



Pawsitively Transformational Health and Wellness, Inc

Group Therapy Schedule

Groups are conducted by Nathaniel Lukas Redekopp, PhD, NCC, LPCC, CPDT-KA
nathaniel.lukas@pawsitivelytransformational.com

An individual intake session is required before attending. Groups are listed below in alphabetical order. In recognition of safety concerns of our LGBTQ community, the schedule for those groups is not published.*

ANIMAL-ASSISTED THERAPY GROUP WITH CANINES (Adults). Every other Saturday, 2 pm.

Learn coping skills to practice with a canine to improve your mental health and support your dog's wellness, too!

DBT ADULT GROUP. Every other Thursday, 5:15 pm.

Dialectical Behavioral Therapy (DBT) skills are practical and memorable. They help with managing mental health symptoms (and life in general!) effectively. Categories of skills include mindfulness, interpersonal effectiveness, emotion regulation, and distress tolerance.

RESILIENCY ADULT GROUP. Affirming therapy, coping skills, and education on resources.

RESILIENCY YOUTH GROUP. Affirming therapy, coping skills, and education on resources.

MINDFULNESS GROUPS (Adults). Section 1: Wednesdays 12 pm. Section 2: Fridays 5:15 pm.

Mindfulness can help with many kinds of mental health conditions, including struggles with substance use, while supporting overall body/brain wellness. Learn mindfulness principles and coping skills and experience them through movement meditation (Tai Chi and Qigong). Diverse bodies are welcome.

POST-TRAUMATIC STRESS THERAPY GROUP (Adults). Every other Thursday, 5:15 pm.

This group is for anyone who has experienced trauma, big or small, whether they have a PTSD diagnosis or not. Receive education about symptoms and resources. Learn and practice skills for managing symptoms and living a fuller life. Work with grief, loss, and related experiences. Reconnect with renewed sense of meaning and purpose to improve your mental health and overall wellness.

Phone: 575-208-6364 Fax: 575-495-2084
info@pawsitivelytransformational.com www.pawsitivelytransformational.com
mailing: 1111 10th St #400, Alamogordo, NM 88310
physical: 905 Filipino, Alamogordo, NM 88310



Pawsitively Transformational Health and Wellness, Inc

Group Therapy Schedule

Groups are conducted by Nathaniel Lukas Redekopp, PhD, NCC, LPCC, CPDT-KA
nathaniel.lukas@pawsitivelytransformational.com

An individual intake session is required before attending. Groups are listed below in alphabetical order. In recognition of safety concerns of our LGBTQ community, the schedule for those groups is not published.*

ANIMAL-ASSISTED THERAPY GROUP WITH CANINES (Adults). Every other Saturday, 2 pm.

Learn coping skills to practice with a canine to improve your mental health and support your dog's wellness, too!

DBT ADULT GROUP. Every other Thursday, 5:15 pm.

Dialectical Behavioral Therapy (DBT) skills are practical and memorable. They help with managing mental health symptoms (and life in general!) effectively. Categories of skills include mindfulness, interpersonal effectiveness, emotion regulation, and distress tolerance.

RESILIENCY ADULT GROUP. Affirming therapy, coping skills, and education on resources.

RESILIENCY YOUTH GROUP. Affirming therapy, coping skills, and education on resources.

MINDFULNESS GROUPS (Adults). Section 1: Wednesdays 12 pm. Section 2: Fridays 5:15 pm.

Mindfulness can help with many kinds of mental health conditions, including struggles with substance use, while supporting overall body/brain wellness. Learn mindfulness principles and coping skills and experience them through movement meditation (Tai Chi and Qigong). Diverse bodies are welcome.

POST-TRAUMATIC STRESS THERAPY GROUP (Adults). Every other Thursday, 5:15 pm.

This group is for anyone who has experienced trauma, big or small, whether they have a PTSD diagnosis or not. Receive education about symptoms and resources. Learn and practice skills for managing symptoms and living a fuller life. Work with grief, loss, and related experiences. Reconnect with renewed sense of meaning and purpose to improve your mental health and overall wellness.

