Positive Living
UAE

CONSCIOUS COUPLE THERAPY

From Power Struggle to Conscious Partnership, the Imago Way

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Private | Confidential | English, Spanish & Italian | In person or online

WHERE YOU MAY BE RIGHT NOW

Is This You?

You once couldn't wait to see each other. Now you share a home, a calendar and the bills, but not your hearts. The same argument keeps coming back in a different outfit, and neither of you feels heard.

You may recognise some of these:

- You keep having the same fight, about money, family, the kids or time
- One of you chases and talks, the other shuts down and withdraws
- You feel more like roommates or business partners than lovers
- Passion and intimacy have faded, or were never really there
- Small comments explode into big arguments
- You have tried to fix it, alone or with counselling, and nothing lasts

You might recognise yourselves in moments like these:

- She says, "You never listen to me." He says, "Nothing I do is ever enough."
- You both sit on the sofa after the children sleep, each scrolling a different phone.
- A comment about his mother, or her late nights at work, ruins the whole weekend.
- You smile together at the party, then drive home in complete silence.

If this is you, your relationship is not broken. According to Imago, you are in the Power Struggle, a normal stage that every couple goes through. And it is the doorway to a much deeper love.

A PERSONAL MESSAGE

A Letter From Luz Maria

Dear couple,

Nobody teaches us how to love. We improvise, and without realising it, we repeat the relationships we saw growing up.

I know this personally. I was married for 17 years without the tools I teach today. When my husband refused to go to couples therapy, I learned the hardest truth of my life: a relationship can only heal when both partners are willing to do the work.

That is why I trained in Imago Couples Therapy with Harville Hendrix and Helen LaKelly Hunt. Imago showed me that conflict is not the end of love. It is growth trying to happen.

If you are both reading this, you already have what my marriage never had: two people willing to try. Let me show you how.

With love,

Luz Maria

P.S. *Read my full story in my book,* ***The Ugly Truth About Multicultural Relationships & the Effects on Parenting****, available on Amazon UAE.*

We Understand Your World

Life in Dubai moves fast. Long working days, business travel, children, school runs, social commitments, and family expectations from near and far. Slowly, life becomes about money, lifestyle and logistics, and the connection that brought you together gets lost.

What we see, and gently work with:

- **Busy, not connected:** You talk about schedules and bills, but never about your feelings.
- **Two families, two sets of expectations:** In-laws, traditions and values that pull you in different directions.
- **Different backgrounds:** Different cultures, faiths or upbringings, and no roadmap for blending them.
- **Parenting conflicts:** You love your children, but disagree on how to raise them.
- **Screens between you:** Phones, work emails and social media take the space where intimacy used to be.
- **"What will people say?"** The pressure to look perfect keeps many couples from asking for help.

A safe space for both of you

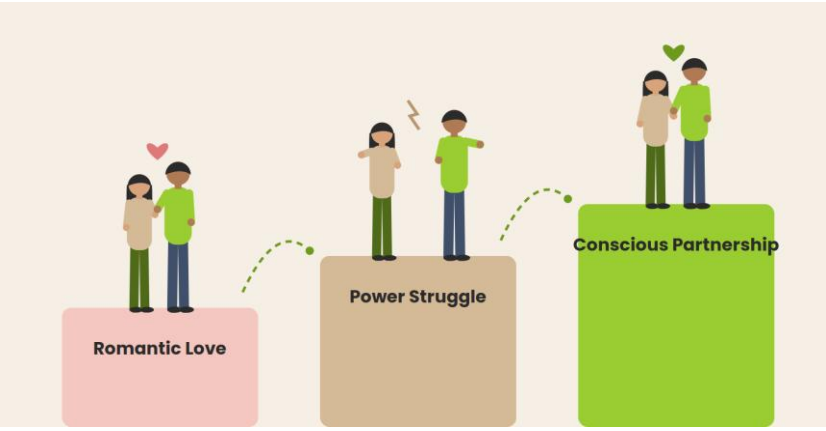
In Imago therapy, the therapist never takes sides. The relationship itself is the client. Everything you share stays confidential, in our discreet clinic in Al Barsha Heights or online.

What Is Imago?

Imago is the Latin word for "image". Developed by Dr. Harville Hendrix and Dr. Helen LaKelly Hunt, Imago Relationship Therapy is based on a powerful discovery: we all carry an unconscious image of love, formed in childhood by the people who raised us. Without knowing it, we fall in love with a partner who matches that image, including the qualities that hurt us most.

Why? Because the unconscious mind is trying to finish what was left unfinished in childhood, and to heal old wounds through our adult relationship. That is why your partner can trigger you like no one else can.

The three stages of every committed relationship



- **Romantic Love:** Everything feels easy. We feel whole, alive and understood.
- **The Power Struggle:** The differences appear. Old wounds are triggered, and each partner tries to change the other. Most couples give up here.
- **Conscious Partnership:** With the right tools, the couple learns to heal each other's wounds, creating a love that is safe, connected and joyfully alive.

