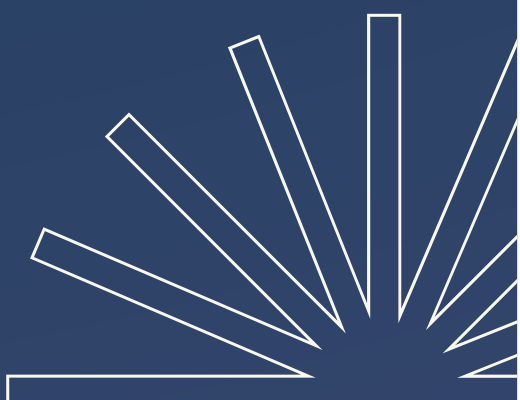




WHAT TO EXPECT FROM YOUR *Couples* NICC THERAPY SESSION



[*dive in!*]





Healing Together: A Christ-Centered Path to Connection and Change



ADDRESSING YOUR FEARS...

Whether you're **newly married**, **years** into partnership, or somewhere **in between**, every couple faces **seasons** of strain. Misunderstandings pile up.

Old hurts **resurface**. The spark **dims** under the weight of stress, unmet needs, or unresolved pain. It's in **these moments** that many couples reach out—but often with fear:

WILL THIS WORK?
WILL WE BE OKAY?





That's Where NICC Therapy Comes In.



Rooted in both **Scripture** and neuroscience, **Neuroscience Informed Christian Counseling®** for couples offers a relationally **safe, Spirit-led process** that helps you move from:

- DISCONNECTION TO **DEEPER INTIMACY**
- FROM REACTIVITY TO **HEALING**
- AND FROM SURVIVAL TO **SACRED PARTNERSHIP**

Let's explore **5 things** you can expect from your first NICC couple's counseling session...





1. *Relational Reconnection & Intentional Check-In*

Each session begins with a few moments of **settling in**. Your NICC therapist will **attune** to both of you—emotionally, spiritually, and physiologically.

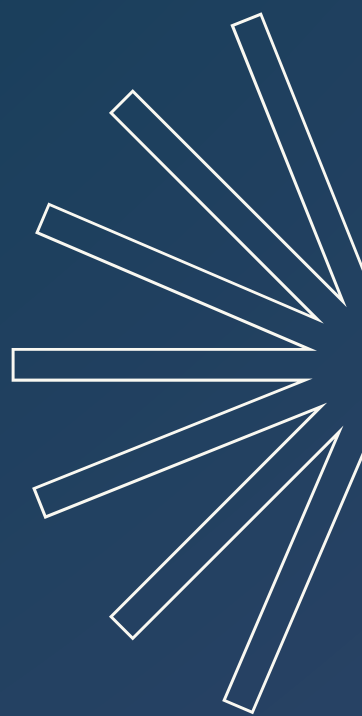
This opening is a space to **reorient** to one another and to the work.

DO YOU NOTICE ANY:

- **Tension?**
- **Distance?**
- **Hope?**
- **Hesitation?**

Our goal isn't to dive into problems **right away**—it's to begin from a place of felt **safety** and mutual presence.

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





2. *Listening to the Body* -TOGETHER

NICC therapy is grounded in the belief that your **nervous system** knows things your **mind** hasn't yet articulated.

That's why early in the session, we **invite** both partners to pause, turn inward, and notice what's happening in their **body**.

YOUR THERAPIST MIGHT ASK:

- "What are you **feeling** in your body right now?"
- "What feels most **alive**, tender, or activated?"
- "What feels like the most **important** thing to give attention to first?"

By inviting BOTH of you to co-regulate and reflect, we create a space where hidden dynamics come into view—and the REAL issues beneath the surface can begin to SPEAK.





3 • *Exploring the Deeper Layers of Conflict*

What's often called a “**communication problem**” is usually a cycle—a recurring pattern driven by **unmet** needs, **unspoken** fears, or **misunderstood** bids for **connection**.

YOUR NICC THERAPISTS WILL HELP YOU:

- **Slow down** the conflict cycle so we can **observe** it together
- Get **curious** about what's really happening **underneath** the arguments
- **Understand** the attachment needs, longings, and **protective** parts at play
- Begin to **name** what's been **missing**, not just what's been wrong

This is not about BLAME. It's about clarity.
And clarity leads to COMPASSION.



4. *Practicing New Ways of Relating*

NICC therapy doesn't stop at **insight**—we move into **interaction**. Your therapist will gently facilitate real-time conversations between you, helping each of you **communicate** from the heart—and **hear** each other in new ways.

YOU'LL LEARN HOW TO:

- Share **vulnerable emotions** without spiraling into defense
- Recognize and **regulate** your nervous system in the moment
- Offer **empathy** and validation—even when it's hard
- Speak your **truth with love**, and listen with compassion

Through these **guided** interactions, you'll begin to experience something powerful: **REPAIR**. Moments of disconnection are met with **connection**. Old dynamics give way to **new** ones.

Your RELATIONAL muscle begins to strengthen—and HEALING begins.



5. *Consolidating Growth for Life Beyond the Couch*

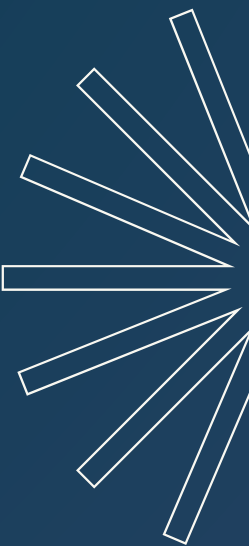
After each **meaningful experience** or breakthrough, we **pause** to **reflect** and **solidify**.

YOUR THERAPIST WILL HELP YOU:

- **Identify** what shifted or softened in the session
- **Name** the skills or new insights that emerged
- **Practice** how to take these new relational patterns home

Healing isn't just about what **happens** in session—it's about what you **carry** with you.

NICC therapy helps you weave these moments into DAILY LIFE, so that your relationship doesn't just survive conflict, but GROWS STRONGER because of it.



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What You'll Experience As A Couple



You might **cry**. You might **laugh**. You might finally **understand** something about your partner—or yourself—that **changes** everything. It's **sacred ground**.

AND YOU DON'T HAVE TO WALK IT ALONE.

**"IT'S A SAFE SPACE WHERE
BOTH PARTNERS FEEL SEEN AND
SUPPORTED."**

**"A PROCESS THAT GETS
BENEATH SURFACE FIGHTS TO
THE HEART OF THE ISSUE."**

**"THERAPY IS A NEW WAY
OF EXPERIENCING EMOTION
—RATHER THAN REACTING
FROM IT."**



**"IT'S A PLACE WHERE JESUS
MEETS US IN OUR PAIN AND HELPS
US RESTORE CONNECTION
TOGETHER."**

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A *Relationship Worth the Risk*



NICC couples therapy is not a **quick fix**. It's not about **learning** tips or tricks.

It's about **TRANSFORMATION**—from the inside out, from the nervous system up, and from the false self into the **Christ-centered bond** you were created for.

And most importantly, you'll be doing it **TOGETHER**—learning not just how to resolve issues, but how to be a **safe, healing presence** for one another.



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



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Thank You!



MyCounselor.Online Founders:
Josh & Cassie Spurlock

GET STARTED!



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