



Pawsitively Transformational Health and Wellness, Inc

Group Therapy

Groups are conducted by Nathaniel Lukas Redekopp, PhD, LPCC, C-DBT, CPDT-KA.

NOTE: An intake session is required before attending. Groups are listed in alphabetical order. In recognition of safety concerns that tend to be part of LGBTQ experience, meeting times are not published for those groups.*

ANIMAL-ASSISTED THERAPY (AAT) GROUP WITH CANINES (adults). Every other Friday 5:15 pm – 6:15 pm. Evidence-based research shows that AAT can improve mental health symptoms including from trauma, anxiety, depression, PTSD, and other disorders.

DBT ADULT GROUP. Wednesdays 12 pm – 1 pm. How effective are your coping skills? Dialectical Behavioral Therapy (DBT) skills are practical and memorable. DBT helps with managing mental health symptoms and dealing more effectively with daily challenges including emotions, distress, and communicating with others.

DBT YOUTH GROUP (ages 14 - 17). Wednesdays 3:30 pm – 4:30 pm. All of the great skills and benefits of our adult DBT group (see above) and delivered in a youth-focused format.

LGBTQ* ADULT GROUP. Affirming therapy and education on helpful resources.

LGBTQ* YOUTH GROUP (ages 14 -17). Affirming therapy and education on helpful resources.

LGBTQ* ALLIES GROUP (adults). A non-judgmental place to connect with community, resources, and education. Participants are people who want to more effectively support a LGBTQ* or questioning loved one, friend, or community by exploring the meaning of ally-ship, working with feelings, increasing self-care and improving interpersonal effectiveness skills.

MIDDAY MINDFULNESS GROUP (adults). Tuesdays 12 pm – 1 pm. Regular mindfulness practice can decrease a variety of mental health symptoms including from trauma, stress, depression, anxiety, and substance use disorder. This group provides education and practical applications of movement meditation. For adults of all ages and body types.

POST-TRAUMATIC STRESS THERAPY GROUP (adults). Thursdays 12 pm – 1 pm. Learn and practice skills for managing symptoms of post-traumatic stress, whether or not you have a PTSD diagnosis. Work with grief, loss and other issues that can accompany such symptoms. Reconnect with renewed meaning and purpose to enhance your mental health and wellness.

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