



Solution-Oriented
Psychotherapy

Mindful
Relationship
Support

Integrative &
Holistic Mental
Wellness

Instagram @LotusCounselingTX

TODAY IS THE
DAY

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Mindful
Psychotherapy

LOTUS COUNSELING





Wholeness,
Gestalt, is the
primary attribute
of life.

-Ludwig von Bertalanffy-

WHOLE SYSTEMS APPROACH

According to General Systems theory, all behavior is communication, and symptoms tell stories about how the whole system is functioning.

The traditional medical model of psychotherapy often hyper-focuses on symptoms and band-aid solutions; Alternatively, a post-modern, systemic practitioner addresses the whole picture.

Examples: exploring the way that the mind + body communicate about an imbalance, or how your current mental + physical stress impacts your relationships.

Acknowledging + treating the whole system allows opportunity for more efficient problem solving and helps set the tone for more fundamental, long-lasting change.

COMPREHENSIVE + COMPASSIONATE

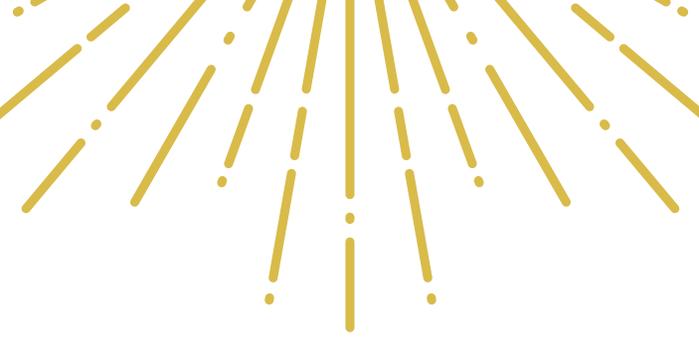
Solution Focused

Utilizing a solution-focused approach means that the conversations we have in the therapy room will be mindful, disciplined, and guided in a positive manner. **Solely focused on solutions, together we will stay curious + creative**, and we will focus on your strengths + resiliency while also creating a safe place to explore areas for growth.

Fundamental Change

Acknowledging + treating the whole system rather than reducing to parts allows opportunity for more efficient problem solving and helps set the tone for more fundamental + sustainable change. **Thoughtful integration** of modalities from within family systems, mindfulness and mind-body psychotherapy, combined with a respect for a disciplined dialogic create **a unique opportunity for sustainable change.**





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 natural solutions while also creating a safe place to explore growth areas and **expand your connection together**. If you've outgrown your old patterns and you're ready for a new way of connecting together, conscious and compassionate relationship support can make all the difference.

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 + wellness of the marital and parental dynamic**. Healthy, thriving marital relationships create healthy, thriving children and communities.





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Integrative
Mental
Wellness

LOTUS COUNSELING &
META MEDICINES





When we allow ourselves to get still enough to really pay attention, we may discover that how we do one thing is how we do all things.

-Laura Foulds, M.S. LMFT, RYT-

META MEDICINES

Almost inevitably, at some point during our therapeutic work together, it may become appropriate to incorporate more **experiential therapies and practices** in order to compliment and **energize** the work that is done at the dialogical level. We all know the expression, “walk-the-talk,” and these practices can be helpful towards putting the some of the work from our talk therapy sessions into everyday practice. When we can address imbalances and **course correct on multiple levels**, we can create space for change to occur to a more **efficient** degree.



PRESCRIPTIONS FOR THE PROCESS

Psychotherapeutic Yoga & Breathwork

Combining yin yoga & pranayama (breathwork) - From the perspective of mind-body medicine, one of the best ways to impact the **mind** is by intentionally committing to being grounded into your physical **body**. And, because the breath is the pathway to the subconscious, when we can manage our breath, we can manage our mind. These brief-but-potent experiential exercises are designed to help integrate the **inherent tools + wisdom** located within the mind-body system. This may look like practicing one yoga asana, or pose, and using the breath as an anchor into the present moment. Through mindful practice, the intention is to facilitate space for the patterns that are old, stagnant or maladaptive, to move freely and to be released, while strengthening the neural pathways towards **fresh + intentional alignment**.



