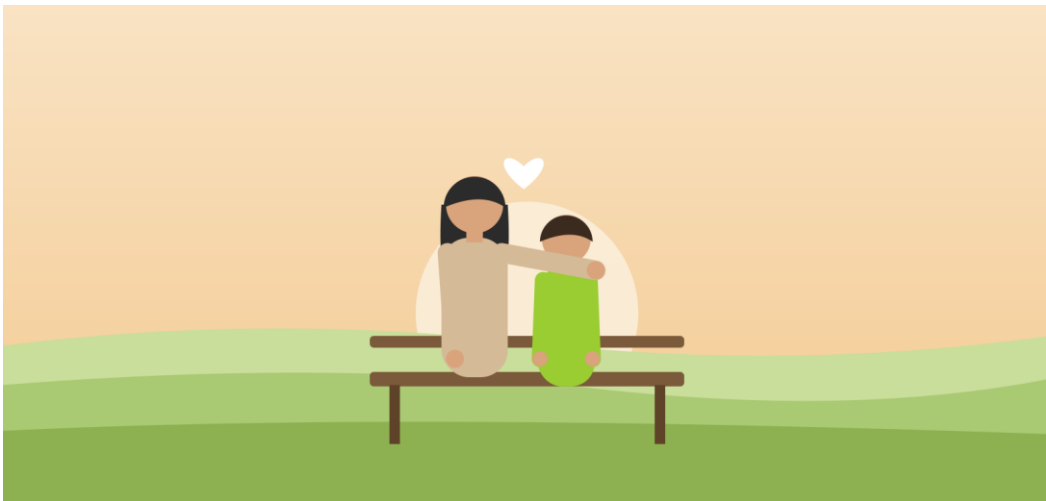




Positive Living
UAE

THE CONSCIOUS TEEN & PARENT PROGRAM

When Parents Heal, Teenagers Flourish



By Luz Maria Villagras Surco
Founder & Clinical Director, Positive Living UAE

For teenagers and their parents | Confidential | English, Spanish & Italian

Is This Your Family?

Your child used to run to you with every story. Now the bedroom door is closed, the headphones are on, and "I'm fine" is the answer to everything. You love your teenager deeply, and yet some days it feels like you are living with a stranger.

You are not failing, and your teenager is not "bad". You are both going through one of the biggest transitions of family life, and nobody gave you a map.



As a parent, you may recognise some of these feelings:

- Every conversation turns into an argument, a slammed door or silence
- You repeat the same rule again and again, and nothing changes
- You shout, then feel guilty, then promise yourself you will not do it again
- You and your partner disagree about how strict to be
- You worry about their screens, their friends, their grades and their mood
- You feel you have lost the closeness you once had

And your teenager might be feeling this, without saying it:

- "Nobody in this house actually listens to me."
- "They only care about my marks, not about me."
- "If I tell them how I really feel, I will get a lecture."
- "Everyone at school seems to have it all together, except me."
- "My phone is the only place where I feel understood."

Both sides are hurting. Both sides want connection. They just no longer know how to reach each other. This program builds the bridge back, from both sides at the same time.

A Personal Message From Luz Maria



Dear parent,

I want to say something plainly: I am not here to tell you that you are a bad parent. If you are reading this, you are a parent who cares, and who is willing to look deeper. That is where real change begins.

In more than ten years of clinical work in the UAE, I have learned something that changed how I work with families: when a teenager is struggling, we cannot help the child alone. Children do not come with problems in isolation. They carry the emotional climate of the home, and very often, the unhealed wounds of the generations before them.

That is why, in this program, you and your teenager heal side by side. As a mother myself, this work is close to my heart.

Together, we can work towards:

- A home where your teenager feels safe to talk, even about hard things
- Boundaries that hold, without daily power struggles
- Understanding your own triggers, so you respond instead of react
- A teenager with stronger self-worth, emotional balance and direction
- Breaking the patterns you promised yourself you would never repeat

Let us take the first step together.

