

Richard A. Enander, Ph.D., a Clinical Psychologist with Dallas Therapy Alliance

Get to know Clinical Psychologist Dr. Richard A. Enander, who serves patients in Dallas, Texas.



New York City, New York Mar 7, 2023 ([Issuewire.com](https://www.issuewire.com)) - Dr. Enander is a licensed clinical psychologist who works with adults and adolescents across a spectrum of mental health problems. He specializes in long-term psychotherapy, wherein he meets with patients multiple times per week at Dallas Therapy Alliance (DTA).

Some of the issues his clients struggle with include: anxiety, depression, bipolar disorder, personality disorders, trauma, and psychosis. Dr. Enander helps them understand the connections between their symptoms and underlying issues and enjoys helping them reach their full potential.

"I understand that even beginning the process of talking with someone can be challenging, so I will work with you to provide a nonjudgmental environment for us to safely explore your concerns. I hope to help

you achieve greater insight into the connections between your past experiences and current difficulties, which I believe can lead to symptom reduction and you have a more fulfilling life.”

Serving as Director of Training for DTA, he is also involved in the recruitment and training of its postdoctoral fellows.

With a broad educational background, Dr. Enander completed his undergraduate coursework at Brandeis University, triple majoring in Psychology, Biochemistry, and Biology while minoring in Philosophy. He graduated from Tufts University School of Medicine with a Master’s degree in Biomedical Sciences, and then went on to receive his Doctorate in Clinical Psychology from the APA-accredited Ph.D. program at the University of Texas Southwestern Medical Center at Dallas.

Having worked across a broad range of clinical settings, Dr. Enander has conducted assessments, individual therapy, and group therapy at the inpatient psychiatric unit at John Peter Smith Hospital in Fort Worth. He has also provided therapy at the University of Arlington’s Counseling and Psychological Services Center and has spent time at the Children’s Medical Center of Dallas, working with children and adolescents.

Furthermore, Dr. Enander has provided individual therapy at UT Southwestern Medical Center, Parkland Hospital, and the Henry Wade Juvenile Detention Center. He has conducted research at Baylor University Medical Center and Beth Israel Deaconess Medical Center, published on attachment theory, and has presented at professional conferences.

Serving as President-Elect of the Dallas Society for Psychoanalytic Psychology, Dr. Enander is also a member of the Society for Psychoanalysis and Psychoanalytic Psychology (Division 39 of the APA), the International Association for Relational Psychoanalysis and Psychotherapy, and the Neuropsychoanalysis Association. Additionally, Dr. Enander has been a guest expert on One Life Radio and has been featured in local magazines.

Learn More about Dr. Richard A. Enander:

Through his findatopdoc profile, <https://www.findatopdoc.com/doctor/288535-Richard-Enander-Psychologist> or through Dallas Therapy Alliance, <http://www.dallastherapyalliance.com/richard-a-enander-phd.html>

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Source : Richard A. Enander, Ph.D.

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