PRESCRIPTIONS FOR THE PROCESS

Mindfulness & Meditation

Mindfulness is meeting the present moment with **full attention + clear intention**. We often find ourselves caught up in either past-thinking (cue depression) or future-thinking (cue anxiety). Rarely in our fast-paced world do we take the time to slow down and practice living more in the present moment. Mindfulness is a highly effective and evidence-based practice towards managing one's stress, anxiety, depression, and pain with greater ease. Practicing Mindfulness empowers people to **take an active role** in their own health and well-being and teaches them to live and operate more from the present moment. Rather than feeling scattered with thoughts of past ruminations or future threats, **a person who holds a pure intention towards being present, learns to respond rather than react to life's stressors.**

YOGA NIDRA

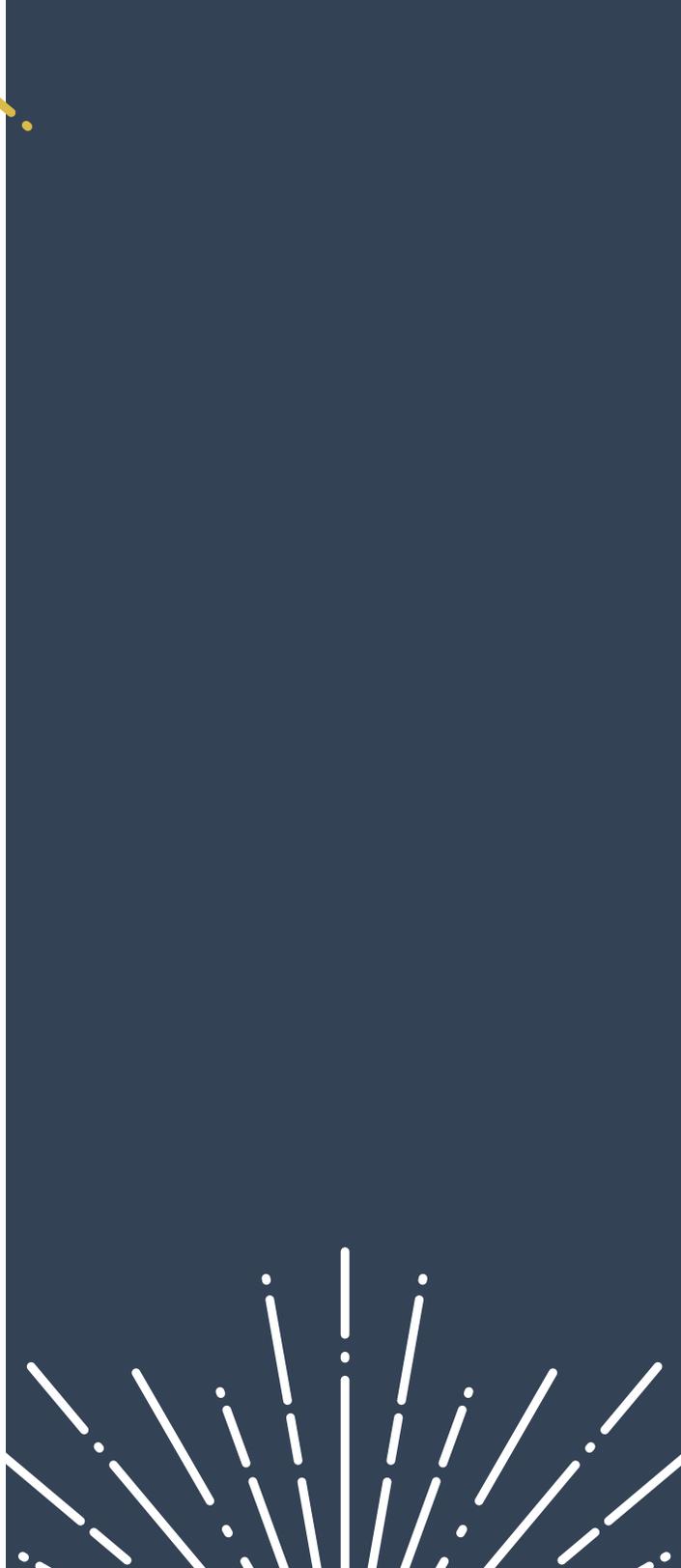
A form of guided meditation that induces the brain into a state between waking and sleeping, it's been scientifically shown that "yogic sleep" is **beneficial towards relieving stress**. Nidra, like meditation, brings one into a state of deep conscious awareness while at the same time promoting **deep relaxation to the nervous system**. Although calming to the system, this form of meditation is not passive; the guidance is **structured + purposeful towards facilitating a deeper state of healing for the system**. An added bonus? This state of relaxation allows for the release of the hormone Melatonin, a powerful antioxidant which positively impacts digestion, blood pressure, and immune function.