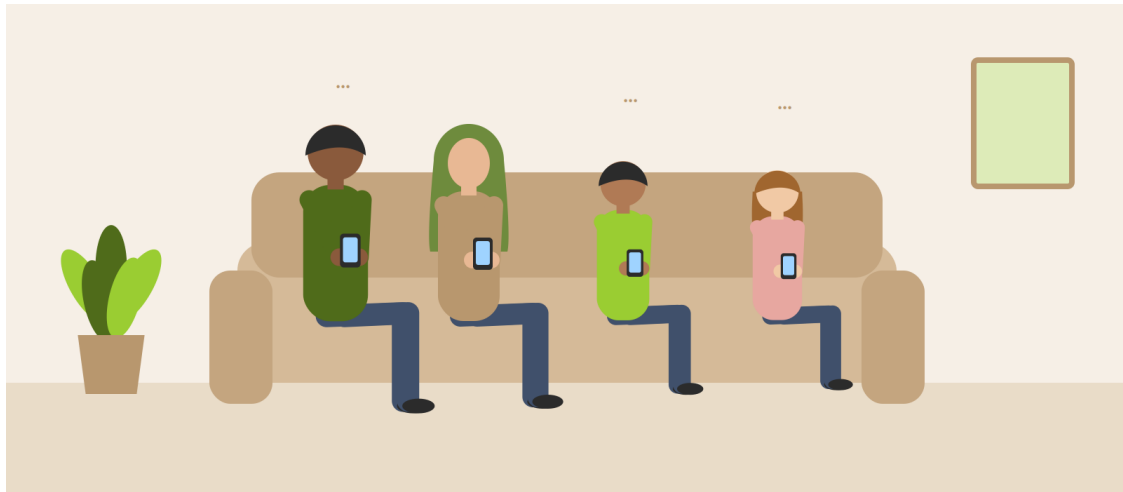
With care,

Luz Maria

We Understand Your World

Life in Dubai moves fast. Parents work long hours, travel, and juggle endless commitments. Children move from school to tutoring to activities, often with little time left simply to be together. Somewhere along the way, family life becomes a schedule instead of a connection.

In a world that often measures success by money, lifestyle, grades and image, teenagers can grow up feeling valued for what they achieve, not for who they are. And parents, running on empty, forget to take care of themselves, and have little left to give.



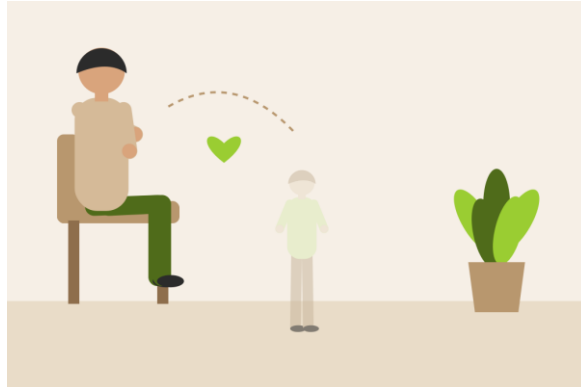
What we see, and gently work with:

- **Present, but not connected:** Everyone is at home, each on a different screen. Dinner conversations are about homework, not feelings.
- **Pressure to perform:** Top grades, the right university, the perfect profile. Anxiety quietly replaces joy.
- **Lifestyle over love:** Children receive the latest phone and the best school, yet crave simple time, attention and presence.
- **The digital world:** Social media, gaming and online comparison shape how teenagers see themselves, often without parents knowing what is happening.
- **Busy parents, tired hearts:** When parents have no time for their own wellbeing, patience runs out fast, and old reactions take over.
- **"What will people say?"** The fear of judgement keeps many families from asking for help until things feel serious.

This program invites your whole family to slow down, reconnect, and remember what truly matters: each other.

Why Parents Are Part of the Therapy

Many parents come to us asking, "Can you fix my teenager?" It is a loving question. But Conscious Parenting, developed by Dr. Shefali Tsabary, teaches something deeper: our children are often our greatest mirrors. What triggers us most in them usually points to something unhealed in us.



The principles we work with:

- **Connection before correction:** A teenager who feels understood is far more open to boundaries than one who feels controlled.
- **Behaviour is communication:** Anger, withdrawal, defiance or excessive gaming are often signals of stress, fear, pressure or loneliness underneath.
- **The parent's inner work matters:** Your reactions are shaped by your own childhood. When you heal your triggers, your teenager no longer has to carry them.
- **Ego versus essence:** Letting go of the child we imagined, and meeting the real teenager in front of us, with their own path and personality.
- **Conscious is not permissive:** You still hold rules, expectations and consequences. What changes is how you hold them: calmly, clearly and with respect.

EXAMPLE

Maya's mother came in because her daughter "never listens". In her own sessions, she realised she had been speaking to Maya exactly as her own father spoke to her: through criticism, never praise. When her tone changed, Maya's door slowly opened again.

Why not just send my teenager to therapy?

Because a teenager spends one hour a week with a therapist, and the rest of the week at home. When parents grow alongside the child, the change continues at the dinner table, in the car and at bedtime. That is where healing becomes lasting.

