



Ryan Anderson Ph.D. - Therapist

Outback Therapeutic Expeditions | randerson@outbacktreatment.com



Ryan has had a diverse range of experiences as a professional. He has provided therapy for individuals, groups, and families in community mental health clinics, university settings, inpatient psychiatric units, and hospitals, as well as in the wilderness. Ryan has performed therapy sitting in a traditional office, walking in parks, sitting by hospital beds, standing at gravesides and memorials, and sitting under the shade of juniper trees in Utah's majestic west desert. He has worked with patients with cancer and their families in the Duke Comprehensive Cancer Center, where he was involved in intensive therapy from the moment of diagnosis to the recovery or death of the patient and beyond. Ryan has also taught university classes at an undergraduate level as well as teaching medical students in their first year of medical school, helping them to become sensitized to the role of individual and family dynamics in health care and teaching them rudimentary skills to respond to patients' and family members' psychosocial needs. Each of these settings has taught Ryan something different and unique, and the sum total of the learning, relationships, and growth he has experienced through this winding path makes up the various facets that Ryan brings to Outback.

The draw of the wilderness and its powerful therapeutic potential was one of the major factors that brought Ryan to Outback, but it is not the only one. Ryan was drawn in by Outback's underlying philosophy, based on the works of Terry Warner and the Aringer Group. Ryan had become familiar with "Leadership and Self Deception" and "Bonds that Make us Free" at the beginning of his college studies, and learning about the principles of self-betrayal, self-deception, collusion, and other aspects of agentive theory was truly and completely an eye-opening and life-changing experience for him. While examining himself with that sort of honesty was difficult, he found that it changed him in ways that were extremely liberating and growth-producing. When Ryan discovered that this same philosophy is at the core of absolutely everything that Outback does, he was thrilled! What was even more exciting to him was getting to know the various therapists and staff at Outback and seeing that they were truly trying to live the philosophy, not only in their work with the students, but in their relationship with each other.

While adolescence is often one of the greatest challenges of life, I have come to believe that it is also one of the greatest opportunities for both the teen and his or her family.

Outback is unique in its fusion of these powerful ideas, ancient culture and skills, and the powerful wilderness setting. As one of the first recipients of a Ph.D. in Medical Family Therapy, Ryan brings to that his background in teaching, research, and cutting-edge psychotherapy models with a biopsychosocial-spiritual understanding and approach to human problems. For Ryan, it is the perfect place for a teen to come and find healthy change and a new and happier way to live life.

Ryan was born and raised in Utah, but relocated to North Carolina for several years to pursue his education. He is married to the woman of his dreams, and has two sons that fill his life with excitement and adventure. When not in the wilderness with his students, he enjoys spending time with his family in any number of activities, from playing in the park to reading books to just running around with his kids. He tries to take lessons from my career in working to help families and make my own family my first priority, as challenging as that can be in the world today.

Besides spending as much time as possible with his family, Ryan enjoys singing.

He also enjoys reading a wide variety of literature. He loves everything from Shakespeare to Calvin and Hobbes, although he would have to say his favorite author is Orson Scott Card. An ideal story for Ryan is one in which realistic characters go through experiences that resonate with him and challenge him to evaluate his own life and his own way of being.

Ryan also enjoys writing. All of his published writing has been academic in nature thus far. However, he would like to someday branch out and try a novel or something along those lines. He and his wife would love to write a children's book together some day, as well. Ryan does some voice acting on the side, mostly just for fun and mostly for independent software developers, although he may branch out a little with that in the future. Ryan also enjoys the martial arts, and has a brown belt in Kenpo.