Phone: 575-208-6364 Fax: 575-495-2084
info@pawsitivelytransformational.com www.pawsitivelytransformational.com
mailing: 1111 10th St #400, Alamogordo, NM 88310
physical: 905 Filipino, Alamogordo, NM 88310



Pawsitively Transformational Health and Wellness, Inc

Group Therapy Schedule

Groups are conducted by Nathaniel Lukas Redekopp, PhD, NCC, LPCC, CPDT-KA
nathaniel.lukas@pawsitivelytransformational.com

An individual intake session is required before attending. Groups are listed below in alphabetical order. In recognition of safety concerns of our LGBTQ community, the schedule for those groups is not published.*

ANIMAL-ASSISTED THERAPY GROUP WITH CANINES (Adults). Every other Saturday, 2 pm.

Learn coping skills to practice with a canine to improve your mental health and support your dog's wellness, too!

DBT ADULT GROUP. Every other Thursday, 5:15 pm.

Dialectical Behavioral Therapy (DBT) skills are practical and memorable. They help with managing mental health symptoms (and life in general!) effectively. Categories of skills include mindfulness, interpersonal effectiveness, emotion regulation, and distress tolerance.

RESILIENCY ADULT GROUP. Affirming therapy, coping skills, and education on resources.

RESILIENCY YOUTH GROUP. Affirming therapy, coping skills, and education on resources.

MINDFULNESS GROUPS (Adults). Section 1: Wednesdays 12 pm. Section 2: Fridays 5:15 pm.

Mindfulness can help with many kinds of mental health conditions, including struggles with substance use, while supporting overall body/brain wellness. Learn mindfulness principles and coping skills and experience them through movement meditation (Tai Chi and Qigong). Diverse bodies are welcome.

POST-TRAUMATIC STRESS THERAPY GROUP (Adults). Every other Thursday, 5:15 pm.

This group is for anyone who has experienced trauma, big or small, whether they have a PTSD diagnosis or not. Receive education about symptoms and resources. Learn and practice skills for managing symptoms and living a fuller life. Work with grief, loss, and related experiences. Reconnect with renewed sense of meaning and purpose to improve your mental health and overall wellness.

Phone: 575-208-6364 Fax: 575-495-2084
info@pawsitivelytransformational.com www.pawsitivelytransformational.com
mailing: 1111 10th St #400, Alamogordo, NM 88310
physical: 905 Filipino, Alamogordo, NM 88310



Pawsitively Transformational Health and Wellness, Inc

Group Therapy Schedule

Groups are conducted by Nathaniel Lukas Redekopp, PhD, NCC, LPCC, CPDT-KA
nathaniel.lukas@pawsitivelytransformational.com

An individual intake session is required before attending. Groups are listed below in alphabetical order. In recognition of safety concerns of our LGBTQ community, the schedule for those groups is not published.*

ANIMAL-ASSISTED THERAPY GROUP WITH CANINES (Adults). Every other Saturday, 2 pm.

Learn coping skills to practice with a canine to improve your mental health and support your dog's wellness, too!

DBT ADULT GROUP. Every other Thursday, 5:15 pm.

Dialectical Behavioral Therapy (DBT) skills are practical and memorable. They help with managing mental health symptoms (and life in general!) effectively. Categories of skills include mindfulness, interpersonal effectiveness, emotion regulation, and distress tolerance.

RESILIENCY ADULT GROUP. Affirming therapy, coping skills, and education on resources.

RESILIENCY YOUTH GROUP. Affirming therapy, coping skills, and education on resources.

MINDFULNESS GROUPS (Adults). Section 1: Wednesdays 12 pm. Section 2: Fridays 5:15 pm.

Mindfulness can help with many kinds of mental health conditions, including struggles with substance use, while supporting overall body/brain wellness. Learn mindfulness principles and coping skills and experience them through movement meditation (Tai Chi and Qigong). Diverse bodies are welcome.

POST-TRAUMATIC STRESS THERAPY GROUP (Adults). Every other Thursday, 5:15 pm.

This group is for anyone who has experienced trauma, big or small, whether they have a PTSD diagnosis or not. Receive education about symptoms and resources. Learn and practice skills for managing symptoms and living a fuller life. Work with grief, loss, and related experiences. Reconnect with renewed sense of meaning and purpose to improve your mental health and overall wellness.