The Luz Maria Integrated Method

Most teen counselling works with the teenager alone. Most parenting courses give parents tips. This program does both, and goes deeper: psychology at its core, combined with somatic, subconscious and brain-based methods, all under one roof and guided by one practitioner.

Modality	What it does	What it can feel like for your family
Conscious Parenting <i>Dr. Shefali Tsabary</i>	The foundation of the program. Helps parents move from control to connection, see their own reactions clearly, and hold boundaries with calm authority.	<i>Instead of taking the phone away in anger, you set a clear family agreement, and keep it without shouting.</i>
Compassionate Inquiry <i>Dr. Gabor Maté</i>	Gently uncovers the pain underneath the behaviour, in both parent and teen. It heals the emotions stored in the body, such as sadness, anger, rejection and mistrust, by allowing them to be felt and released in a safe space.	<i>Your teenager's "I don't care" turns out to be "I am scared I am not good enough".</i>
RTT Clinical Hypnosis <i>Rapid Transformational Therapy, Marisa Peer</i>	Reaches the subconscious beliefs behind the struggle, such as "I am not enough" or "I have to be perfect to be loved". For teens, always age-appropriate and with parental consent, it supports exam anxiety, confidence and unhealthy habits such as excessive gaming, screens or vaping. For parents, it heals their own childhood wounds and addictive behaviours.	<i>The night before exams, your teenager can finally sleep, with a calmer mind and a stronger inner voice.</i>
NLP <i>Neuro-Linguistic Programming, Richard Bandler</i>	Reprograms the way we speak to ourselves. Teenagers and parents learn to replace self-criticism and victim thinking with empowering, transformative language. Not through shame, but by reframing the subconscious mind.	<i>"I'm so stupid, I always fail" becomes "I haven't mastered this yet, and I can learn it."</i>
Imago Family Dialogue <i>Harville Hendrix & Helen LaKelly Hunt</i>	A structured way of talking and listening (mirroring, validation, empathy) adapted for parents and teens, so both sides finally feel heard.	<i>For the first time, your son explains why he stays in his room, and you listen without interrupting.</i>
Mind-Body Practices <i>Breathwork & meditation, inspired by Luz Maria's retreat work with Dr. Joe Dispenza</i>	Calms a nervous system stuck in stress, for teens and parents alike, and builds new emotional habits.	<i>A 5-minute breathing practice before school that sets the tone for a calmer day.</i>
Neurofeedback (optional) <i>In-house at Positive Living UAE</i>	Brain-based training that can support focus, anxiety, sleep and emotional regulation, where suitable after QEEG brain mapping.	<i>Homework time becomes shorter and calmer, with less frustration on both sides.</i>

You do not need to understand these methods. Each one is chosen for your family, at the right moment, for what you are living.

What Your Family Will Experience

For parents

- Recognising your triggers and responding calmly instead of reacting
- Healing the patterns you inherited from your own upbringing
- Setting boundaries that hold, without constant battles
- Aligning with your partner, or co-parent, on one clear approach
- Taking care of yourself, so you have more to give

For teenagers

- A safe, private space to be heard without judgement
- Understanding and managing emotions such as anger, anxiety and sadness
- Building self-worth that does not depend on grades, likes or approval
- Healthier habits with screens, sleep and study
- Discovering who they are and what they want for their future

Together

- Conversations that end in understanding, not slammed doors
- Repairing after conflict instead of letting distance grow
- A calmer home where everyone feels they belong

Luz Maria's Conscious Family Healing System

The program moves through four stages. Parents and teenager each have their own space to heal, running side by side, before the family comes together to practise a new way of relating.

Stage 1 • Understand: The Family Consultation

Every family is different, so we begin by listening.

- A first consultation with the parent or parents, to understand the history, concerns and goals
- A gentle first meeting with the teenager, at their pace, to build trust
- Clear agreements on confidentiality, so your teenager feels safe to open up
- Optional QEEG brain mapping, where focus, anxiety or sleep are a concern
- A personalised family plan, agreed together

Modalities used: *Conscious Parenting, Compassionate Inquiry, QEEG where suitable*

Stage 2 • The Parent Journey: Healing the Parent Within

This is where the deepest change often begins. While your teenager has their own sessions, you have yours.

