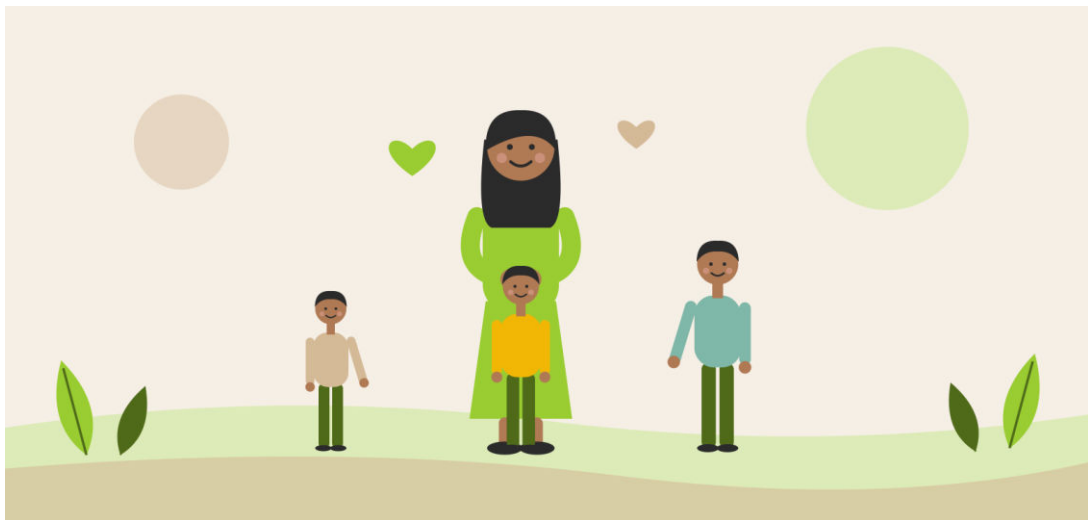




Positive Living

UAE

Holistic Psychotherapy & Neurofeedback Clinic



Conscious Mother

Program for the Mother Doing It All

Heal yourself. Raise them with love. Remember who you are.

With Luz Maria Villagras Surco

Holistic Psychotherapist | Certified Conscious Parenting Coach

IS THIS YOU?

Do These Moments Feel Familiar?

- You are the first one up and the last one to sleep, and still feel you are never doing enough.
- You shout, then cry in the bathroom, then promise yourself tomorrow will be different.
- You are raising your children alone, or you might as well be.
- Mom guilt follows you to work, and work guilt follows you home.
- You hear your own mother's words coming out of your mouth, the very words you swore you would never say.
- Your children push every button you have, and you do not know where your patience went.
- Co-parenting with their father feels like a battle you never signed up for.
- You cannot remember the last time someone asked how **you** are.

If you saw yourself here, please know this: you are not failing. You are exhausted, and you have been carrying too much on your own. **This program is for you.**



A LETTER TO YOU

Dear Mother,



I know you. Not because we have met, but because I have been you. I am a single mother of three boys and a full-time therapist.

After 17 years of marriage, I found myself starting again, doing everything on my own: the school runs, the homework, the work, the worries at 2am.

There were days I was so tired that I shouted at the very people I love most, and then hated myself for it.

I know you. Not because we have met, but because I have been you.

I am a single mother of three boys and a full-time therapist. After 17 years of marriage, I found myself starting again, doing everything on my own: the school runs, the homework, the work, the worries at 2am. There were days I was so tired that I shouted at the very people I love most, and then hated myself for it.

What saved me was not trying harder. It was **turning inward**. Conscious Parenting showed me that my children were not the problem. They were my mirror, showing me the wounds I still had to heal. When I started taking care of the little girl inside me, I became a calmer, kinder, more present mother. Today I co-parent with my children's father in peace.

Whether you are married, separated or raising your children alone, this program is a space just for you. If I could do it, so can you. Let me walk beside you.

With love,

Luz Maria Villagras Surco

Holistic Psychotherapist & Certified Conscious Parenting Coach

P.S. My book on parenting from a place of trauma, and the healing that follows, is available on Amazon UAE.