Phone: 575-208-6364 Fax: 575-495-2084
info@pawsitivelytransformational.com www.pawsitivelytransformational.com
mailing: 1111 10th St #400, Alamogordo, NM 88310
physical: 905 Filipino, Alamogordo, NM 88310



Pawsitively Transformational Health and Wellness, Inc

Group Therapy Schedule

Groups are conducted by Nathaniel Lukas Redekopp, PhD, NCC, LPCC, CPDT-KA
nathaniel.lukas@pawsitivelytransformational.com

An individual intake session is required before attending. Groups are listed below in alphabetical order. In recognition of safety concerns of our LGBTQ community, the schedule for those groups is not published.*

ANIMAL-ASSISTED THERAPY GROUP WITH CANINES (Adults). Every other Saturday, 2 pm.

Learn coping skills to practice with a canine to improve your mental health and support your dog's wellness, too!

DBT ADULT GROUP. Every other Thursday, 5:15 pm.

Dialectical Behavioral Therapy (DBT) skills are practical and memorable. They help with managing mental health symptoms (and life in general!) effectively. Categories of skills include mindfulness, interpersonal effectiveness, emotion regulation, and distress tolerance.

RESILIENCY ADULT GROUP. Affirming therapy, coping skills, and education on resources.

RESILIENCY YOUTH GROUP. Affirming therapy, coping skills, and education on resources.

MINDFULNESS GROUPS (Adults). Section 1: Wednesdays 12 pm. Section 2: Fridays 5:15 pm.

Mindfulness can help with many kinds of mental health conditions, including struggles with substance use, while supporting overall body/brain wellness. Learn mindfulness principles and coping skills and experience them through movement meditation (Tai Chi and Qigong). Diverse bodies are welcome.

POST-TRAUMATIC STRESS THERAPY GROUP (Adults). Every other Thursday, 5:15 pm.

This group is for anyone who has experienced trauma, big or small, whether they have a PTSD diagnosis or not. Receive education about symptoms and resources. Learn and practice skills for managing symptoms and living a fuller life. Work with grief, loss, and related experiences. Reconnect with renewed sense of meaning and purpose to improve your mental health and overall wellness.

Phone: 575-208-6364 Fax: 575-495-2084
info@pawsitivelytransformational.com www.pawsitivelytransformational.com
mailing: 1111 10th St #400, Alamogordo, NM 88310
physical: 905 Filipino, Alamogordo, NM 88310



Pawsitively Transformational Health and Wellness, Inc

Group Therapy Schedule

Groups are conducted by Nathaniel Lukas Redekopp, PhD, NCC, LPCC, CPDT-KA
nathaniel.lukas@pawsitivelytransformational.com

An individual intake session is required before attending. Groups are listed below in alphabetical order. In recognition of safety concerns of our LGBTQ community, the schedule for those groups is not published.*

ANIMAL-ASSISTED THERAPY GROUP WITH CANINES (Adults). Every other Saturday, 2 pm.

Learn coping skills to practice with a canine to improve your mental health and support your dog's wellness, too!

DBT ADULT GROUP. Every other Thursday, 5:15 pm.

Dialectical Behavioral Therapy (DBT) skills are practical and memorable. They help with managing mental health symptoms (and life in general!) effectively. Categories of skills include mindfulness, interpersonal effectiveness, emotion regulation, and distress tolerance.

RESILIENCY ADULT GROUP. Affirming therapy, coping skills, and education on resources.

RESILIENCY YOUTH GROUP. Affirming therapy, coping skills, and education on resources.

MINDFULNESS GROUPS (Adults). Section 1: Wednesdays 12 pm. Section 2: Fridays 5:15 pm.

Mindfulness can help with many kinds of mental health conditions, including struggles with substance use, while supporting overall body/brain wellness. Learn mindfulness principles and coping skills and experience them through movement meditation (Tai Chi and Qigong). Diverse bodies are welcome.

POST-TRAUMATIC STRESS THERAPY GROUP (Adults). Every other Thursday, 5:15 pm.

This group is for anyone who has experienced trauma, big or small, whether they have a PTSD diagnosis or not. Receive education about symptoms and resources. Learn and practice skills for managing symptoms and living a fuller life. Work with grief, loss, and related experiences. Reconnect with renewed sense of meaning and purpose to improve your mental health and overall wellness.