Awareness

- Identifying your emotional triggers and where they come from
- Seeing how your own childhood shapes the way you parent today
- Letting go of expectations that belong to your ego, not to your child

Transformation

- Releasing guilt, anger and fear through RTT and Compassionate Inquiry
- Learning to hold boundaries with calm authority, not control
- Aligning with your partner or co-parent, so your teenager experiences consistency

New habits

- Listening without fixing, lecturing or judging
- Repairing after a conflict, and modelling what you want to see
- Making time for your own wellbeing and self-love

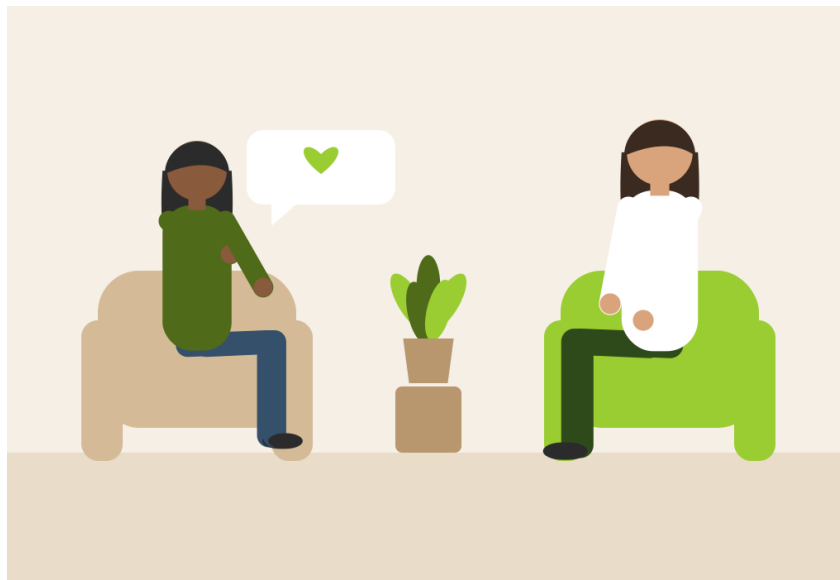
Modalities used: *Conscious Parenting, Compassionate Inquiry, RTT, NLP*

EXAMPLE

Karim's father believed respect meant silence and obedience. In his sessions, he discovered he had never felt heard by his own father. As he learned to listen, his son began, slowly, to talk.

Stage 3 • The Teen Journey: Seen, Not Fixed

Your teenager has a private, safe space where they are not judged, lectured or compared. Sessions are always age-appropriate and respectful of where they are developmentally.



Being heard

- Expressing what they cannot say at home
- Naming and understanding their emotions
- Feeling accepted exactly as they are

Building inner strength

- Managing stress, anxiety, anger and low mood with practical tools
- Rewriting negative self-talk and building confidence
- Navigating friendships, peer pressure and online life

Finding direction

- Healthier habits with screens, sleep and study
- Discovering their strengths, values and dreams
- Learning to ask for help instead of shutting down

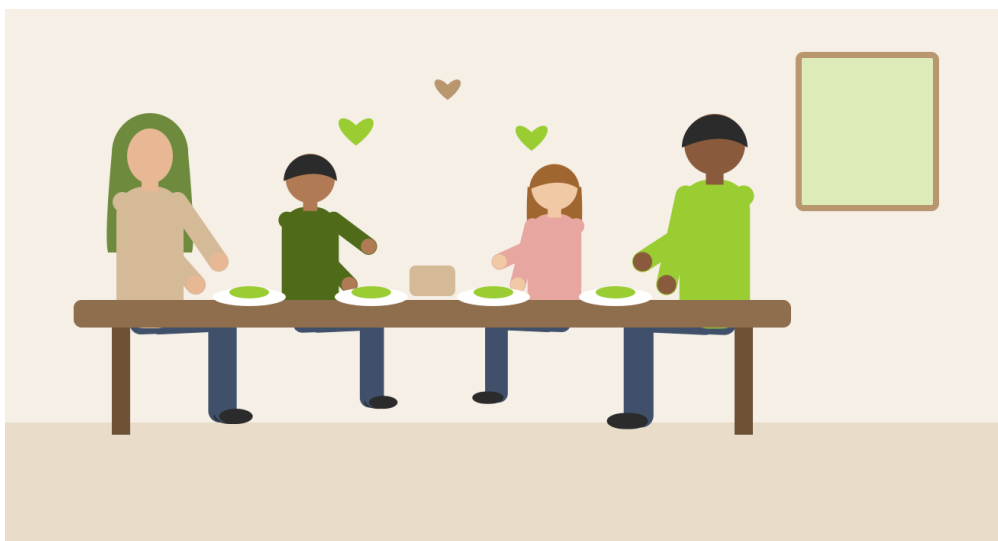
Modalities used: *Compassionate Inquiry, RTT, NLP, Mind-Body Practices, Neurofeedback where suitable*

EXAMPLE

Sofia, 15, was spending most nights on her phone and her grades were falling. In her sessions, she shared that she felt lonely at school and invisible at home. With NLP tools and a new routine, she began to sleep better, and to talk to her mother again.

