



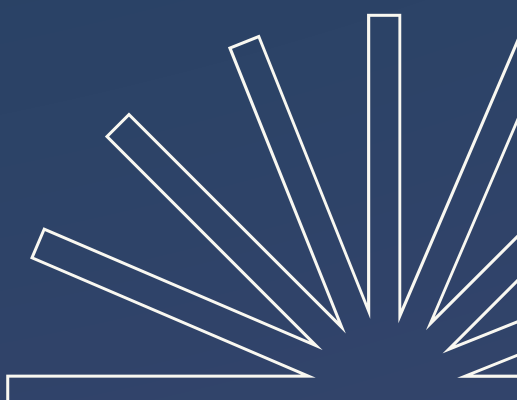
WHAT TO EXPECT
FROM YOUR

*Premarital
Couples*

NICC THERAPY
SESSION



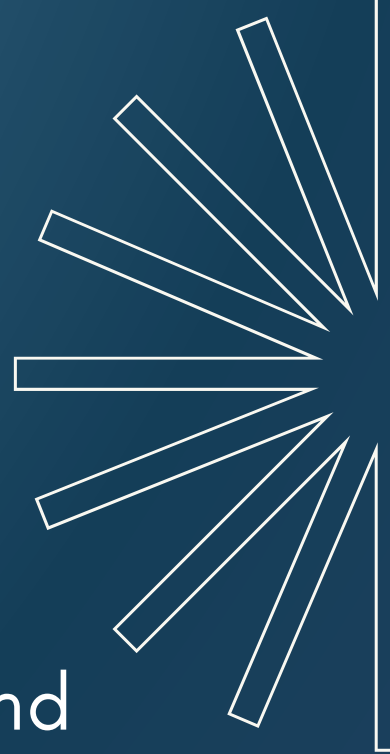
[dive in!]



MYCOUNSELOR.ONLINE



Laying the Foundation for a God-Honoring, Resilient Marriage



Dating and Engagement are exciting—and sometimes **overwhelming**. You're preparing for a **lifetime** together, full of love, laughter, change, challenge, and deep partnership. But **before you say "I do,"** it's wise to pause and ask: **Are we ready for the life we're building?**

Premarital counseling isn't just for couples with problems. It's for couples who want to be **intentional**, emotionally prepared, and spiritually aligned **before taking this sacred step.**

At **MyCounselor.Online**, we use Neuroscience Informed Christian Counseling® (**NICC**) to help you **build a marriage that doesn't just survive—but thrives!**

HERE'S WHAT YOU CAN EXPECT IN THE JOURNEY AHEAD...





Why NICC for Premarital Counseling?



NICC integrates the **wisdom of Scripture** with the **insights of neuroscience** and **relationship science**. It helps couples **grow** not just in knowledge—but in:

- **Relational** capacity,
- **Emotional** maturity, &
- **Spiritual** attunement.

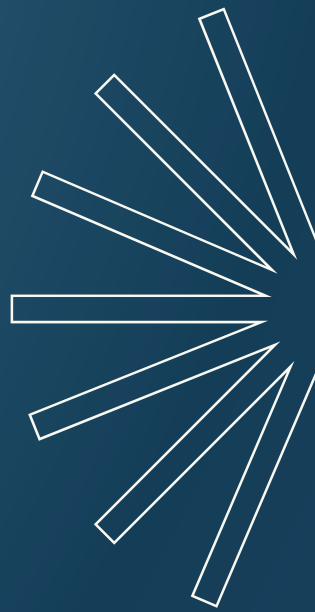
NICC PREMARITAL COUNSELING:

1. **Identifies** strengths and potential growth areas in your relationship
2. **Helps** you work through unresolved issues or doubts in a safe environment
3. **Equips** you with practical tools for communication, intimacy, conflict, and unity
4. **Lays** a foundation of emotional safety and Christ-centered connection

Whether you're dating seriously, newly engaged, or planning a wedding soon—this is your space to PREPARE your HEARTS, not just your event.



The SYMBIS Assessment: Starting with Insight



Early in your journey, your therapist will walk you through the SYMBIS (**Saving Your Marriage Before It Starts**) assessment. This powerful tool gives a **full picture** of your relationship's dynamics, **including**:

- **Personality** styles and communication habits
- **Conflict** triggers and stress responses
- **Expectations** around money, roles, and spirituality
- **Strengths** that can sustain you—and blind spots to watch for

The results are **discussed together** in session—not to label or score you, but to **spark meaningful conversations** and help you understand how each of you is wired and how you function **as a team**.

SAVING YOUR MARRIAGE
BEFORE IT STARTS!





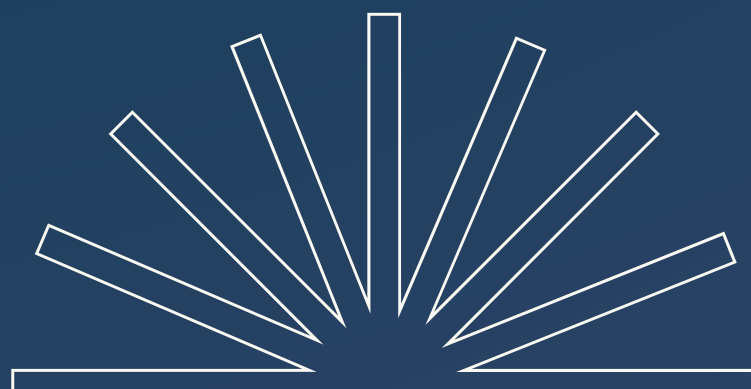
1. *Connecting and Checking In*

BEGINNING YOUR SESSION.

