AWAKE & AWARE, LLC

- Serving the New Mexico community since 2009.
- Offers integrated trauma services, specializing in Dialectical Behavior Therapy.
- A step-down program for higher level of care transitions.

Get on the path to building a life worth living today!

Facts About DBT:

- Provides skills to help manage big emotions and impulsive behaviors
- Evidence based
- Intensive outpatient treatment option for adults, adolescents and families
- Individual and family therapy sessions and skills groups

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Currently accepting new clients!