

Solution-Oriented
Psychotherapy

Mindful
Relationship
Support

Integrative &
Holistic Mental
Wellness

Instagram @LotusCounselingTX

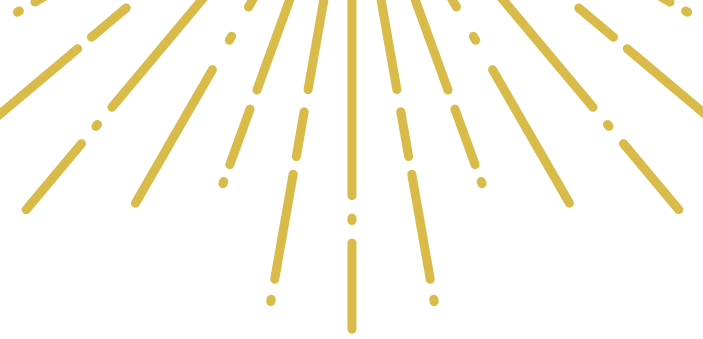
TODAY IS THE
DAY

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Mindful
Relationships

LOTUS COUNSELING





The roots of a long lasting relationship are Mindfulness, Deep Listening, and Loving Speech.
- Thich Nhat Hanh -

COUPLES

Looking to deepen your roots together? **Conscious and disciplined dialogue** is key! Utilizing a solution focused approach means that the conversations we have in the therapy room will be guided in a positive manner; we will focus on your strengths and resiliency while also creating a safe place to explore growth areas and **expand your connection together.**



CONSCIOUS RELATIONSHIP SUPPORT ALONG THE SPECTRUM

Pre-Marital

Together we'll explore your strength & growth areas and discuss the patterns from your Families of Origin. Through various curated talking points, you'll cultivate mindful skills for **communicating with greater ease**, as well as for more **effective conflict resolution**. And, with chronic stress threatening the mind, body, and relationships of everyone in our culture, **stress management** is a crucial topic. In this program, you'll explore common stressors and learn tools to help better prioritize and manage stress both individually and relationally.

Creating a Family

Our work together can serve to create conscious conversations about expectations related to the **physical, mental, spiritual, & relational aspects of conceiving and preparing for and nurturing a family**. Drawing from extensive training in family systems, as a Marriage and Family therapist I believe that the greatest way that I can serve to impact the family is through supporting the **harmony and wellness of the marital and parental dynamic**. Healthy, thriving marital relationships create and nurture healthy, thriving children and communities.



ADDITIONAL TOPICS COVERED:

Love Languages
Money & Finances
Relationship Roles
Children & Parenting
Marital Expectations

TWO TOGETHER IN TEXAS

Since 2013, the PreMarital Support Program has been offered in collaboration with PrepareEnrich & Twogether in Texas. This program is recognized by the State of Texas and rewards a Discount on Texas Marriage License upon completion. To find out more:
www.TwogetherinTexas.com
www.Prepare-Enrich.com

We get together on the basis of our similarities;
we grow together on the basis of our differences.
- Virginia Satir -

PRE-MARITAL TOPICS OF FOCUS

Communication


Together we'll discuss the patterns from your Families of Origin and cultivate skills for communicating with greater ease, as well as for more effective conflict resolution.

Stress Management

Chronic stress is a serious threat not only to your physical health, but also to the ease with which you navigate your relationships and transitions. We will explore common stressors and learn tools to help better manage stress.

Intimacy

Together we'll consider what it means to feel connected to one another, by exploring and enhancing the various ways that you express love, affection, and respect for one another





ABOUT YOUR THERAPIST

With over 10 years of experience providing compassionate and comprehensive support to individuals and couples across the DFW Metroplex, including over eight years in private practice, Laura Foulds, M.S., LMFT, RYT specializes in stress, anxiety, and energy management. Drawing from her extensive background in family systems, mindfulness, and mind-body psychotherapy, she utilizes a whole-person, holistic approach towards physical, mental, emotional, and relational wellness.



INVESTMENT

Pre-Marital sessions: Six sessions for \$695 or \$750 installment plan

Regular Couples' sessions: \$135

10-session package: \$1,300