Each 50-minute session begins with a **relational** check-in.

YOUR THERAPIST WILL:

- **Welcome** you into a space of emotional and spiritual safety
- **Invite** you to share anything that's come up during the week—tensions, joys, questions
- **Ground** the session in your unique pace, needs, and goals



This isn't just about TICKING BOXES. It's about helping you become more connected, present, and honest with EACH OTHER.



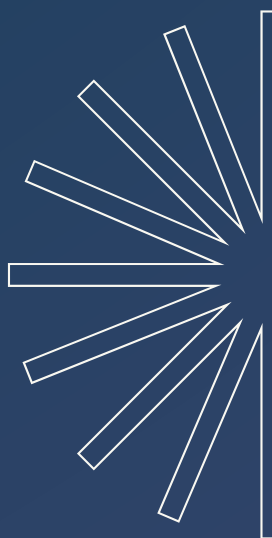
2 • *Exploring Key Themes Together*

LAYING THE FOUNDATION.

Throughout your **premarital journey**, you'll explore essential themes for marriage.

WE WILL COVER:

- Emotional **communication** & conflict repair
- **Family** of origin dynamics & generational patterns
- **Money**, roles, and expectations
- **Sexuality** and intimacy (including how to talk about it!)
- **Spiritual** values and shared purpose
- **Boundaries** with family and friends
- **Decision-making**, lifestyle rhythms, and shared dreams



These conversations often bring up things you didn't even **RELIZE** needed attention. And that's the point—to surface potential problem areas **BEFORE** they become crises.





3. *Working Through Concerns, Doubts, or Fears*

GETTING MARRIED IS A HUGE DECISION.

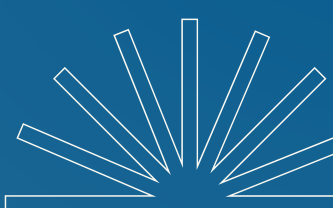
So if either of you has questions, hesitations, or unresolved tension—it's better to **face it before** you walk down the aisle.

NICC THERAPY GIVES YOU A SPACE TO:

1. **Talk openly** about doubts without judgment
2. **Identify patterns** that feel confusing or frustrating
3. **Name and explore** the deeper fears beneath the surface

These moments aren't signs you're failing—**they're invitations** to build trust and intimacy.

Often, what comes up in premarital therapy becomes the very material God uses to
STRENGTHEN YOUR UNION.





4. *Practicing New Skills and Growing Together*

NICC IS EXPERIENTIAL.

That means you won't just learn about healthy relationships—**you'll practice them.**

YOU'LL UNPACK:

- **Communicating** vulnerably in real-time
- **Listening** without defensiveness
- **Naming** needs and working through repair
- **Exploring** connection and intimacy in a healthy, biblical framework



Your therapist will coach and **GUIDE** you as you practice how to navigate your **DIFFERENCES**, honor one another's design, and build unity even in **DISAGREEMENT.**



5 *Preparing for Marriage with Confidence and Joy*

CHECK IN.

Preparing for your future together comes through many small **building blocks**, so we're here to guide you through the blueprints.

AS YOU PROGRESS, YOU'LL:

- **Consolidate** what you've learned
- **Revisit** your SYMBIS insights with fresh understanding
- **Celebrate** your growth and identify tools to carry forward
- **Receive** personalized guidance for preparing spiritually and relationally for the transition ahead



NICC premarital counseling isn't just PREPARING you for a wedding day. It's preparing you for a lifetime of COVENANT CONNECTION through every season, every joy, and every trial.



What Couples Say About NICC Premarital Therapy



“WE THOUGHT WE HAD GREAT COMMUNICATION—THEN THIS PROCESS SHOWED US WHERE WE STILL HAD WORK TO DO, AND HOW TO DO IT.”

“THE SYMBIS GAVE US SO MUCH INSIGHT INTO EACH OTHER’S WIRING. I FELT LIKE I UNDERSTOOD MY FIANCÉ IN A WHOLE NEW WAY.”

“WE HAD SOME DOUBTS COMING IN. BUT NOW WE FEEL CLEAR, CONFIDENT, AND EXCITED TO SAY YES.”



“THIS WAS THE BEST INVESTMENT IN OUR FUTURE. WE’LL BE DRAWING FROM THESE TOOLS FOR YEARS.”

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It's Not Just Counseling— It's a Covenant Investment



PREMARITAL COUNSELING WITH NICC
IS A GIFT TO YOUR FUTURE.

We're not just hoping for a great marriage. We're building one—with **intention, honesty, and faith.**

**AND YOU DON'T HAVE TO DO IT
ALONE.**

Your therapist will **walk** with you, help you **explore** the hard stuff, **celebrate** the good stuff, and **equip** you to love each other with **maturity, grace, and joy.**

THIS IS WHAT LOVE LOOKS LIKE WITH
JESUS AT THE CENTER.



MYCOUNSELOR.ONLINE

Thank You!



MyCounselor.Online Founders:
Josh & Cassie Spurlock

GET STARTED!



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COUNSELOR
FAITH-BASED ONLINE THERAPY



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