

Solution-Oriented
Psychotherapy

Mindful
Relationship
Support

Integrative &
Holistic Mental
Wellness

Instagram @LotusCounselingTX

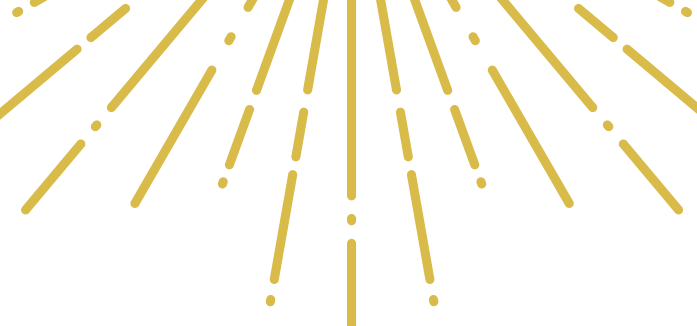
TODAY IS THE
DAY

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Mindful
Relationships

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 the ways that 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;** we will focus on strengths + resiliency while 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.**



CONSCIOUS RELATIONSHIP SUPPORT ALONG THE SPECTRUM

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.**

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.

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



Creating a Family

Our work together can serve to create conscious conversations about expectations related to the **physical, mental, spiritual, & relational aspects of conceiving, 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.



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

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




ADDITIONAL TOPICS COVERED:

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

TWOGETHER 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



ABOUT YOUR THERAPIST

With over 13 years of experience providing compassionate and comprehensive support to individuals and couples across the DFW Metroplex, and beginning her 11th year 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.



EDUCATED + EXPERIENCED

B.A. Psychology - Texas A&M University
(2006)

M.S. Family Systems - Texas Woman's
University (2010)

MBSR Training - The Vitalife Institute
(2014)

200HR Registered Yoga Instructor -
Urban Yoga Fort Worth (2015)

Yin Yoga & TCM Meridians Immersion -
Sacred Soul Yoga NRH (2017)

Solution Focused Ericksonian
Hypnotherapy - Bill O'Hanlon Intensive
(2019)

150HR Advanced Application of Yoga
Therapy - Radiant Sun Academy Fort
Worth (2023)

Mindfulness Certification Course - Dr.
Debra Premashakti Alvis (2023)

Certified Mindfulness Informed
Professional - PESI, Inc (2023)





REVIEWS

Here's what couples are saying:

MR. & MRS. H

Since the pandemic began, my husband and I really wanted to put our marriage first. Tending to our relationship was always something we both valued, but we lost sight of it as a priority somewhere in our 10 years together. We are forever grateful to Laura for helping us remember who we wanted to be together from the beginning. Through our work we were both held accountable, and we felt truly seen and heard by her. We took our connection to a deeper level, which is exactly what we were looking to accomplish.

C. & J.

The idea of Pre-Marital counseling scared us at first, but right away we felt comfortable and like we were in good hands. Laura helped us to build upon the strengths we have as a couple while also creating a safe place to address our challenges. Would and have already recommended this program to friends.

L. & M.

We did Pre-Marital with Laura and were blown away by the growth we experienced in just a couple weeks. We actually loved the process and were excited to go to our sessions each time. We felt safe and hopeful and became fans of therapy after this.

K. & C.

Did not expect to feel more connected and loved - we just wanted to improve our communication. We are thrilled with the process of counseling with Laura and would highly recommend working with her. Take the chance, you will not regret it!