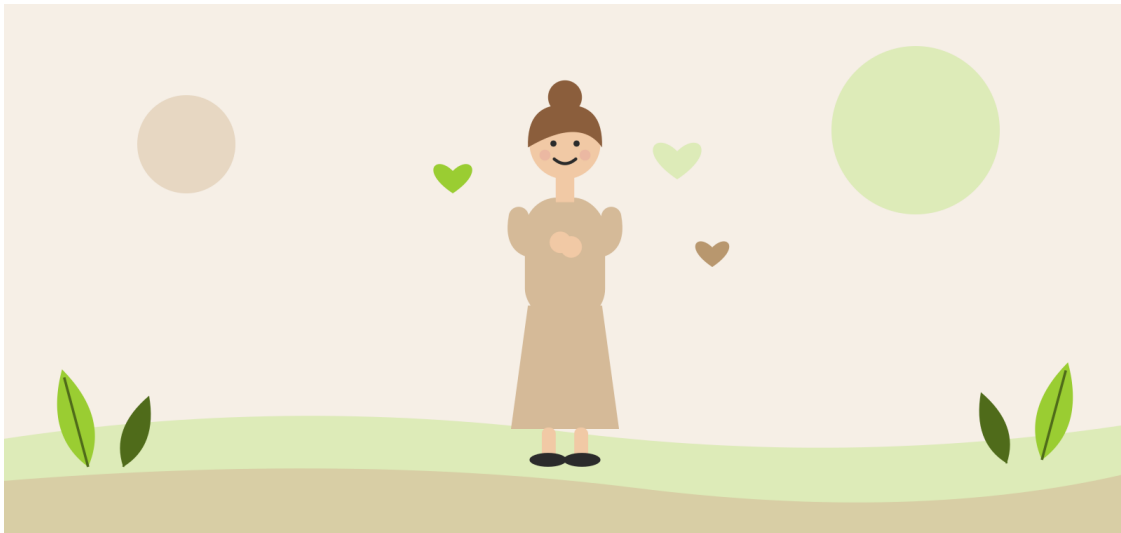
WE UNDERSTAND YOUR WORLD

Being a Mother in Dubai's Fast Lane

Dubai is full of opportunity, and full of pressure. Many mothers here are building careers, running homes and raising children with family far away, or with a partner who works long hours or travels.

- **The invisible load:** the planning, remembering, organising and worrying that no one sees
- **Far from your village:** the mothers, sisters and aunts who once helped raise children are often in another country
- **The perfect mother image:** on social media, at the school gate, in every parents' group chat
- **Achievement over connection:** the pressure for top schools, top grades and full activity schedules
- **Self-neglect:** you look after everyone, and you come last, every single day
- **Separation and co-parenting:** managing two homes, two sets of rules and a lot of unspoken pain

This program does not ask you to do more. It helps you **carry less**, and to love yourself as fiercely as you love your children.



THE FOUNDATION

What Is Conscious Parenting?

Conscious Parenting, developed by clinical psychologist Dr. Shefali Tsabary, starts from one simple and life-changing idea: **the child in front of you is not the problem to fix. The relationship is the place to grow.** It asks you as a mother to look inward first, because our reactions to our children are usually echoes of our own childhood.

“The greatest indicator of good parenting is how good a parent you are to your own inner child.”

Conscious Parenting is:

- **Parent-focused:** we work on your patterns and reactions, not on “correcting” your child
- **Relationship-focused:** the bond matters more than any single behaviour
- **Need-focused:** behind every tantrum, slammed door or silence is an unmet need
- **Connection-focused:** control is swapped for connection

The 8 principles we live by

Principle	What it looks like at home
Non-violent	No hitting, no threats, no frightening silence
Non-punitive	Natural consequences instead of punishments
Non-hierarchical	You lead with authority, not with power over
Non-shaming, non-guiling	“You made a mistake” instead of “You are a bad boy”
Non-coercive	Cooperation through connection, not through fear
Non-competitive	No comparing with siblings, cousins or classmates
Non-mainstream	Free to question what “everybody does”
Non-linear	Growth comes in waves, for you and for your child

