



Positive Living
UAE

THE CONSCIOUS WOMAN PROGRAM

An 8-Week Trauma-Informed Journey to Self-Healing, Emotional Freedom and Conscious Empowerment



By Luz Maria Villagras Surco
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Private | Confidential | English, Spanish & Italian | In person or online

Is This You?

You are the one everybody counts on. The mother, the wife, the daughter, the professional, the friend who always shows up. From the outside, your life looks full. Inside, you feel tired, anxious, or strangely empty, and you cannot remember the last time you did something just for you.

You may recognise some of these feelings:

- You say "yes" when you want to say "no", then feel resentful
- Your mind never switches off, even when your body is exhausted
- You carry tension in your shoulders, jaw or stomach that never fully leaves
- You keep repeating the same painful patterns in relationships
- You react to your children the way your parents reacted to you, and hate it
- You feel you have lost yourself somewhere along the way

You might recognise yourself in moments like these:

- You sit in the car in the parking lot for ten minutes before going home, because it is the only quiet you get all day.
- You have a beautiful home and a busy calendar, and still ask yourself, "Why am I not happy?"
- Someone gives you a compliment and you immediately brush it away.
- You shout at your child over something small, then lie awake full of guilt.
- You feel you must earn love by being perfect, useful and always strong.

If any of this feels familiar, you are not broken. You are carrying old wounds that were never given space to heal. This program is that space.

A Letter From Luz Maria



To every woman reading this,

Yes, I am a single mother of three boys and a full-time therapist. And yes, you can do both, with balance and with peace.

I have lived through the harshness of life. For 17 years, I was married to a narcissistic, abusive man. But I did not stay broken. I came out of it stronger, and today my ex-husband and I co-parent our sons in peace.

That did not happen by chance. It happened because I changed. I took responsibility for my wounds, the baggage I had carried for years, my choices and my generational trauma.

I healed my relationship with my ex, which once felt almost impossible. But if I am honest, the most important relationship I healed was the one with myself.

I learned to be conscious. Not to blame anyone, but to love myself even more. To take accountability for my decisions, my self-care and my self-love. And in doing so, I became a better mother and a better woman.

If I could do it, so can you. Let me walk beside you.

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. Women juggle careers, children, homes, social commitments and family expectations, often far from their own support network. Somewhere along the way, life becomes about money, lifestyle and appearances, and the connection with ourselves, and with the people we love, gets lost.

What we see, and gently work with:

- **Running on empty:** Giving to everyone and never refilling yourself. Without self-love, it becomes very hard to give or receive love.
- **The perfect image:** A life that looks successful from the outside, while inside you feel lonely, unseen or anxious.
- **The body keeps the score:** Stress, trauma and unexpressed emotions show up as tension, fatigue, poor sleep or illness.
- **Old roles, new pressures:** The expectations you grew up with meet the demands of modern life, and you feel torn between them.
- **Relationship patterns:** Attracting, or staying with, what hurts you, because it feels familiar.
- **"What will people say?"** The fear of judgement keeps many women silent. Here, you can speak freely.

Your privacy is sacred

What you share stays within the therapy room, in line with strict professional confidentiality standards. Sessions take place at our discreet clinic in Al Barsha Heights, or online from wherever you feel safest.

The Luz Maria Integrated Method

The Conscious Woman Program is an integrative, trauma-informed 8-week journey for women who are ready to work on themselves at the deepest level. Not with quick motivation, but with real, lasting transformation.

Modality	What it does	What it can feel like for you
Somatic, Trauma-Informed Body Work <i>Nervous system regulation</i>	Helps the body release what the mind cannot explain. Breathwork, grounding and gentle release practices calm a nervous system stuck in fight, flight, freeze or fawn.	<i>For the first time in years, your shoulders drop and you breathe fully.</i>
Compassionate Inquiry <i>Dr. Gabor Maté</i>	Uncovers the origin of your patterns with compassion, not judgement. It heals the trauma stored in the body, such as sadness, rage, hatred and mistrust, by allowing you to feel the pain in a safe space and let it go.	<i>You understand why you always put yourself last, and stop blaming yourself for it.</i>
RTT Clinical Hypnosis <i>Rapid Transformational Therapy, Marisa Peer</i>	Reaches the subconscious root of limiting beliefs such as "I am not enough" and rewrites them. It also heals addictive behaviours of every kind, such as emotional eating, alcohol, shopping, pornography or other compulsive patterns.	<i>The inner voice that said "you are not good enough" becomes quieter, and a kinder one takes its place.</i>
NLP <i>Neuro-Linguistic Programming, Richard Bandler</i>	Reprograms the mind in the most effective way. You learn to speak to yourself in empowering, transformative ways instead of victimising ones. Not through shame, but by reframing the subconscious mind so you leave victimhood behind.	<i>"Why does this always happen to me?" becomes "What do I choose now?"</i>
Conscious Parenting <i>Dr. Shefali Tsabary</i>	Breaks generational cycles, so you parent from awareness instead of automatic reaction, and heal the child within you.	<i>You pause before reacting, and your child feels the difference.</i>
Imago Relational Work <i>Harville Hendrix & Helen LaKelly Hunt</i>	Transforms how you communicate and connect, using mirroring, validation and empathy.	<i>A difficult conversation with your partner ends in understanding instead of silence.</i>
Neurofeedback (optional) <i>In-house at Positive Living UAE</i>	Brain-based support for anxiety, sleep and focus, where suitable after QEEG brain mapping.	<i>Finally sleeping through the night, with a calmer mind.</i>

Program at a Glance

This is not eight separate techniques stacked together. It is one integrated process, sequenced so that each week builds the ground the next week needs: safety first, then understanding, then subconscious change, then release, then practical tools, then parenting and relationships, then integration for life.

