



**SHARE** new mexico™

## **Awake and Aware Behavioral Health Outpatient Clinic**

Outpatient agency specializing in the treatment of Depression, Anxiety and Trauma issues. We provide a range of counseling services. Our clinicians specialize in Dialectical Behavior Therapy (DBT) and intensive, integrative trauma treatment. We treat adults, adolescents, couples and families, providing personalized treatment planning to address the needs of our clients. Awake and Aware is an integratively oriented outpatient clinic. We address all facets of the person including emotional, physical and spiritual health.

Our programs incorporate evidence-based treatments such as cognitive behavioral therapies as well as body-oriented or somatic therapies and integrative medicine including meditation, acupuncture, yoga and massage.

All Awake and Aware practitioners have received DBT intensive training. Select practitioners have DBT advanced training and/or other certifications and training, including EMDR, Somatic Experiencing, Brain spotting, Play therapies, Mindfulness-Based Stress Reduction, Trauma-Informed Yoga, Movement Therapies, Art Therapy, Vipassana Practice and Qi Gong.

---

### **Details**

---

### **Services**

Alt/Traditional/Specialty Treatment   Outpatient Behavioral Health Facilities   Behavioral Health Assessment & Treatment

---

### **Locations**

*10555 Montgomery Blvd. NE Bldg 2  
Albuquerque, NM 87111*

**Phone:** (505) 503-7946

**Hours:** Mon-Fri: 8:30 am to 5:30 pm

---

### **Parent Organization**

#### **Awake and Aware LLC**

To decrease suffering and improve quality of life through acceptance, change and mindful awareness.

*10555 Montgomery Blvd. NE Bldg 2  
Albuquerque, NM 87111*

**Phone:**

(505) 503-7946

**Contact Email:** *info@awakeawareabq.com*

**Type:** *Forprofit*

<http://www.awakeawareabq.com/>