

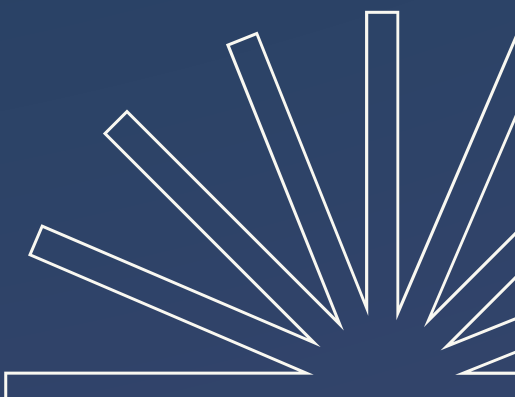


COUNSELOR
FAITH-BASED ONLINE THERAPY

WHAT TO EXPECT
FROM YOUR
Teen
NICC THERAPY
SESSION



[*dive in!*]





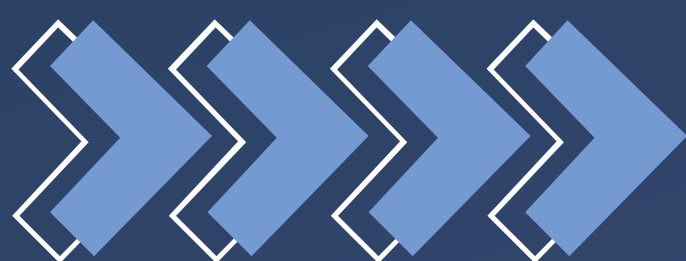
A Safe Space to Be Known, A Sacred Journey Toward Wholeness

Adolescence is one of the most intense, beautiful, and sometimes **overwhelming** chapters in a person's life. It's when **identity** is forming, **emotions** are surging, **relationships** are shifting, and the **pressure** to "**figure it all out**" can feel enormous.

If you're a **teen** considering therapy—or a **parent** wondering what this process will look like—**you're not alone**. And we want you to know: this space is for you.

Whether you're **navigating** anxiety, sadness, anger, overwhelm, conflict, identity confusion, faith questions, or just the stress of being a human growing up in today's world, **NICC therapy is here to help**.

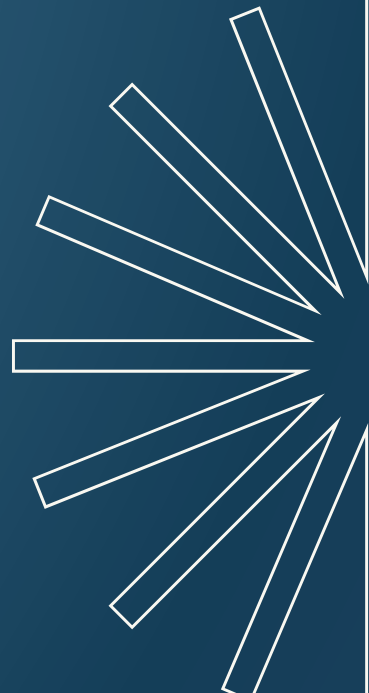
Let's walk through what to expect...



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For Teens: A Place That's Just for You



**NICC THERAPY IS A SPACE WHERE YOU DON'T
HAVE TO PERFORM, PRETEND, OR PROTECT
EVERYONE ELSE'S FEELINGS.**



IT'S A PLACE WHERE:

- You can **talk honestly** about what's really going on inside.
- You **won't be judged** for how you feel or what you're thinking.
- You get to **slow down** and listen to your body—not just your brain.
- You'll be **respected** as a whole person—body, mind, and spirit.

