



Pawsitively Transformational Health and Wellness, Inc

Group Therapy Schedule

Groups are facilitated by Nathaniel Lukas Redekopp, PhD, NCC, LPCC, CPDT-KA
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An intake session is required to join a group roster. Groups are for people 18 years old and older.

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

Learn coping skills to practice with your Service Dog in-Training. While this group is focused on the human end of the leash, your dog's mental health is likely to benefit, too!

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

Dialectical Behavioral Therapy (DBT) skills are practical and memorable. They help you manage mental health (and life!) more effectively. Improve your emotion regulation, mindfulness, distress tolerance, and interpersonal effectiveness.

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

This is a skills-based group that integrates gentle Tai Chi and Qigong movements, controlled breathing, and mindfulness concepts to foster nervous system regulation and mind-body awareness. Participants learn and practice skills and strategies for reducing stress, facilitating relaxation, improving grounding, and developing mental/physical balance, coordination, and flexibility. Practices are adaptable to individual mobility and ability levels. Diverse bodies are welcome. This is a skills group where the focus is on education and experiential practice of movement meditation, not a processing group where the focus would be on sharing and exploring personal emotions or experiences such as trauma (we have other groups for that).

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 on symptoms and resources. Learn and practice skills to live a fuller life. Work with grief, loss, and related experiences. Connect with a renewed sense of meaning and purpose to improve your mental health and overall wellness.

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