Phone: 575-208-6364 Fax: 575-495-2084
info@pawsitivelytransformational.com www.pawsitivelytransformational.com
mailing: 1111 10th St #400, Alamogordo, NM 88310
physical: 905 Filipino, Alamogordo, NM 88310



Pawsitively Transformational Health and Wellness, Inc

Group Therapy Schedule

Groups are conducted by Nathaniel Lukas Redekopp, PhD, NCC, LPCC, CPDT-KA
nathaniel.lukas@pawsitivelytransformational.com

An individual intake session is required before attending. Groups are listed below in alphabetical order. In recognition of safety concerns of our LGBTQ community, the schedule for those groups is not published.*

ANIMAL-ASSISTED THERAPY GROUP WITH CANINES (Adults). Every other Saturday, 2 pm.

Learn coping skills to practice with a canine to improve your mental health and support your dog's wellness, too!

DBT ADULT GROUP. Every other Thursday, 5:15 pm.

Dialectical Behavioral Therapy (DBT) skills are practical and memorable. They help with managing mental health symptoms (and life in general!) effectively. Categories of skills include mindfulness, interpersonal effectiveness, emotion regulation, and distress tolerance.

RESILIENCY ADULT GROUP. Affirming therapy, coping skills, and education on resources.

RESILIENCY YOUTH GROUP. Affirming therapy, coping skills, and education on resources.

MINDFULNESS GROUPS (Adults). Section 1: Wednesdays 12 pm. Section 2: Fridays 5:15 pm.

Mindfulness can help with many kinds of mental health conditions, including struggles with substance use, while supporting overall body/brain wellness. Learn mindfulness principles and coping skills and experience them through movement meditation (Tai Chi and Qigong). Diverse bodies are welcome.

POST-TRAUMATIC STRESS THERAPY GROUP (Adults). Every other Thursday, 5:15 pm.

This group is for anyone who has experienced trauma, big or small, whether they have a PTSD diagnosis or not. Receive education about symptoms and resources. Learn and practice skills for managing symptoms and living a fuller life. Work with grief, loss, and related experiences. Reconnect with renewed sense of meaning and purpose to improve your mental health and overall wellness.

Phone: 575-208-6364 Fax: 575-495-2084
info@pawsitivelytransformational.com www.pawsitivelytransformational.com
mailing: 1111 10th St #400, Alamogordo, NM 88310
physical: 905 Filipino, Alamogordo, NM 88310



Pawsitively Transformational Health and Wellness, Inc

Group Therapy Schedule

Groups are conducted by Nathaniel Lukas Redekopp, PhD, NCC, LPCC, CPDT-KA
nathaniel.lukas@pawsitivelytransformational.com

An individual intake session is required before attending. Groups are listed below in alphabetical order. In recognition of safety concerns of our LGBTQ community, the schedule for those groups is not published.*

ANIMAL-ASSISTED THERAPY GROUP WITH CANINES (Adults). Every other Saturday, 2 pm.

Learn coping skills to practice with a canine to improve your mental health and support your dog's wellness, too!

DBT ADULT GROUP. Every other Thursday, 5:15 pm.

Dialectical Behavioral Therapy (DBT) skills are practical and memorable. They help with managing mental health symptoms (and life in general!) effectively. Categories of skills include mindfulness, interpersonal effectiveness, emotion regulation, and distress tolerance.

RESILIENCY ADULT GROUP. Affirming therapy, coping skills, and education on resources.

RESILIENCY YOUTH GROUP. Affirming therapy, coping skills, and education on resources.

MINDFULNESS GROUPS (Adults). Section 1: Wednesdays 12 pm. Section 2: Fridays 5:15 pm.

Mindfulness can help with many kinds of mental health conditions, including struggles with substance use, while supporting overall body/brain wellness. Learn mindfulness principles and coping skills and experience them through movement meditation (Tai Chi and Qigong). Diverse bodies are welcome.

POST-TRAUMATIC STRESS THERAPY GROUP (Adults). Every other Thursday, 5:15 pm.

This group is for anyone who has experienced trauma, big or small, whether they have a PTSD diagnosis or not. Receive education about symptoms and resources. Learn and practice skills for managing symptoms and living a fuller life. Work with grief, loss, and related experiences. Reconnect with renewed sense of meaning and purpose to improve your mental health and overall wellness.