Stage 4 • Together: Rebuilding the Bridge

Once parents and teenager have each done their own work, the family comes together for guided joint sessions. This is where new ways of relating are practised, not just discussed.



- Imago Family Dialogue, so each side truly hears the other
- Healing old hurts and saying what was never said
- Creating family agreements on screens, curfews, study and responsibilities, together
- Building simple family rituals of connection
- A plan for handling future conflicts calmly

Modalities used: *Imago Family Dialogue, Conscious Parenting, NLP*

EXAMPLE

The Hassan family now has a "no phones" dinner every Wednesday. Each person shares one high and one low from their week. It started awkward. Now the children remind the parents.

TRUST AND SAFETY

Confidentiality and Care

Your teenager's privacy matters

For a teenager to open up, they need to know their sessions are private. Parents receive general updates on progress and guidance on how to help at home, without the personal details. The only exception is if there is a concern about safety. In that case, parents are always informed and involved.

An important distinction

This program is not about labelling or diagnosing your teenager. It is about healing the relationship and supporting each member of the family. If it becomes clear that your teenager would benefit from a specialised assessment, we will discuss this openly with you and guide you to the right next step.

Program Structure

Every family begins with a private consultation, so the program is shaped around your family, not a one-size-fits-all plan.

- Parallel individual sessions for the parent or parents and for the teenager
- Joint family sessions to practise new ways of connecting
- In person at our Al Barsha Heights clinic, or online where needed
- Sessions available in English, Arabic, Spanish and Italian
- Between-session practices, such as journaling, personalised RTT audio recordings and simple family rituals
- Session length and number of sessions agreed with you after the consultation

Who This Program Is For

- Parents of teenagers who feel communication has broken down
- Families with frequent arguments, anger, withdrawal or silence at home
- Teenagers facing stress, anxiety, low confidence or academic pressure
- Families struggling with screens, gaming or social media
- Parents who disagree on how to parent, including separated or co-parenting families
- Parents who want to break generational patterns before they are passed on

You do not need to wait for a crisis. Many families come to us simply to strengthen the relationship before the distance grows wider.

WHY POSITIVE LIVING UAE

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

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

Why Luz Maria is different

- **Over 10 years of clinical experience:** in the UAE, working with families and teenagers from all walks of life
- **Certified in Conscious Parenting:** with Dr. Shefali Tsabary, the foundation of this program
- **A rare combination of methods:** Compassionate Inquiry (Dr. Gabor Maté), RTT (Marisa Peer), NLP (Richard Bandler) and Imago (Harville Hendrix & Helen LaKelly Hunt), blended by one practitioner
- **A mother herself:** she understands the worries, the guilt and the love behind every parent's question
- **Four languages:** English, Arabic, Spanish and Italian, so every family member can speak from the heart
- **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

Our Client Testimonials

Parent of a 15-year-old, Google Review

Finding Luz was an absolute blessing and I will be forever grateful for her. 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, Conscious Parenting Coaching, 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.



Shared from Positive Living UAE Google Reviews. Reviewer names are withheld to protect the privacy of the families and children involved.

Frequently Asked Questions

Is Conscious Parenting the same as being permissive?

No. Boundaries, rules and consequences remain. What changes is how they are communicated and held, calmly and with respect, so they protect the relationship instead of damaging it.

What if my teenager refuses to come?

That is very common. We can begin with you. When parents change, teenagers usually notice, and many then choose to join. Your own work is valuable either way.

Will you tell me what my teenager says in sessions?

You will receive general updates and guidance, but not private details, unless there is a safety concern. This trust is what allows your teenager to open up.

Is hypnosis safe for teenagers?

Yes. RTT with teenagers is always age-appropriate, done with parental consent, and your teenager is awake and in control throughout. It is a gentle, focused state of relaxation.

My partner and I are separated. Can we both take part?

Yes. Co-parents can attend separately or together, depending on what feels right. Consistency between homes helps your teenager enormously.

Does my teenager need a diagnosis to join?

No. This program focuses on the relationship and on emotional wellbeing. If a specialised assessment would help, we will discuss it openly with you.

Can we do the program online?

Yes. Online sessions are available, which can help busy families or a parent who travels for work.

How to Begin

The first step is a private consultation with Luz Maria, so your family's program is shaped around your needs, 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

"You don't have to be a perfect parent. You just need to understand each other a little better."

Luz Maria



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Positive Living UAE, Smart Heights, Al Barsha Heights, Dubai