Your **counselor** isn't here to **fix** you or tell you what to do. They're here to **help** you **understand** what's going on inside you, so you can make sense of your **story** and feel more **like you again.**

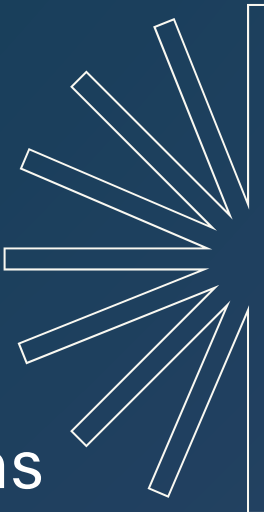
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For Parents: A Trustworthy Process That Includes You

**WE UNDERSTAND THE DEEP TRUST IT TAKES TO
ENTRUST YOUR CHILD TO A COUNSELOR.**

NICC therapists are clinically trained, trauma-informed, and rooted in a biblical worldview. We believe **Jesus designed** the adolescent brain with purpose and that the struggles teens face are not random— but **meaningful indicators** of needs, wounds, and opportunities for growth.



While much of the teen's work in therapy happens individually, **parents are a vital part of the healing journey.**

THAT'S WHY NICC THERAPY FOR TEENS INCLUDES:

- **Regular** parent updates (within the boundaries of confidentiality)
- **Joint** meetings with the teen and therapist as needed
- **Family** sessions when relational repair, communication, or systemic support are part of the work

We want to walk with your **whole family**, not just your child. Because healing is **relational**— and maturity is always a **community project**.



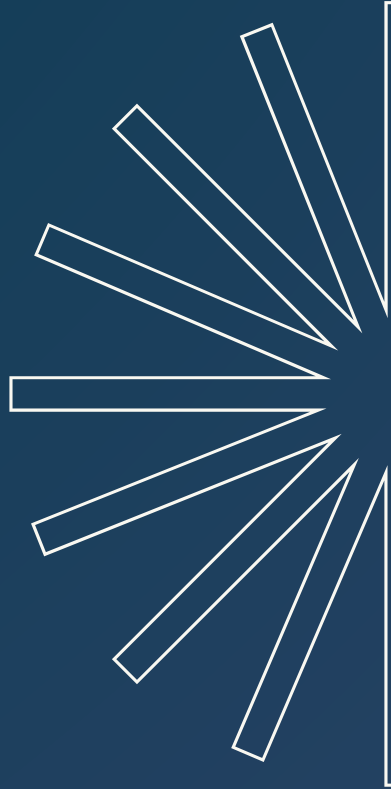
1. *Starting With Connection*

WHAT A TYPICAL TEEN SESSION LOOKS LIKE:

We begin by **checking in**—not just with your words, but with your body and emotions.

MAYBE YOUR:

- **Stomach's** tight,
- **Chest** feels heavy,
- or maybe you're totally **Numb**.



THAT'S OKAY. **WE'LL MOVE AT YOUR PACE.**

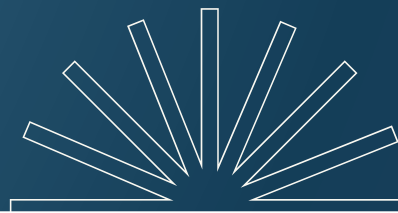
Your therapist will help you **track** what's coming up inside and notice what feels **important to explore**. There's no pressure to say the "right" thing.

JUST BRING YOUR REAL SELF.

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



2 • *Listening to Your Nervous System*



LET'S START WITH THE BODY:

We'll **listen** to your **body** and your **emotions** to understand.

THEY MIGHT ASK:

- What are you **carrying**?
- Where does it **hurt**?
- What are you **protecting**?
- What do you need to feel **safe, understood, and free**?

When you're **anxious, shut down, or angry**, your body is saying:

"SOMETHING HERE MATTERS."

NICC therapy is built on the TRUTH that your nervous system—your God-designed internal dashboard—is trying to TELL US something.





3. *Working Through What's Stuck*

DISCOVERING WHAT'S UNDERNEITH:

Sometimes, you'll connect with **younger parts** of you—feelings or memories that got **stuck** and never had the chance to **heal**.

WHETHER IT'S A:

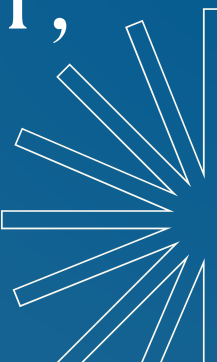
- Painful **Memory**,
- Hard **Relationship**,
- or a **Pattern** you can't seem to break...



