

## Dr. Gary Norum, Singer-Songwriter

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Gary Norum, Ph.D., a psychologist in Parkersburg, WV, is also a singer-songwriter who is ready to share his art and his message through public performance. Gary started playing guitar and writing songs at an early age. His ability to adapt to musical styles led him to become a square dance caller as a teen, a talent that would help put him through the University of California. In his 20s he spent several summers in the California redwoods, presenting musical campfire programs and calling square dances seven nights a week. This experience contributed to his relaxed, comfortable style with audiences. Later, he would play folk, country and blues in local bands and as a solo acoustic artist.

In 1980, he produced a musical album for the Episcopal Church, in which half the songs were his own compositions. *Musical Alchemy: Songs of Transformation*, is his first musical CD. It features humorous songs that illustrate psychotherapeutic concepts. Since producing "Alchemy" in 2004, Gary has written and performed several songs in support of progressive causes and issues. His tongue-in-cheek lyrical style puts his message of mutual respect in perspective through humor.

As a psychologist specializing in psychotherapy, Norum uses original songs, as well as other creative approaches designed to help people make positive changes. In addition to his book, *The Evil Tyranny of Should*, his techniques include Imagination Training, a series of recorded relaxation and imagery programs.

Norum grew up in Western Canada and California. He holds advanced degrees from the University of California and Ohio University and is a former faculty member of West Virginia Wesleyan College.

In his performances, Norum is often joined by fellow singer-songwriter Wayne DeRosset, who is presently chair of the English and fine arts department at Glenville State College but who also has a long career as a musician, beginning with playing in adult bands when he was still a teenager in New Jersey. He also financed his college career with music, playing in rock bands while a student at West Virginia Wesleyan College.