WALK AND TALK

In our current day and age, we have become distracted from the fact that our systems long for fresh air + time spent in nature. Research has shown that the experiences of sensations from non-threatening nature environments can promote **automatic relaxation of the nervous system** and **restoration of cognitive resources**. This is an opportunity to experience the powerful combination of talk therapy and physical exercise through bi-lateral movement. Physiologically, movement allows for increased serotonin in the brain as well as a release of toxins through blood/oxygen, circulation and sweat, and releases **natural endorphins**, which actually are nature's anti-depressant.



PRESCRIPTIONS FOR THE PROCESS

Myofascial Release

Myofascial release is soft tissue therapy aimed at relaxing contracted muscles and can be of benefit by **increasing blood and lymphatic circulation** which then creates greater space and flexibility between the deeper tissues or fascia. A simple prop, such as a tennis ball, can become a therapeutic tool utilized to trigger point and explore various areas of density in the body, whether accumulated in the muscle, skin, organ, or even the bone layer. Then, using the tool of a **grounded + steady breath**, the density has an opportunity to dissipate, leaving a felt sense of more **spaciousness + ease within the mind-body**. Through this work, we may focus on a particular mental or emotional pattern and how it coincides with the messages being communicated by the physical body. This is intentional and deep work, as **what we do on one level impacts all levels to a degree**.

MBSR

Developed at the University of Massachusetts Medical Center in the 1970s by Dr. Jon Kabat-Zinn. MBSR, or **Mindfulness Based Stress Reduction**, is an empirically sound 8-week intensive. The basis of the program, which teaches skills in Mindfulness, Meditation, and gentle Yoga, is what Kabat-Zinn calls, "**moment-to-moment, non-judgmental awareness**." Students of the eight-week intensive program learn how to use their innate resources and abilities to respond more effectively to stress, pain, and illness. Since its inception, the program has provided consistent and reliable clinical relief for the following physiological conditions: Anxiety, Asthma, Cancer, Chronic Pain, Diabetes, Depression, Fibromyalgia, Gastrointestinal, Heart Disease, Hot Flashes, Hypertension, Mood Disorders, Sleep Disturbances, Stress Disorders, etc.



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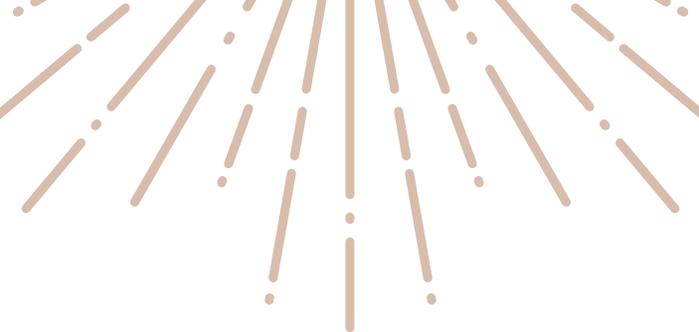
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Mindful
Motherhood

