes will be included in their curriculum. It presently is being approved by the federal department of education so when that is finalized it will make me very happy. I certainly never thought my little theory would end up in a Russian federally approved university program.

My nephew and his wife are missionaries in southern Russia, in Krasnodar which is about three-hundred miles from Georgia where all the conflict occurred a few months ago. The school that they work with has young men and their families coming from all over Russia to learn how to be pastors – they learn not only theology but leadership skills and basically how to function in life. Most of these pastors come from severely traumatic backgrounds and my nephew felt they could benefit from our classes. As a result I started in 2004 going there once a year to teach and now have many students from there who also are in my Instructor Training classes.

To share just a little more of the issues we deal with in Russia - almost every person in is an ACA - an adult child of an alcoholic – and when you have alcoholism in nearly every family, you also have the ensuing exacerbated issues of abuse, trauma and neglect. These devastating issues are so “normal” and common in their lives, they don't even know to put them on their Trauma Eggs. They also have the highest abortion rate in the world and it's not uncommon for a Russian woman to have many abortions – and those are rarely mentioned on their Trauma Eggs. Gradually, the students begin to go deeply into their Pools of Pain and it can be quite overwhelming to listen to that. I said it is rather like doing intensive therapy with 20 to 55 people, eight hours a day, every day.

I received a special compliment when several of them said, “We think you probably know more about Russians than any one because we have told you things we have never told to anyone ever – not even to our most beloved ones. We hear the stories from the other people in our classes but, you have listened to the stories from all of us.” It is something I never thought would be part of my legacy – learning to know the innermost pain of the Russian people. I often say that just when I think I've heard absolutely the worst possible thing I could ever imagine - then I hear something even more terrible. Truly, we have a lot of trauma and abuse in the United States, but we do not have anything compared to what they have endured as a general population in the former USSR.

One of the most devastating dogmas of the Soviet system stated that no individual person has any value. The Russian people were told, “You have no worth as an individual person, you are simply a cog in the wheel - and your sole purpose is to keep the Soviet system running. And if you do not do as you are told, you are totally disposable.” Almost all grew up with the feeling that they have no worth and value, so consequently they don't take care of themselves – they do not value themselves or others. People take high risks - they drink way too much, smoke too much and they drive like maniacs – following the rules is pedantic to most Russians.

So – to try to make a dent in that type of deeply ingrained belief system is a monumental task – and certainly one that can only be achieved with God's help. Everything I teach is based upon trying to help them to see themselves as a person created by God and loved and valued by Him. It is very

difficult for them to try to draw their Original Feeling Child - they really struggle with the fact that they have value in the eyes of God.

There also are enormous amounts of cultural issues around codependency. They have a phrase that says, "Every family has an ugly child and it is our responsibility to take care of them." Almost every family has at least one member that is an alcoholic or drug addict and they feel it definitely is their obligation to take care of them. They know they are enabling the addictions but will argue that "It's what our culture says we have to do and we cannot do otherwise!" We certainly go around and around on this one because most of the health professionals and clergy have several problems with co-dependency themselves – so, how can they possibly challenge their clients on this when they are not confronting it in their own lives.

I tell them lots of stories from my own life and also about issues that happen here in the States so it doesn't sound like I'm coming there to be critical and judgmental. I share about my own extreme co-dependency prior to my time in therapy and how I thought that what I was doing was perfectly okay because it was what my culture said I was supposed to do. And I use the same question that Dr. Danylchuk used with me, "Does your codependency produce health? Is it working?" I also ask, "Is this what you want your children to do and be? How is this affecting the rest of your family?" Of course, they have to admit that, "No, it's horrible." Now that I have been there over six years and have listened to so many of their stories, they know that I do understand the issues they all face daily. They have come to accept me as a voice of authority and now really listen to what I am teaching (being female and age seventy-two always helps too!)

One of the interesting things about Russia today is that I feel very de ja vu when I am there - they are very much where we were in the United States in the 1970's and 80's and just now are beginning to have a new openness about trauma and abuse issues. I spoke on a national radio show regarding violence and aggression so that was very good and they want me to come back. Then I was asked to speak at a national Christian women's conference with about 400 in attendance – that was a powerful experience for me. They also had published a four-page article on my work in a women's magazine and I was told the majority of the people who attended the conference came as a result of this article. So I am pleased to have the opportunity to gain wider exposure for our training sessions through the media and conferences and to bring a new awareness to the general public regarding trauma, abuse and addictions..

My book, *Prisoner of Another War*, has been out in Russian now for five years and I have been told that it is the only book in Russian that deals with sexual abuse. They still won't talk about sexual abuse in public. Sex issues in general are very hush, hush. We are trying to arrange to have Ralph and hopefully Marcus, too, to come over and do a presentation on sexual issues – all my students are very eager for that to happen.

Hall: You have helped, educated and inspired many people with your personal story and your contribution to this field. What is next for you professionally?

Murray: My biggest goal for the future is to have my method and treatment techniques in books and audio/visual materials, not only in Russian, but in other languages also. I now have students from thirty-five countries and some are using my materials in Latin America, India, Korea, Africa, all over the Pacific Rim and in Europe. I am planning on living until I am 105 and I think it probably will take that long to accomplish everything I want to do.

Thank you so very much for allowing me to share my story – you have been most patient. PCS is dear to my heart and definitely a part of my family.

