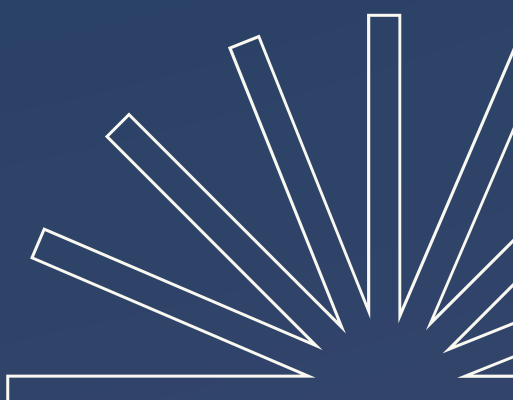




WHAT TO EXPECT
FROM YOUR
Individual
NICC THERAPY
SESSION



[*dive in!*]



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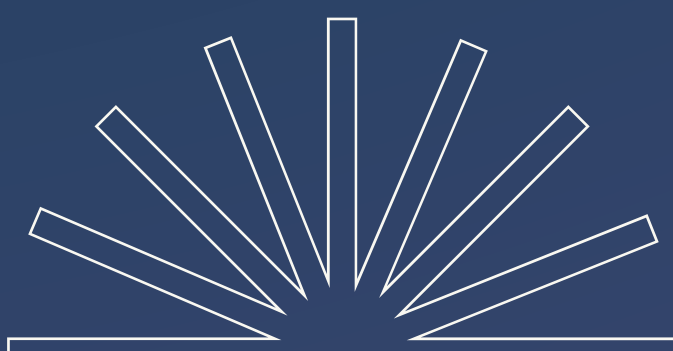
Starting counseling can stir up a swirl of emotions—hope, fear, uncertainty. That's normal!

Whether you're stepping into therapy for the **first time** or **returning** after a difficult season, you deserve to know what to expect.



At **MyCounselor.Online**, our NICC therapists are here to **walk with you** gently, wisely, and in step with how **God designed** you to heal.

Here are the **6 things** you can expect from your **individual NICC counseling session**—so you can step into your session with **confidence and clarity**.



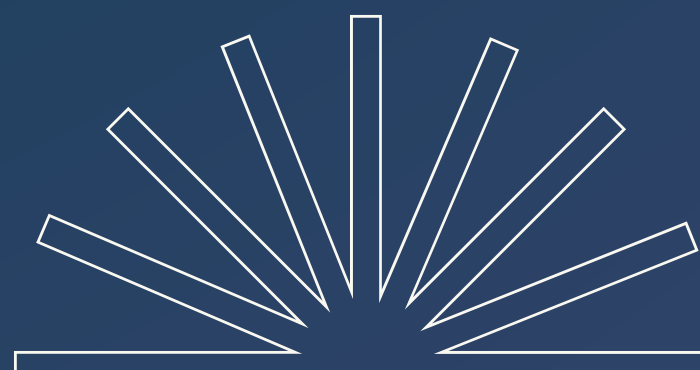


1. *Warm Welcome & Gentle Syncing*

We begin every session by **checking in** with you **relationally**.

This is more than just polite small talk—it's a moment to **reconnect**, **answer** your questions, and **attune** to where you are today.

Your therapist isn't just **listening** to your words; they're **tuning in** to your **whole person**—emotionally, spiritually, and physiologically.



You'll never be rushed or pushed.
This is your **SACRED SPACE** to
feel **SEEN, SAFE, and SETTLED**.



2. *Listening to the Body With Compassionate Curiosity*

Tension in your chest? A **knot** in your stomach? **Numbness**?

These aren't **random** sensations—they're **signals**. Your body often **knows** what your mind hasn't yet named.



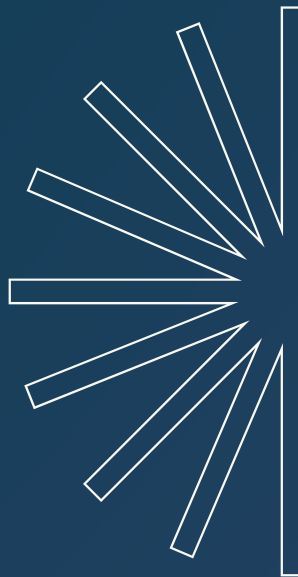
We approach these cues with **compassionate curiosity**, not judgment. In NICC, we believe your body is **not the problem**—it's part of the **solution**.

NICC therapy honors your nervous system as a God-designed compass. That's why we gently invite you to notice what's happening in your body.



3 • *Following the Nervous System's Lead*

If **anxiety** is rising, we **explore** what it's trying to protect. If **sadness** surfaces, we **stay** with it long enough to hear what it's asking for. If **anger** or **fear** show up, we **welcome** them too.



