



Dr. Tim Lowe - Therapist

Outback Therapeutic Expeditions | tlowe@outbacktreatment.com



Tim has been involved in the wilderness therapy industry for many years. At the age of 14, he participated in a survival course taught at a university. He enjoyed gaining a sense of self-reliance. Because of that experience, he participated in another survival experience when he was 16. This time however, it was extremely difficult. He learned many things about himself. He learned that his body could do amazing things . . . if his mind would let it. He learned confidence, internal motivation, and the feelings of purpose and direction it gave his life. He learned that some lessons can only be learned experientially and that hard times are not necessarily bad, but can be a great teacher and motivator. Difficult times and hard work can be very good and necessary if one is to learn, and may be the only way to learn some of life's valuable lessons. If you want to know about some of these experiences, just ask him. When the survival course was over, he said to himself, "I'm glad I did it, but never again." Well he must not have learned his lesson, because the following year, he did it again. Once again, he said "I'm glad I did it, but never again." It appears he remembered the positive and the difficult may have turned into a positive.

Tim is very comfortable in the wilderness and knows how to use the wilderness and what it provides to teach valuable therapeutic lessons that impact the lives of youth and their parents.

Well here he is again, in the wilderness therapy industry. He worked with Anasazi, a wilderness treatment facility in Arizona from 1991 through 1996, and is now been with Outback Therapeutic Expedition since 2004. Obviously, he loves working with youth and their families. Tim is very comfortable in the wilderness and knows how to use the wilderness and what it provides to teach valuable therapeutic lessons that impact the lives of youth and their parents.

In addition to working in the wilderness, Tim has worked with adolescents and their families in a variety of settings. He has worked in government sponsored groups homes working with sex offenders and gang members. He has also worked with boys and girls with a wide variety of diagnoses at Therapeutic Boarding Schools.

Tim's passion is creating a space for youth and parents to look at themselves, to recognize how they co-create some of the very problems they complain about. Instead of simply trying to change behavior; Tim works to alter motives, desire, standards, priorities, and commitments. Students are quick to understand that there is a difference between doing the program . . . and merely doing the program. One way of doing the program is like putting in your time, doing all the assignments, working on your skills, hiking without complaining, etc. Another way to do the program is to do the exact same things, but with a different heart, for the love of self and others, to recognize how their choices affect others (good or bad, helping or hurting); those we love and who love us. This is about internalizing the change, so the motives change, so one would desire to make the necessary changes whether they were in the program or not. The question is, what is behind the doing. Anybody can change their behavior. The real question is, can the behavior be maintained consistently across time? This is accomplished only when the student personally want this for themselves, recognizing how their choices will effect future generations.

Tim has been married for 21 years and has five children.