Week	Theme	Core Modality
Week 1	Safety First: Coming Home to Your Body	<i>Somatic, Trauma-Informed Body Work</i>
Week 2	Meeting Your Inner Child	<i>Compassionate Inquiry</i>
Week 3	Going to the Root	<i>RTT Hypnosis, Session 1</i>
Week 4	Releasing What the Body Held	<i>Somatic Work + RTT Hypnosis, Session 2</i>
Week 5	Rewiring the Way You Think	<i>Neuro-Linguistic Programming</i>
Week 6	Breaking the Cycle	<i>Conscious Parenting</i>
Week 7	Healing the Way You Relate	<i>Imago Relational Work</i>
Week 8	Becoming Her	<i>Integration & Embodiment</i>

Format

One 2-hour session per week for 8 weeks (16 hours of therapy), in person at our Al Barsha Heights clinic or online. Includes personalised hypnosis recordings, handouts and a personal healing toolkit.

Your Journey, Week by Week

Week 1 • Safety First: Coming Home to Your Body

Before any healing can happen, your nervous system needs to feel safe. This week builds the foundation through nervous system education, body awareness, breathwork, grounding and boundary awareness.

- Understanding your nervous system: fight, flight, freeze and fawn
- Body scan and awareness practices to locate where you hold tension and emotion
- Breathwork and grounding anchors for daily regulation
- Identifying your personal safety resources: people, places and memories
- Introduction to boundary awareness in relationships
- Building your personal grounding toolkit for the whole program

Modalities used: *Somatic, trauma-informed body work*

Week 2 • Meeting Your Inner Child



We gently turn toward your story and the beliefs currently running your life. When you understand the wound, you stop being ruled by it.

- Identifying the beliefs and patterns currently running your life
- Tracing current behaviours back to their childhood origin
- Exploring unmet childhood needs beneath your coping mechanisms
- Guided visualisation to meet your younger self with compassion
- Releasing guilt and shame through compassion instead of judgement

Modalities used: *Compassionate Inquiry (Dr. Gabor Maté)*

EXAMPLE

Nadia always felt responsible for everyone's happiness. In Week 2, she met the little girl who learned to keep the peace at home by being "good". For the first time, she felt compassion for herself instead of pressure.

Week 3 • Going to the Root



With safety and understanding in place, we go directly to the root cause. Your subconscious holds the blueprint, and this is where we begin rewriting it.

- Your first RTT hypnosis session, approximately 90 minutes
- Regression to the root cause of your most limiting belief
- Understanding where the belief was formed, and why it made sense then
- Your personalised recording for 21 days of daily listening
- Integration practices to let the shift settle gently

Modalities used: *RTT Clinical Hypnosis (Marisa Peer)*

Week 4 • Releasing What the Body Held

Insight alone does not heal trauma. The body needs to complete what it never could. This week, the nervous system and the subconscious heal together.

- Gentle somatic release to discharge stored survival energy
- Your second RTT session, targeting a second key limiting belief
- A second personalised recording for 21 more days of reinforcement
- Allowing emotions to move through the body without suppression
- Prioritising nervous system recovery and restorative rest

Modalities used: *Somatic work and RTT Clinical Hypnosis*

Week 5 • Rewiring the Way You Think

With the roots addressed, we reprogram the thought patterns that run on autopilot. NLP gives you practical tools that work in real time, in real life.

- Identifying your internal script and most repeated limiting phrases
- Reframing practices to interrupt old thoughts the moment they appear
- NLP anchoring: a physical cue for confidence and calm
- Separating inherited family beliefs from your own authentic voice
- Defining your new Role, Purpose, Function and Intention: the woman you choose to be

Modalities used: *Neuro-Linguistic Programming (Richard Bandler)*

EXAMPLE

Before a meeting, Claire used to hear, "They will see you are a fraud." Now she touches her thumb and finger, her NLP anchor, breathes, and hears, "I have earned my place here."

Week 6 • Breaking the Cycle

Healing is not only personal. It is generational. This week gives you the awareness and tools to choose a different pattern. Not from guilt. From understanding.

- How your childhood imprints influence your reactions today
- Identifying recurring triggers and their true origin
- Practising the pause between trigger and response
- Repair after rupture: how to reconnect after conflict
- Distinguishing your child's needs from your own unmet needs

Modalities used: *Conscious Parenting (Dr. Shefali Tsabary)*

Not a mother? This week is adapted to you. We apply the same principles to re-parenting your inner child, and to your relationships with nieces, nephews, students or future children.

