



**SHARE** new mexico™

## **PTSD Treatment**

**Dealing with post-traumatic stress disorder (PTSD) is not easy.** As the leading statewide service provider, we can help you manage these feelings. We understand how difficult it is to open up to others. We have a professional team of clinicians that are trained in trauma-informed care, and provide quality interventions for those struggling with PTSD. In-person sessions are offered at our physical locations and virtual services are available statewide.

**Several techniques are used to help alleviate and overcome PTSD.** Cognitive-behavioral therapy (CBT) is among the effective types of counseling used for PTSD treatment. Pinwheel's team is trained in multiple evidence-based practices to treat trauma. This includes EMDR, EFT, and mindfulness-based cognitive therapy, amongst others depending on specific therapists' specializations.

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## **Details**

**Waiting List:** Sometimes

**Contact Email:** [info@pinwheelhealing.com](mailto:info@pinwheelhealing.com)

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## **Services**

Outpatient Behavioral Health Facilities

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## **Locations**

*2907 San Mateo BLVD NE  
Albuquerque, NM 87110*

**Phone:** (505) 636-6100

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## **Parent Organization**

### **Pinwheel Healing Center LLC**

We believe that mental health issues impact numerous personal and social matters and our mission is to set the standard for excellence in the treatment of mental health and addiction. We strive to promote optimal mental health through support, educational services, and advocacy, always with compassion and innovation.

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**Phone:** (505) 636-6100

**Primary Contact:**

*Margaret Suehr*

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

**Type:** *Forprofit*

**EIN:** *810834747*

<http://pinwheelhealing.com>