Phone: 575-208-6364 Fax: 575-495-2084
info@pawsitivelytransformational.com www.pawsitivelytransformational.com
mailing: 1111 10th St #400, Alamogordo, NM 88310
physical: 905 Filipino, Alamogordo, NM 88310



Pawsitively Transformational Health and Wellness, Inc

Group Therapy Schedule

Groups are conducted by Nathaniel Lukas Redekopp, PhD, NCC, LPCC, CPDT-KA
nathaniel.lukas@pawsitivelytransformational.com

An individual intake session is required before attending. Groups are listed below in alphabetical order. In recognition of safety concerns of our LGBTQ community, the schedule for those groups is not published.*

ANIMAL-ASSISTED THERAPY GROUP WITH CANINES (Adults). Every other Saturday, 2 pm.

Learn coping skills to practice with a canine to improve your mental health and support your dog's wellness, too!

DBT ADULT GROUP. Every other Thursday, 5:15 pm.

Dialectical Behavioral Therapy (DBT) skills are practical and memorable. They help with managing mental health symptoms (and life in general!) effectively. Categories of skills include mindfulness, interpersonal effectiveness, emotion regulation, and distress tolerance.

RESILIENCY ADULT GROUP. Affirming therapy, coping skills, and education on resources.

RESILIENCY YOUTH GROUP. Affirming therapy, coping skills, and education on resources.

MINDFULNESS GROUPS (Adults). Section 1: Wednesdays 12 pm. Section 2: Fridays 5:15 pm.

Mindfulness can help with many kinds of mental health conditions, including struggles with substance use, while supporting overall body/brain wellness. Learn mindfulness principles and coping skills and experience them through movement meditation (Tai Chi and Qigong). Diverse bodies are welcome.

POST-TRAUMATIC STRESS THERAPY GROUP (Adults). Every other Thursday, 5:15 pm.

This group is for anyone who has experienced trauma, big or small, whether they have a PTSD diagnosis or not. Receive education about symptoms and resources. Learn and practice skills for managing symptoms and living a fuller life. Work with grief, loss, and related experiences. Reconnect with renewed sense of meaning and purpose to improve your mental health and overall wellness.

Phone: 575-208-6364 Fax: 575-495-2084
info@pawsitivelytransformational.com www.pawsitivelytransformational.com
mailing: 1111 10th St #400, Alamogordo, NM 88310
physical: 905 Filipino, Alamogordo, NM 88310



Pawsitively Transformational Health and Wellness, Inc

Group Therapy Schedule

Groups are conducted by Nathaniel Lukas Redekopp, PhD, NCC, LPCC, CPDT-KA
nathaniel.lukas@pawsitivelytransformational.com

An individual intake session is required before attending. Groups are listed below in alphabetical order. In recognition of safety concerns of our LGBTQ community, the schedule for those groups is not published.*

ANIMAL-ASSISTED THERAPY GROUP WITH CANINES (Adults). Every other Saturday, 2 pm.

Learn coping skills to practice with a canine to improve your mental health and support your dog's wellness, too!

DBT ADULT GROUP. Every other Thursday, 5:15 pm.

Dialectical Behavioral Therapy (DBT) skills are practical and memorable. They help with managing mental health symptoms (and life in general!) effectively. Categories of skills include mindfulness, interpersonal effectiveness, emotion regulation, and distress tolerance.

RESILIENCY ADULT GROUP. Affirming therapy, coping skills, and education on resources.

RESILIENCY YOUTH GROUP. Affirming therapy, coping skills, and education on resources.

MINDFULNESS GROUPS (Adults). Section 1: Wednesdays 12 pm. Section 2: Fridays 5:15 pm.

Mindfulness can help with many kinds of mental health conditions, including struggles with substance use, while supporting overall body/brain wellness. Learn mindfulness principles and coping skills and experience them through movement meditation (Tai Chi and Qigong). Diverse bodies are welcome.

POST-TRAUMATIC STRESS THERAPY GROUP (Adults). Every other Thursday, 5:15 pm.

This group is for anyone who has experienced trauma, big or small, whether they have a PTSD diagnosis or not. Receive education about symptoms and resources. Learn and practice skills for managing symptoms and living a fuller life. Work with grief, loss, and related experiences. Reconnect with renewed sense of meaning and purpose to improve your mental health and overall wellness.

Phone: 575-208-6364 Fax: 575-495-2084
info@pawsitivelytransformational.com www.pawsitivelytransformational.com
mailing: 1111 10th St #400, Alamogordo, NM 88310
physical: 905 Filipino, Alamogordo, NM 88310