

# An Interview with Audrey McMorrow

## How “psychology with a soul” is changing lives in real time

by Linda Sechrist



Audrey McMorrow,  
MA, CAGS, BCC

Audrey McMorrow, co-founder of Vast Horizons Center for Personal Growth, located in Yarmouth, is a Psychosynthesis coach. She practices a model of counseling and psychotherapy that is frequently referred to as “psychology with a soul”. Focused on well-being, McMorrow uses her experience in transpersonal psychology, which integrates both the conscious and unconscious with the spiritual and transcendent aspects of the human experience. She concentrates on what is

trying to emerge in an individual’s life rather than on pathology. She talks with Natural Awakenings about the benefits of psychosynthesis.

### DOES PSYCHOSYNTHESIS HELP INDIVIDUALS DEVELOP COPING SKILLS FOR OUR CRAZY WORLD?

Few of us have had the great privilege of perfect parenting or a community of supportive and loving friends. As a result, we developed behaviors and ways of coping very early in our lives to get our needs met the best we could from external resources. I teach individuals to recognize the different parts of themselves

(subpersonalities) and how each responds in the world and what they need. I guide them to develop, strengthen and utilize their innate internal unifying center; its authentic and discernable voice, which can be heard when mind chatter is quieted.

### HOW DOES PSYCHOSYNTHESIS BENEFIT EVERYDAY LIFE?

While in graduate school at Salve Regina University in Rhode Island, I was required to give class presentations. Preparing to stand in front of my professor and fellow students to deliver them never became easy. As my turn to present drew closer, I could feel anxiety rising in me. I was so anxious that I accidentally spilled my glass of water and stumbled over words.

One day as I sensed the anxiety beginning, I thought, “Wait a minute. This is my “student” subpersonality responding because I’m being graded and looked at by my peers. What would happen if I stepped into my student “therapist” sub? Shifting into that sub made a big difference, gave me confidence, and completely quieted the inner anxiety.

From the perspective of adult-to-adult communication, I teach techniques that quiet the mind and help clients to dis-identify from the part that is making all the noise and getting their attention. Although clients learn to identify with other aspects that better serve them, the ultimate goal is not to identify with any personality but rather to listen and act from the guiding wisdom of the innate Self, which is whole.

### WHAT TECHNIQUES DO YOU TEACH YOUR CLIENTS?

Two significant techniques I use are guided visualizations and working with awareness and Will, which the founder of psychosynthesis, Roberto Assagioli, regarded as the helmsman guiding the ship, providing the direction rather than the power for moving the vessel forward. Consciously connecting with the dynamic energy of the Will gives us the ability to be, do, and become whatever we wish.

### WHY DID YOU CHOOSE TO GO INTO THE FIELD OF PSYCHOLOGY?

I lived the majority of my first 40+ years from my survivor subpersonality. I did what I did to support myself and as a result I always found myself in executive functions, such as a corporate meeting planner. Totally relying on the functions of the left side of my brain, I was bored and unhappy.

When my husband graciously offered to support me while I got a degree, I knew I needed to decide what field of study I was interested in. In a conversation with an enlightened friend, whom I was speaking to about feeling undecided, I suddenly realized that I was directing the question to my survivor personality and its behavior patterns, which were all about enduring and existing but not about thriving and flourishing. When I directed the question to my higher self, I got an immediate strong response—you need to be a therapist. I said yes, and my path has been straight ever since.

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