KNOW YOUR PATTERN

Are You the Turtle or the Hailstorm?

Under stress, most couples fall into opposite patterns. Neither is right or wrong. Both are ways we learned to survive as children, and we are usually attracted to our opposite.

The Turtle (Minimiser)	The Hailstorm (Maximiser)
• Goes quiet and pulls into the shell	• Expresses feelings with a lot of energy
• Says "I'm fine, I don't need anyone"	• Chases their partner to talk now
• Needs space and time to think	• Feels responsible for fixing the relationship
• Holds feelings inside	• Turns to others for support

EXAMPLE

Every time Ahmed goes silent, Rania raises her voice to reach him. The louder she gets, the deeper he goes into his shell. In therapy, they discover that his silence is fear, and her anger is loneliness. Now they have a way to reach each other.

WHAT YOU WILL LEARN

Your Imago Toolbox

Every session gives you practical tools you can use at home, not just talk.

Imago Tool	What it is	What it looks like at home
The Imago Dialogue	The heart of Imago: a structured way to talk and listen, with three steps. Mirroring ("Let me see if I got it"), Validating ("That makes sense because...") and Empathising ("I imagine you might feel...").	*For the first time in years, you both feel truly heard.*
Zero Negativity	A shared commitment to remove criticism, blame, shame, eye-rolling and put-downs from your relationship.	*Home starts to feel safe again.*
Appreciation Dialogue	Daily practice of telling your partner specifically what you value about them.	*"Thank you for making my coffee this morning. It made me feel cared for."*
Parent-Child Dialogue	Each partner shares their childhood wound while the other listens with empathy.	*You finally understand why your partner reacts the way they do.*
Behaviour Change Request	Turning frustration into a clear, positive, doable request, instead of criticism.	*"You never help" becomes "Could you do bedtime on Mondays and Wednesdays?"*
Caring Behaviours & Surprises	Rediscovering what makes each of you feel loved, and doing it on purpose.	*Small daily gestures rebuild the romance.*
High-Energy Fun	Laughter and play that reconnect you as a couple.	*You remember why you chose each other.*
Closing Exits	Identifying where your energy leaks out of the relationship (work, phone, friends) and bringing it back.	*You are present again, not just in the same room.*
Relationship Vision	Writing together the relationship you both dream of.	*A shared direction that gives you hope.*

WHY THIS PROGRAM IS DIFFERENT

Imago, Enriched by the Luz Maria Integrated Method

Imago is the heart of this program. Because some wounds are too deep for dialogue alone, Luz Maria can also draw on her other certified modalities when needed, often in individual sessions alongside the couple work.

Modality	Founder	How it supports your relationship
Imago Couples Therapy	*Harville Hendrix & Helen LaKelly Hunt*	The core of the program: dialogue, safety and healing childhood wounds through the relationship.
Compassionate Inquiry	*Dr. Gabor Maté*	Uncovers the pain underneath the reactions, and heals the trauma stored in the body, such as sadness, rage and mistrust.
RTT Clinical Hypnosis	*Marisa Peer*	Rewrites subconscious beliefs like "I am not enough" or "love always leaves", and heals addictive behaviours that damage trust.
NLP	*Richard Bandler*	Changes the inner voice that keeps you in blame or victimhood, so you respond instead of react.
Conscious Parenting	*Dr. Shefali Tsabary*	Helps you parent as a united team, and stop passing your patterns to your children.
Neurofeedback (optional)	*In-house at Positive Living UAE*	Calms anxiety and reactivity at brain level, where suitable after QEEG brain mapping.

HOW THE PROGRAM WORKS

Your Journey: The Five R's of a Conscious Relationship

The program follows the Imago path from Power Struggle to Conscious Partnership. It begins with a private consultation, and every step is shaped around your relationship.

1 · Re-Commit: Creating Safety

- Understanding why you chose each other, and what went wrong
- The Zero Negativity commitment
- Learning the Imago Dialogue: mirroring, validating and empathising
- Identifying and beginning to close your "exits"

Modalities used: *Imago Dialogue, Zero Negativity, Closing Exits*

2 · Re-Image: Seeing Your Partner With New Eyes

- Exploring each partner's childhood through the Parent-Child Dialogue
- Seeing your partner as a hurt, scared child, not an enemy
- Discovering your Imago match and your turtle or hailstorm pattern
- Where needed, individual Compassionate Inquiry or RTT sessions

Modalities used: *Parent-Child Dialogue, Compassionate Inquiry, RTT*

EXAMPLE

Priya always felt Daniel's late nights meant she did not matter. In the Parent-Child Dialogue, Daniel heard, for the first time, about the little girl who waited every night for a father who never came home early. He cried. And he started coming home.