Week 7 • Healing the Way You Relate



The relationship with yourself sets the pattern for every other relationship. This week, we look at how your healing is already changing the way you show up for others.

- Identifying your relational pattern: pursuer, withdrawer or caretaker
- Learning the Imago dialogue: mirroring, validating and empathising
- Practising clear and calm boundary communication
- Exploring your capacity to receive love, help and appreciation
- Applying the dialogue to a real relationship you want to strengthen

Modalities used: *Imago Relational Work*

Week 8 • Becoming Her

The final week is about consolidation, not new information. Everything comes together into one embodied, practised way of living.

- A full journey review and integration session with Luz Maria
- Identifying the three shifts that mattered most to you
- Future self visualisation and a letter to the woman you are becoming
- One personal resource with all your grounding practices and tools
- A closing ceremony reaffirming your new Role, Purpose, Function and Intention
- A clear plan for continued self-practice beyond the 8 weeks

Modalities used: *Integration and embodiment*

YOUR TRANSFORMATION

What You Walk Away With

By the end of this program, you will have moved through a complete, integrated process. Not just talked about change, but lived it in your body, mind and relationships. You will:

- Feel safe and regulated in your own body, with tools to self-soothe under stress
- Understand the root of your core limiting beliefs, and have released their grip
- Know how to interrupt and reframe negative thoughts the moment they arise
- Recognise and begin breaking generational patterns, in yourself and in how you parent
- Communicate and set boundaries from security, not fear
- Carry a personal toolkit for life: recordings, anchors, grounding practices and dialogue tools
- Feel more confident, grounded, calm and self-dependent
- Step into the next version of yourself: a conscious, empowered, emotionally free woman

Who This Program Is For

- Women who feel exhausted from giving to everyone except themselves
- Women carrying childhood wounds, trauma or painful relationship patterns
- Women struggling with anxiety, low self-worth, people-pleasing or emotional overwhelm
- Mothers who want to break generational cycles with their children
- Women ready for real, deep change, not just motivation

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, under one roof.

Why Luz Maria is different

- **Over 10 years of clinical experience:** in the UAE, supporting individuals, couples and parents from all walks of life
- **A rare combination of certifications:** RTT Clinical Hypnosis (Marisa Peer), NLP (Richard Bandler), Compassionate Inquiry (Dr. Gabor Maté), Conscious Parenting (Dr. Shefali Tsabary) and Imago Couples Therapy (Harville Hendrix & Helen LaKelly Hunt), blended by one practitioner
- **Academic grounding:** currently completing her BSc in Psychology
- **Clinical rigour with warmth:** psychologist, psychotherapist and life coach in one, with lived experience as a woman and a mother
- **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

Our Client Testimonials

Google Review

I'll be honest, for most of my life I was skeptical of psychotherapy. I genuinely believed it was something only people who couldn't handle their own problems needed, and I took pride in working through my challenges on my own. Then life humbled me. Things from my past started catching up with me, affecting my present and threatening my future in ways I simply could no longer manage alone. A trusted friend recommended Positive Living UAE and Luz specifically, and that recommendation changed...



Google Review

I recently visited Positive Living UAE and was very impressed with the professionalism and care of the team. The center has a calm, welcoming environment, and you immediately feel you are in safe hands. Their holistic, science-backed approach, combining hypnotherapy, coaching and neurofeedback, is structured, practical and clearly focused on results. The therapists are well qualified and take time to understand your specific concerns instead of offering generic solutions.



Shared from Positive Living UAE Google Reviews. Reviewer names are withheld to protect client privacy.

Frequently Asked Questions

Do I need to have experienced major trauma to join?

No. Many women join because of stress, anxiety, low self-worth or repeating patterns. Trauma is not only big events. It can also be what was missing: attention, safety or emotional support.

I am not a mother. Is Week 6 still for me?

Yes. Week 6 is adapted to focus on re-parenting your inner child and on the generational patterns you carry, whether or not you have children.

Is hypnosis safe?

Yes. During RTT you are awake, aware and in control at all times. It is a deeply relaxed, focused state, similar to the moment just before falling asleep.

Can I do the program online?

Yes. The full program is available online, as well as in person at our Al Barsha Heights clinic.

What if I need more support after 8 weeks?

Many women continue with follow-up sessions or move into couples or family work. We will create the right plan together at the end of your journey.

Your Program Includes

- 8 weeks, one 2-hour session per week
- 16 hours of one-to-one therapy with Luz Maria
- 2 RTT hypnosis sessions with personalised recordings for daily listening
- Resource handouts and your personal healing toolkit
- In person at our Al Barsha Heights clinic, or online
- Sessions in English, Arabic, Spanish or Italian

How to Begin

The first step is a private consultation with Luz Maria, to make sure this program is right for you and shape it around your story.

Call or WhatsApp +971 50 362 4910 to register your interest

Visit www.positivelivinguae.com for more information

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

"You are not broken. You are becoming."