



Pawsitively Transformational Health and Wellness, Inc

Group Therapy Schedule

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

An intake session is required before attending. Groups are in alphabetical order. In recognition of safety concerns of our LGBTQ community, the meeting schedule for those groups is available on request.*

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 disorders.

DBT ADULT GROUP. Wednesdays 5:15 pm – 6:15 pm. Dialectical Behavioral Therapy (DBT) skills are practical and memorable. DBT helps with managing mental health symptoms and dealing more effectively with daily life challenges including meeting goals, managing emotions, distress, and communicating with others.

DBT YOUTH GROUP. 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, interpersonal effectiveness skills, & education on resources.

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

LGBTQ* ALLIES GROUP (adults). A non-judgmental place to connect with community, resources, & 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, & learning interpersonal effectiveness skills.

MIDDAY MINDFULNESS GROUP (adults). Thursdays 12 pm – 1 pm. Regular mindfulness practice can help with mental health symptoms including from trauma, stress, depression, anxiety, addiction & substance misuse. This group provides education and practical applications of mindfulness for symptom management.

POST-TRAUMATIC STRESS THERAPY GROUP (adults). Thursdays 5:15 pm – 6:15 pm. Receive education about symptoms and resources. Learn & practice skills for managing symptoms, whether or not you have a PTSD diagnosis. Work with grief, loss & other issues that can accompany symptoms. Reconnect with renewed meaning and purpose to improve your mental health & wellness.

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