A DIFFERENT WAY

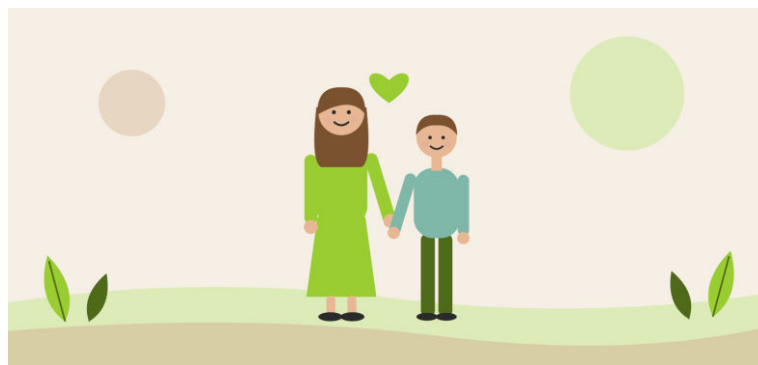
Traditional vs Conscious Parenting

Most of us were raised in the column on the left. It is not about blame. Our parents did what they knew. This program invites you to choose the column on the right, one moment at a time.

Traditional Parenting	Conscious Parenting
Outcome and behaviour based	Process and needs based
Fear and control	Connection and safety
Achievement and competition	Being seen for who you are
Rules, order and arbitrary consequences	Flow, ease and natural consequences
Punishment, yelling, shaming, guilt	No punishment, no shaming, no guilt
The parent is the only teacher	Both parent and child are teachers
Parenting is a task to manage	Parenting is a journey of growth
Strategies, tricks and gimmicks	Presence, listening and authenticity
Fixing, managing, commanding	Listening, understanding, guiding

A moment you may recognise

- **Traditional:** your 8 year old refuses homework. You threaten to cancel the weekend outing. He cries, you shout, everyone goes to bed upset.
- **Conscious:** you pause, breathe, and notice your own worry about grades. You sit beside him: “It looks hard tonight. What is the hardest part?” He finally admits he did not understand the lesson. The homework gets done, and so does the connection.



HOW WE WORK

The Integrated Method

This is where Positive Living UAE is different. Conscious Parenting is the heart of the program, and Luz Maria blends it with powerful therapeutic modalities so that change happens not only in your thinking, but in your body, your subconscious and your daily habits.

Modality	What it does for you as a parent
Conscious Parenting (Dr. Shefali Tsabary)	The core framework. Moves you from control to connection, and helps you see your child as your mirror and teacher
Compassionate Inquiry (Dr. Gabor Maté)	Gently uncovers the beliefs and childhood wounds underneath your triggers, and helps heal the trauma held in the body
RTT Clinical Hypnosis (Marisa Peer)	Reaches the subconscious root of patterns such as “I am not good enough” or “I must be in control”. Also addresses addictive behaviours that pull a parent away from family life, including pornography, escort services, drugs and alcohol
NLP (Richard Bandler)	Reprograms self-talk away from guilt and victimhood, and gives you new language for difficult moments with your children
Imago Dialogue (Harville Hendrix & Helen LaKelly Hunt)	Gives you calm, structured ways to communicate with your partner or your children’s father, so co-parenting conversations stop turning into fights
Somatic, Trauma-Informed Body Work	Teaches your nervous system to calm down, so you can breathe through a feeling instead of exploding or shutting down
Neurofeedback & QEEG Brain Mapping	Available in-house, where suitable, to support stress, focus, sleep and emotional regulation for parent or child

Why this matters: many parents already know what they “should” do. Then, in the heat of the moment, the old programming takes over. Insight alone rarely changes a reaction. Working with the subconscious and the body is what makes the change last.

THE JOURNEY

Your 8 Week Program

Weekly one-to-one sessions designed around you. Your children may join a session when it supports your relationship with them, as agreed with Luz Maria.

WEEK

1

The Woman Behind the Mother

Before you were “Mama”, you were a woman with her own dreams, needs and voice.

- Getting to know you and your children: the struggles, the strengths, the exhaustion
- Reconnecting with who you were before motherhood took over
- Naming what you are carrying: the mental load, the decisions, the worry
- Setting your personal intention for the 8 weeks

Example: Sara realised she had not done one thing just for herself in four years. Even her coffee was drunk cold, standing up, between school runs and work calls.

Home practice: Ten minutes a day that belong only to you. No phone, no chores, no guilt.

