



Pawsitively Transformational Health and Wellness, Inc

Group Therapy Schedule

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

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

ANIMAL-ASSISTED THERAPY (AAT) GROUP WITH CANINES (adults). Every other Saturday, 2 pm – 3 pm. Evidence-based research shows that AAT can help improve mental health symptoms including from trauma, anxiety, depression, PTSD, and other challenges.

DBT ADULT GROUP. Every other Thursday, 5:15 pm – 6:15 pm. Dialectical Behavioral Therapy (DBT) skills are practical and memorable. They help with managing symptoms and dealing more effectively with daily challenges like accomplishing goals, managing emotions / distress, and communicating with others.

DBT YOUTH GROUP. Every other Wednesday, 4:30 pm – 5:30 pm. All of the great skills and benefits of our adult DBT group, delivered in a youth-focused format.

LGBTQ* ADULT GROUP. Affirming therapy, interpersonal effectiveness skills, & education on resources.

LGBTQ* YOUTH GROUP. Affirming therapy, interpersonal effectiveness skills, & education on resources.

MIDDAY MINDFULNESS GROUP (adults). Thursdays 12 pm – 1 pm. Mindfulness improves overall health and helps with management of mental health symptoms including from trauma, stress, depression, anxiety, or addiction / substance misuse. This group provides education and practical applications of mindfulness through embodied movement (Tai Chi and Qi Gong).

MINDFULNESS EVENING GROUP (adults). Every other Tuesday, 5:15 pm – 6:15 pm. See above.

POST-TRAUMATIC STRESS THERAPY GROUP (adults). Every other Thursday, 5:15 pm – 6:15 pm. This group is for anyone who has experienced trauma, big or small, whether or not they have a PTSD diagnosis. Receive education about symptoms and resources. Learn & practice skills for managing symptoms and living a fuller life. Work with grief, loss & related experiences. Reconnect with renewed meaning and purpose to improve your mental health & wellness.

575-208-6364

info@pawsitivelytransformational.com

www.pawsitivelytransformational.com

mailing: 1111 10th St #400, Alamogordo, NM 88310

physical: 905 Filipino, Alamogordo, NM 88310