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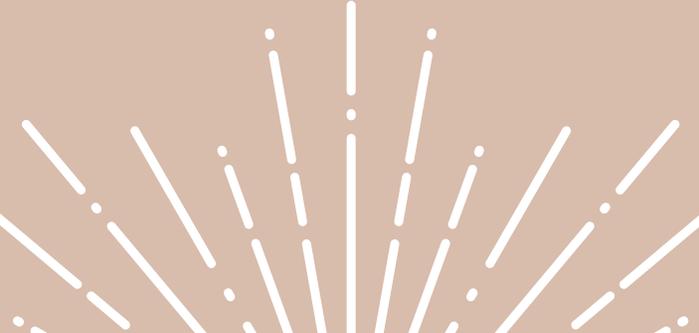
PRE-CONCEPTION & PRENATAL

Compassionate + comprehensive therapeutic support can be an ally during this time as you navigate the deep waters of the womb space. The Pre-conception and Pre-natal phases can be overwhelming with both tenderness and excitement. The energy of excitement and the energy of anxiety can often feel similarly, and this is an excellent time to learn to tune in and practice greater discernment.

Motherhood is a mindset. It is simultaneously a crash-course and life-course in mindfulness + heartfulness. Mother nature is cultivated across lifetimes; sometimes, there are intergenerational patterns that can serve the highest feminine mindset and other times, these patterns can hinder the sort of **focused mind + open heart** required when considering becoming a mother. Our work is as unique as your journey. Our work together might look like addressing the meanings that you place around the role of mother or the feminine. Perhaps we may explore + help cultivate a stronger and more attuned mind + body connection.

Name a greater purpose than creating and fostering intergenerational cycles of nurture and resilience?

-Laura Foulds, M.S., LMFT, RYT-

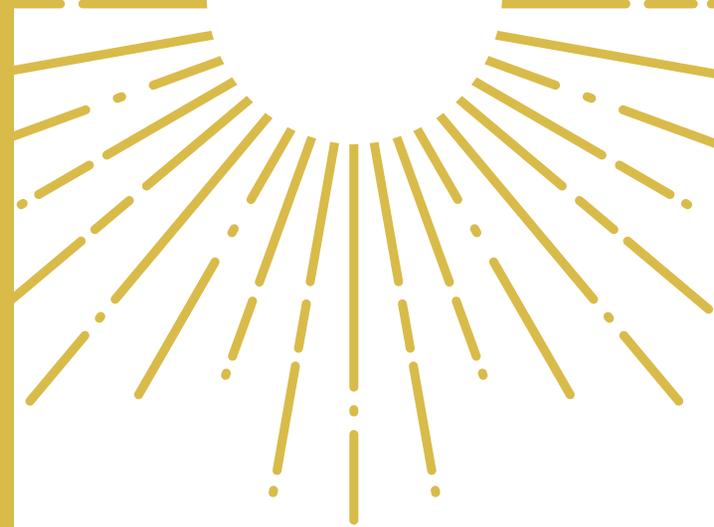


Postpartum + The Fourth Trimester

New mothers or mothers who are experiencing the stressors of postpartum + the fourth trimester are **learning about their immense capacity**. They are called to the high purpose of **nurturing the nature** of a pure little being. There is no greater opportunity to learn about nurturing a nervous system, or about co-regulation of the mind + body than within the first few experiences with baby outside of the womb. **Mother nature, as it is intended, is curious and conscious, stable and flexible, soft and substantial.** It is a sacred role to be respected and revered, and the sensitivity that exists in the postpartum phase is acknowledged and honored through this work.

ABOUT YOUR THERAPIST

With over 10 years of experience providing compassionate and comprehensive support to individuals and couples across the DFW Metroplex, including nine years in private practice, Laura Foulds, M.S., LMFT, RYT specializes in stress, anxiety, and mental 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 Couples package: \$1,300

Individual session: \$125

4-pack for \$480

10-pack for \$1,200

Mini private Mindfulness session: \$75

Experiential Session packages Five 90-minute sessions for-\$825

MBSR 8-week Intensive + Meditation Retreat: \$499