WEEK

2

Your Child Is Not a Mini You

You are raising a spirit with its own signature, not a second chance at your own life.

- Your fantasies about motherhood versus the reality in front of you
- Seeing each child’s true nature beyond your hopes and fears
- Recognising the agendas you carry for your children
- Why the same child can bring out your softest and your harshest side

Example: Maya wanted a calm, studious daughter. She has a loud, dramatic, wonderfully creative one. When she stopped trying to change her, the shouting stopped too.

Home practice: Write a short letter to each child describing who they truly are.

WEEK

3

Mom Guilt and the “Not Enough” Wound

Guilt is often an old wound wearing a new outfit.

- Where your “I am not a good enough mother” voice really comes from
- Wounds of perfectionism, people pleasing and needing approval
- An RTT session to release the subconscious belief at its root
- NLP to rewrite the inner voice from guilt and victimhood into strength

Example: Every time Lina left for work, she felt like she was abandoning her son. In session, she met the little girl who waited by the window for her own mother to come home.

Home practice: Listen to your personal RTT recording daily, as guided by Luz Maria.

WEEK

4

The Mirror: Triggers, Rage and Patterns

Our children wake us up to the parts of ourselves we forgot.

- Understanding “mom rage” without shame
- Your personal pattern: trigger, then reactivity
- The generational patterns you are carrying from your own mother and family
- Compassionate Inquiry: what is your child trying to show you?

Example: When her son ignores her, Nadia explodes. Underneath is a familiar ache: feeling invisible, exactly as she felt as a child in a big, busy family.

Home practice: A daily trigger journal: what happened, what I felt in my body, what I did, what I needed.

WEEK

5

Calm Mother, Calm Child

Your nervous system is your child's first home.

- Feelings versus emotions: riding the wave instead of exploding
- Somatic, trauma-informed tools to regulate your body in seconds
- What to do when you are touched out, tired and empty
- Repair: how to come back to your child after you lose it

Example: *Instead of screaming at the end of a long day, Hana now says: "Mama needs two minutes to breathe. I will be right back." Her children have started copying her.*

Home practice: A 5 minute breathing and body practice every morning, before the house wakes up.

WEEK

6

Boundaries With Love

You can be kind and firm at the same time, even with no one to back you up.

- Why punishment, threats and shame break trust
- Natural consequences instead of arbitrary ones
- Holding a boundary alone, without becoming the "bad guy"
- Bedtime, screens, homework and sibling fights, the conscious way

Example: *Instead of "No dessert for a week!", Leila sits with her 10 year old and agrees on a screen schedule together. When it is broken, the consequence is the one he helped choose.*

Home practice: Choose one daily flashpoint and practise the conscious approach for 7 days.

WEEK

7

You Were Never Meant to Do It Alone

Asking for help is not weakness. It is wisdom.

- Building your village: family, friends, helpers and community
- Co-parenting with the children's father in peace, whether together or separated
- Imago-inspired communication for difficult conversations with a partner or ex-partner
- Letting go of the need to control everything

Example: After her divorce, Reem dreaded every handover. Using the dialogue tools, she now keeps conversations short, calm and focused on the children, and they feel the difference.

Home practice: Ask for one specific kind of help this week, and receive it without apologising.

WEEK

8

The Mother You Needed

When you love yourself, your children learn how to love themselves.

- Deconstructing the myths: the perfect mother, success, happiness, control, “good” and “bad” children
- Befriending anxiety instead of hiding it behind overdoing, overworking or scrolling
- Pain as a teacher, for you and for your children
- Your personal vision as a woman and as a mother

Example: Fatima wrote: “I am not the perfect mother. I am a present one. And I am finally becoming the mother I needed when I was little.”

Home practice: A monthly self check-in, and optional follow-up sessions with Luz Maria.

WHO IT IS FOR

This Program Is For You If...