This isn't about **forcing emotion**. It's about **following it**—because in NICC, we believe the Thrive–Drive (your God–given impulse toward healing and growth) **knows the way forward**



Rather than steering the session with an agenda, your NICC therapist helps follow your nervous system's natural unfolding.



4 *Responding to What the Soul Needs Most*

Once we **discern** what your body and soul are pointing toward, we **respond** with what's needed most in the moment. **That might look like:**

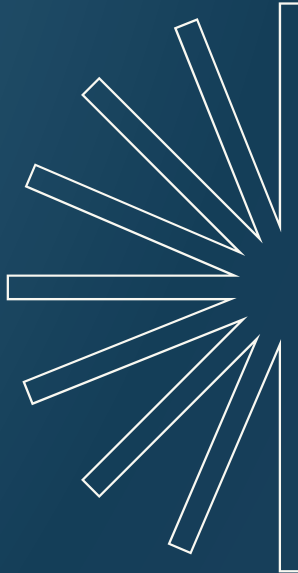


1. **Feeling** through emotions that were once too **overwhelming** to face alone.
2. **Returning** to a past memory that still carries pain, and offering it the presence, truth, or comfort it **never received**.
3. **Exploring** a developmental gap, a place where a life-giving experience was missing, and **offering healing** to your brain and heart to mature, and rewire through guided imagery, truth-telling, or spiritual connection.

Each of these moments becomes a “life-giving experience”—a corrective encounter that allows your brain and heart to HEAL, MATURE, and REWIRE.



5 • *Reflecting and Integrating the Experience*



After each meaningful experience, we **pause**. We **reflect** together on what just happened. **Why?**

Because **healing** doesn't just **occur** in the moment—it deepens when we **make meaning of it**.

We may ask:

- What shifted for you just now?
- What does your body feel like
- What feels true in a new way?

This helps **solidify** the **transformation** and **integrate** it into your nervous system as **your new baseline**.

“This helps solidify the transformation and integrate it into your nervous system as your new baseline.”



6 • *Repeating the Process— At Your Pace*



Healing isn't a one-and-done **moment**—it's a **journey**.

So after each experience, we **return** to the **body**, check in again, and listen for what's next.

We'll continue to **gently repeat** this process—**following** your nervous system, **responding** to your needs, and **harvesting** the fruit—until we've done the work you came for.

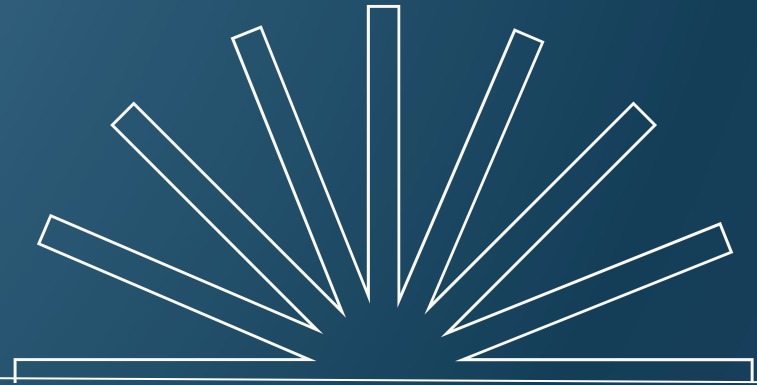
If time runs out **before** the process is complete, that's **okay**. We'll **gently close** the session and **pick up where we left off next time**.

You set the PACE. Your goals GUIDE the journey. We're in this TOGETHER, with JESUS leading the way.

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What You Might Feel During a Session



Every person is **different**, but many NICC participants describe moments of:

1. **Emotional Release**—like finally being able to **exhale**.
2. Surprising **peace** in their body.
3. **Encountering Jesus** in a fresh, deeply personal way.
4. A sense of “**something just changed**” inside.



It's not always easy work—
but it is sacred work.
AND IT'S WORTH IT!

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The Heart Behind It All



**NICC THERAPY ISN'T ABOUT
FIXING YOU.**

It's about helping you **reconnect** with your God-given design, your **true self**, and the **Savior** who meets you in every step of the journey.

We follow the wisdom of neuroscience, but we also rely on the **presence of Jesus**—the ultimate **Healer**—to **guide our way**.

**SO TAKE HEART.
YOU DON'T HAVE TO DO THIS ALONE!**

You're not just starting therapy.
You're starting a process of
BECOMING WHOLE!

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Thank You!



MyCounselor.Online Founders:
Josh & Cassie Spurlock

GET STARTED!



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