We'll begin to **explore what's underneath the struggle**.

**WE'LL FOLLOW THOSE THREADS
TOGETHER.**

There's no judgment—only **CURIOSITY**,
compassion, and the invitation to
discover who you're **BECOMING**.





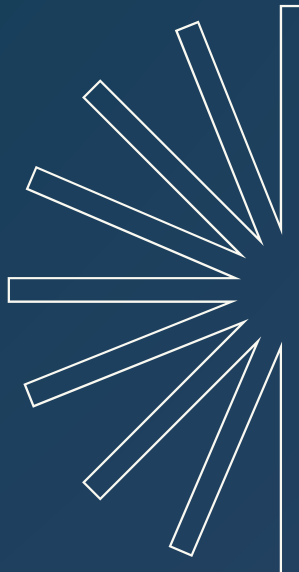
4. *Making Meaning and Moving Forward*

CONNECTING THE DOTS.

After every **breakthrough**, your therapist will help you **make sense** of what just happened.

THEY'LL CHECK IN:

- What felt **different**?
- What was **helpful**?
- What did you **learn** about yourself?



Sometimes, you'll get small, doable **practices** to try outside of sessions—things like breathing **exercises**, journaling **prompts**, or relational **experiments** (like trying a hard conversation with a parent in a **new way**).

THIS IS YOUR FIRST STEP TOWARD GROWTH.

Growth DOESN'T stay in the
therapy room.
It becomes PART of your LIFE.



Confidentiality: For TEENS



WHAT WE KEEP PRIVATE (AND WHEN WE TALK TOGETHER)

Your therapy sessions are **confidential**. That means what you talk about with your therapist stays **private** unless:

- You say you're planning to **hurt** yourself or someone else.
- Someone is hurting you, or you're in **danger**.
- You **give permission** for something to be shared with your parents or another adult.

This **confidentiality** helps you feel **safe** to talk freely. But your therapist also knows that you're not healing in a vacuum—and they'll sometimes **invite** you to bring your **parents** into the process (with your consent) when it's **helpful** or **necessary** for your **GROWTH**.



Confidentiality: For PARENTS



WHAT WE KEEP PRIVATE (AND WHEN WE TALK TOGETHER)

We know this part can feel challenging. You want to know how your child is doing—but they **need space** to grow and speak without fear. Your therapist will:

- keep you **informed** at the right times
- **invite** you into family sessions when needed
- work with your teen to **build bridges** of trust and communication

Confidentiality in teen therapy is not about **cutting you out**. It's about creating a space where **healing can BEGIN.**

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What Healing Looks Like in Teen Therapy



NICC therapy is not just about **symptom relief**. It's about **healing** wounds, filling gaps, and helping your teen **mature** into their true self—anchored in **Christ** and **resilient** in life.

UNDERSTANDING THEIR
EMOTIONS AND BODY BETTER

FEELING MORE CONFIDENT
AND LESS OVERWHELMED

LETTING GO OF SHAME AND
LEARNING HOW TO FORGIVE
(THEMSELVES AND OTHERS)

DEVELOPING HEALTHIER
BOUNDARIES AND
COMMUNICATION

DEVELOPING HEALTHIER
BOUNDARIES AND
COMMUNICATION



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This Is Sacred Work...



Whether you're the **teen**, the **parent**, or **both: THANK YOU** for your courage. **Showing up** for therapy is a big deal. It means you care about your **heart**, your **relationships**, and your **future**.

NICC therapy doesn't promise instant change. But it does offer real hope—for healing, growth, peace, and connection.

BECAUSE HERE'S THE TRUTH:



Your brain is designed to heal.
Your emotions are worth listening to.
Your story matters.
And Jesus is already at work—
inviting you to wholeness,
one session at a time.



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Thank You!



MyCounselor.Online Founders:
Josh & Cassie Spurlock

GET STARTED!



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FAITH-BASED ONLINE THERAPY



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