3 · Re-Structure: Turning Frustration Into Growth

- Understanding that under every frustration is a hurt or a fear
- Behaviour Change Requests instead of criticism
- Handling anger safely, without damaging the relationship
- Repair after rupture

Modalities used: *Behaviour Change Request, Imago Dialogue, NLP*

4 · Re-Romanticize: Bringing Back the Love

- Appreciation Dialogues and daily caring behaviours
- Surprises and High-Energy Fun
- Rebuilding emotional and physical intimacy, at a pace that feels safe for both

Modalities used: *Appreciation Dialogue, Caring Behaviours, High-Energy Fun*

5 · Re-Vision: Creating Your Future Together

- Writing your shared Relationship Vision
- Aligning values, family life and parenting as a team
- A plan to keep your Conscious Partnership alive after therapy

Modalities used: *Relationship Vision, Conscious Parenting*

YOUR TRANSFORMATION

What You Walk Away With

- A safe relationship, free of blame, criticism and shame
- A proven way to talk about anything, even the hardest topics
- Deep understanding of your own and your partner's childhood wounds
- Fewer fights, and faster repair when they happen
- Renewed romance, fun and intimacy
- A shared vision for your future as a couple and as a family

Who This Program Is For

- Married couples who feel stuck in the same fights or distance
- Engaged couples preparing for marriage
- Couples from different cultures, faiths or backgrounds
- Couples who disagree on parenting or family roles
- Couples recovering after an affair (see also our Affair Recovery Program)

If there is violence or you feel unsafe in your relationship, couples therapy is not the right first step. Please tell us at your consultation, and we will guide you to our Narcissistic Abuse Recovery Program or other specialised support. Your safety always comes first.

WHY POSITIVE LIVING UAE

One Clinic. One Integrated Approach. One of a Kind.

- **Certified Imago Couples Therapist:** trained in the method of Harville Hendrix and Helen LaKelly Hunt
- **Over 10 years of clinical experience:** in the UAE, with couples from all walks of life
- **A rare combination of certifications:** Imago, Compassionate Inquiry (Dr. Gabor Maté), RTT (Marisa Peer), NLP (Richard Bandler) and Conscious Parenting (Dr. Shefali Tsabary)
- **Lived experience:** she knows the pain of a marriage without tools, and the power of healing
- **Four languages:** English, Arabic, Spanish and Italian
- **Published author:** of four books, including one on multicultural relationships and parenting
- **Brain-based support in-house:** neurofeedback and QEEG brain mapping, where suitable

IN THEIR WORDS

Our Client Testimonials

Kelly Latza

Luz was wonderful to work with, handling every session with compassion, care, and sincerity. Her deep knowledge and passion for therapy provided us with practical tools for daily communication. The program was focused, structured, and time-bound, fostering significant growth. I highly recommend working with Luz at Positive Living. Her unique approach helped us learn about ourselves and each other.

★★★★★

Tunde Hegedus

Luz is an absolute gem. Her 8-session program was amazing. Psychotherapy is tough, but Luz's comprehensive guidance made it effective. She carefully analyzes individual challenges and designs personalized programs with various treatment methods that work for you. Thank you, Luz! I'm eternally grateful for your guidance and compassion!

★★★★★

Luigi Di

I started this 12-week couple program with my fiancée a bit skeptical, wondering if couple therapy before marriage was even necessary. Within a few weeks, I completely changed my mind. It pushes you past your usual reactions and teaches you how to have real, compassionate conversations instead of ego battles. It's changed how we interact with each other, and with everyone else in our lives too.

★★★★★

Yassine Benaliopen

Luz at Positive Living has been an incredible source of support and guidance for my wife and me. She has this rare ability to truly listen and understand, making us feel seen and valued. Her insights and compassionate approach have brought us closer and helped us navigate challenges we couldn't have managed on our own.

★★★★★

YOUR QUESTIONS

Frequently Asked Questions

What happens in the first session?
We begin with a private consultation to understand your story, your patterns and your goals. You will leave the first session with your first Imago tool to practise at home.

Will the therapist take sides?
Never. In Imago, the relationship is the client. Both partners are equally heard and respected.

What if only one of us is ready?
You can begin alone. Individual sessions can help you understand your patterns and change the dynamic. For deep relationship healing, the goal is for both partners to join when ready.

How long does it take?
Many couples complete a structured program of 8 to 12 sessions, with follow-up sessions if needed. Your plan is agreed with you after the consultation.

We come from different cultures and faiths. Can you help?
Yes. Imago honours each partner's reality. Your values and faith are respected and can become a source of connection instead of conflict.

Can we do couples therapy online?
Yes. Sessions are available online, which also helps couples where one partner travels for work.

GETTING STARTED

How to Begin

The first step is a private consultation with Luz Maria, so your program is shaped around your relationship, not a generic template.

Call or WhatsApp +971 50 362 4910 to book your consultation

Visit www.positivelivinguae.com for more information

Email luz@positivelivinguae.com with any questions before you book

"Your partner is not your enemy. Your partner is the key to your healing."

Luz Maria