- You are a single mother, a separated mother, or a married mother who feels she parents alone
- You have children of any age, from toddlers to teenagers
- You struggle with guilt, anger, burnout or feeling “not enough”
- You want to break the patterns you grew up with
- You are co-parenting and want peace instead of conflict
- You are ready to put yourself back on your own list

What You Walk Away With

- Freedom from the guilt and the “not good enough” voice
- Tools to stay calm and present, even on your hardest days
- A deep understanding of your triggers and where they come from
- Loving, firm boundaries you can hold on your own
- Calmer, more respectful communication with your children’s father
- A deeper, more trusting bond with each of your children
- A renewed relationship with yourself as a woman, not only as a mother



BEFORE WE BEGIN

Questions to Sit With

Take a quiet moment with a cup of tea and a notebook. There are no right answers. These questions are the doorway into your first session.

- Who were you before you became a mother? What parts of her do you miss?
- What were your fantasies about motherhood? How does the reality feel?
- Think of the last time you lost your temper. What were you really needing in that moment?
- Which words or reactions from your own mother do you hear in yourself?
- Who is your child truly, without your expectations or fears?
- What would it mean to accept yourself fully, as you are today?

ONE OF A KIND

Why Positive Living UAE

Positive Living UAE is not a typical counselling centre. It is a holistic psychotherapy and neurofeedback clinic where mind, body, heart and brain are supported together, under one roof.

Why Luz Maria is different

- **Over 10 years of clinical experience:** in the UAE, supporting individuals, couples and families from all walks of life
- **Certified Conscious Parenting Coach:** trained and licensed through Dr. Shefali Tsabary's institute
- **A rare combination of certifications:** RTT Clinical Hypnosis (Marisa Peer), NLP (Richard Bandler), Compassionate Inquiry (Dr. Gabor Maté) and Imago Couples Therapy (Harville Hendrix & Helen LaKelly Hunt), blended by one practitioner
- **Academic grounding:** currently completing her BSc in Psychology
- **Lived experience:** a mother of three boys who knows parenting from the inside, not only from books
- **Four languages:** English, Arabic, Spanish and Italian
- **Published author:** of four books, available on Amazon UAE
- **Brain-based support in-house:** neurofeedback and QEEG brain mapping at the same clinic, where suitable

IN THEIR WORDS

What Parents Say



“Since moving to Dubai, my 15 year old son has really struggled with his mental health, and we felt like we were slowly losing the bright, happy kid we used to have. I was sceptical about therapy due to my own personal experience, however we needed to do something. I am not exaggerating when I say that after only 3 sessions we had our boy back!!! She managed to connect with him in a way that we couldn’t...”

Parent of a 15 year old, Google Review



“I’m so grateful to share my experience with conscious parenting coaching. When I first approached Luz Maria at Positive Living UAE, I was anxious and guilty about my relationship with my young 6 year-old son. I felt like I wasn’t able to handle his normal developmental dramas without impatience or anger, and I wanted a space to grow as a mindful parent. From the first family therapy session, I felt understood.”

Parent, Conscious Parenting Coaching, Google Review

Shared from Positive Living UAE Google Reviews. Reviewer names are withheld to protect the privacy of the families and children involved. Every family’s journey is different.

YOUR QUESTIONS

Frequently Asked Questions

I am married. Is this program for me?

Yes. Many married mothers feel they carry the emotional side of parenting alone. If you and your partner want to work together, our Conscious Parenting Program for both parents may also suit you.

My children’s father parents very differently. Will this still help?

Yes. You cannot control what happens in the other home, but you can create safety, consistency and connection in yours. Children benefit enormously from even one calm, conscious parent.

I barely have time for myself. How will I fit this in?

The home practices are short and designed for real life with children. Most mothers find that the time they invest gives them back far more energy and peace.

Do my children need to attend?

The focus is on you. Children may join a session when it supports your relationship, and teenagers can also be supported through our Conscious Teen and Parent Program.

Is this therapy or coaching?

It is both. Conscious Parenting coaching is the framework, supported by RTT, Compassionate Inquiry, NLP and somatic body work for deeper healing.

Can sessions be online?

Please ask us when you book your consultation, and we will advise what suits you best.

YOUR NEXT STEP

How to Begin

- **Step 1:** Call or WhatsApp us to book your initial consultation
- **Step 2:** Complete the intake form, so Luz Maria can understand you and your children before you meet
- **Step 3:** Attend your first session and set your personal intention
- **Step 4:** Begin your 8 week journey back to yourself and to your children

Conscious Mother Program

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“To heal humanity, one child at a time.”