



Pawsitively Transformational Health and Wellness, Inc

Group Therapy Schedule

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

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

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

Learn coping skills to practice with your canine. Improve your mental health and your dog's, too!

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

Dialectical Behavioral Therapy (DBT) skills are practical and memorable and help you manage mental health (and life!), more effectively. Skill categories 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: Tuesdays 6:15 pm.

Mindfulness helps many mental health conditions -- including struggles with anger, anxiety, or 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 or not they have a PTSD diagnosis. Receive education on symptoms and resources. Learn and practice skills for managing symptoms and living 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.

Phone: 575-208-6364 Fax: 575-495-2084

info@pawsitivelytransformational.com www.pawsitivelytransformational.com

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

physical: 1200 Indiana, Alamogordo, NM 88310