



Bio: Tom Murray, PhD is an AASECT Certified Sex Therapist—the only doctoral-level AASECT certified sex therapist in the Triad of North Carolina. For more than a decade, he has worked with individuals, couples and families as a dually licensed marriage and family therapist and professional counselor.

Dr. Murray—the Triad Sexpert—has appeared on WFDD, the Triad’s NPR affiliated, on *ShrinkRap Radio* Podcast, as well as having been a paid guest for *Good Morning London* with Piers Morgan. He has been highly acclaimed presenter at local, regional and national conferences on a variety of mental health and relationship topics. More, Dr. Murray has published more than 13 articles within professional journals and has taught graduate courses at University of Florida, UNC Greensboro, and Walden University. Currently, he has a faculty affiliation with the Department of

Psychiatry and Behavioral Medicine at Wake Forest University’s School of Medicine.

Murray has a doctorate in marriage and family counseling from the University of Florida, where he graduated in 2005. Clinically, he combines a pull-no-punches, no-beating-around-the-bush style with Buddhist philosophy, *The Work* of Byron Katie, and Gottman Couples Therapy. This integrated style has helped many individuals and couples quiet the mind-chatter that interferes with intimacy and quality sexual relationships.

He has lived in Greensboro, along with his two sons, since 2005. In addition to his strong passion for sex-positive, clinical practice and advocacy, Dr. Murray enjoys writing jokes, taking comedy improv courses, cooking and baking, singing, and participating in his faith community.

In addition to his clinical practice, Dr. Murray is a creativity coach for artists, actors, dancers, musicians, and other creative types. With nearly a decade of experience as the director of a counseling center for one of the premier art conservatories in the nation, Dr. Murray integrates knowledge from business, positive psychology, sports psychology, mindfulness, and performance optimization to manifest creative aspirations.

Factsheet:

I. Contact Information:

Contact: Tom Murray, PhD, AASECT Certified Sex Therapist

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Website: www.drtonmurray.com

II. Overview:

Tom Murray is an AASECT Certified Sex Therapist with demonstrated effectiveness individuals, couples and groups by providing sex-positive clinical and educational services.

III. Education and Background:

Ph.D., Couple and Family Counseling, University of Florida

Ed.S., Couple and Family Counseling, University of Florida

M.Ed., Couple and Family Counseling, University of Florida

BS.Ed. Secondary Education, Bloomsburg University of Pennsylvania

IV. Professional Background:

Speaker, Presenter, Researcher, Author, University Professor, Psychotherapist.

V. Types of Clients with whom I've Worked:

Adolescents, young adults, graduate students, as well as people through the adult life-span; Actors; Medical Professionals; Software Designers; Artists; Community Activists; Musicians.

Sample Frequently Asked Questions (FAQs)

- What is the major obstacle to satisfying sexual relationships?
- What's the best way to deal with negative mind-chatter?
- When people have run out of steam around their sexuality, how can they reignite their fire?
- You're a marriage and family therapist by training, how does this support your understanding of sexuality?
- What are the ways in which people improve their sexual performance?
- What is sex therapy and what are the benefits that people can expect from working with you?