

## About the Author

**R**ay Monsour Scurfield, DSW, LCSW, ACSW, is professor emeritus of social work, University of Southern Mississippi, Hattiesburg. Scurfield is a nationally recognized posttraumatic stress disorder (PTSD) expert. He is in private practice at Rivers Psychotherapy Services, Gulfport, Mississippi, and has served as the clinical consultant to the Biloxi U.S. Department of Veterans Affairs (VA) Vet Center since 2011.

Scurfield was an army social work officer (1967–1971), and he served on one of the Army’s two psychiatric teams for one year (1968–1969) in Vietnam. He had a distinguished 25-year career with the VA, as the first national director of counseling for the VA Vet Center Program (Washington, D.C., 1982–1985); founding director of the Post-Traumatic Stress Treatment Program (PTSTP), American Lake VA Medical Center, Tacoma, WA (1985–1991)—the PTSTP was internationally acclaimed and pioneered cohort admissions and innovative experiential treatment strategies for PTSD (that is, helicopter ride therapy, adventure-based Outward Bound and low and high ropes courses, integrating American Indian healing and warrior-recognition ceremonies, joint therapeutic activities with Soviet veterans of Afghanistan); and founding director, VA National Center for PTSD, Honolulu (1992–1997), establishing treatment centers on Oahu, on the Big Island, and in American Samoa. In the remarks accompanying Scurfield’s 1988 prestigious VA Olin E. Teague award, President Ronald Reagan wrote, “Your achievements in the study and treatment of post-traumatic stress disorder have become landmarks in psychiatry.”

Scurfield was social work faculty, University of Southern Mississippi (1998–2011), and received some 15 awards. He received the 2006 MS Social Worker of the Year award for post-Katrina trauma counseling with students, faculty, and staff; organizational, publication, and education achievements on and off campus; and the 2012 National NASW Lifetime Achievement Award.

Scurfield has written or coedited seven books. The most recent include *War Trauma: Lessons Unlearned from Vietnam to Iraq* (2006); *War Trauma and Its Wake: Expanding the Circle of Healing* (2012); and *Healing War Trauma: A Handbook of Creative Approaches* (2013). His work includes 70+ total publications and 400+ appearances nationwide, including on *60 Minutes*,

*Nightline*, NPR, and the PBS documentary *Two Decades and a Wake-Up*, about co-leading the first therapy group of Vietnam veterans back to Vietnam in 1989. Scurfield also was co-faculty for the first integrated history and mental health university-based study abroad course to Vietnam (2000) that included Vietnam veterans and history students in a collaborative endeavor of social work and history departments.

Scurfield has been meditating since his initiation into basic Transcendental Meditation in 1977 and subsequent advanced Siddhi residential training. His practice is grounded in gestalt, existential, humanistic, cognitive-behavioral, and experiential therapies.