



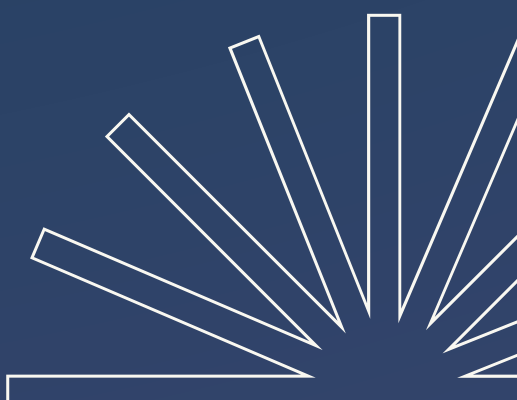
WHAT TO EXPECT FROM YOUR

*Adult
Family*

NICC THERAPY SESSION



[dive in!]

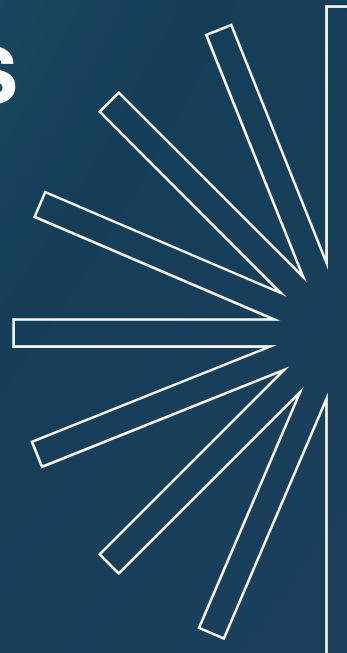




Adult Families Healing Across Distance, History, and Hurt

EVERY FAMILY CARRIES A STORY. SOMETIMES IT'S JOYFUL. SOMETIMES IT'S PAINFUL. OFTEN—IT'S BOTH.

If your family is **entering therapy**, it may be because something important has been **lost**: trust, connection, clarity, or peace. Perhaps there's been tension simmering for years, or a recent event—a wedding, a funeral, a holiday, or a crisis—has brought old fractures into sharp relief.



At **MyCounselor.Online**, we specialize in **adult family therapy** that meets families right where they are—even when they're miles apart. Our secure telehealth platform makes it **possible** for family members across time zones and generations to **gather together** in one sacred, healing space.

Whether you're hoping to **reconnect** before Thanksgiving, **make peace** after years of distance, or **face a loss** with more unity than regret—**we're here to help.**






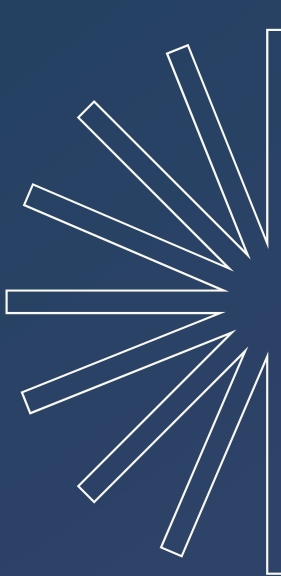

A Unique Opportunity: Online Therapy Across Generations and Geography

For many adult families, **distance**—both **emotional** and **geographic**—has **shaped** the relationship for years. Siblings live in **different states**. Parents and adult children **don't talk** as often as they used to. **Conflict avoidance has become the default.**

NICC family therapy offers a new possibility:

- A **safe** and **structured** space to speak honestly and listen deeply
- A way to **gather** without the pressure of “the big event” (weddings, funerals, holidays)
- A **chance to heal** across time and space—without waiting until it's too late

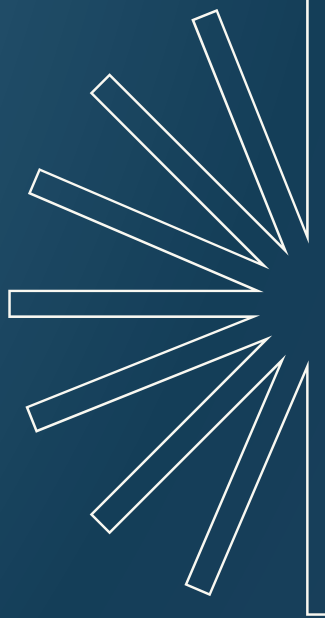
Whether you're three people or seven, in one house or five cities, your family can come together here to do **SACRED, IMPORTANT WORK.**



Here's **5 steps** of what to expect as you begin this journey together...



1. *Creating a Safe Foundation for Everyone*



In many families, there's at least **one person** who's anxious, unsure, or resistant to counseling. **That's okay!**

IN THE FIRST FEW SESSIONS, YOUR NICC THERAPIST WILL:

- Get to **know** each family member individually and collectively.
- Set clear **agreements** around emotional safety, respect, and participation.
- **Explore** what brought the family to therapy and what each person hopes for.

Every session begins with this step so we can turn the world off and create a safe space for **healing** to begin.

We meet everyone with compassion, honoring the courage it takes to even **SHOW UP**.



2. *Listening to the Nervous System—Even in a Group*



NICC therapy doesn't just focus on what's **said**—it listens to what's **felt**.

THAT MEANS WE SLOW DOWN TO NOTICE:

- When someone's body **tightens** or **shuts down**
- When **tension** or **overwhelm** begins to rise
- When **old family roles** or **dynamics** reappear in real-time

Your therapist will help the group track these moments with **curiosity**—not blame.

As we learn to listen to the body and emotions, we discover the real stories
UNDERNEATH THE REACTIONS.



3 • *Naming the Patterns & Navigating the Pain*

Most family pain lives in **cycles**—repeating patterns of conflict, avoidance, triangulation, or silence.

IN NICC, WE HELP YOUR FAMILY:

- **Identify** generational scripts and unspoken rules
- **Explore** unmet needs that shaped past behaviors
- **Clarify** roles you may have outgrown but still feel stuck in (e.g., peacemaker, scapegoat, fixer)
- **Begin processing** long-held pain, disappointments, or misunderstandings—with guidance and safety

Every hurt carries information about what your soul needed but didn't receive. And every **honest** conversation opens the door to **healing**.

We don't dig into the past to relive pain—we revisit it to REDEEM it.

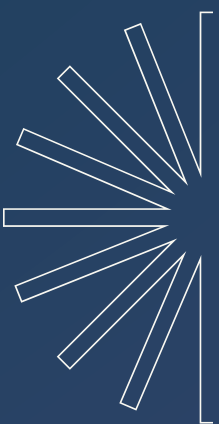


4. *Practicing New Interactions in Real Time*

NICC family therapy includes **facilitated conversations** that help you speak to one another in **new ways**.

YOUR THERAPIST WILL GUIDE MOMENTS LIKE:

- **Expressing** regret or acknowledgment for past harm
- **Validating** a sibling or parent's experience—even if it's different from your own
- **Requesting** something new in the relationship (boundaries, understanding, connection)
- **Naming** and releasing old roles or family myths



These moments are powerful—and often emotional. But they're also **transformative**.

You'll begin to experience a new way of being family, one grounded in truth, grace, and EMOTIONAL MATURITY.



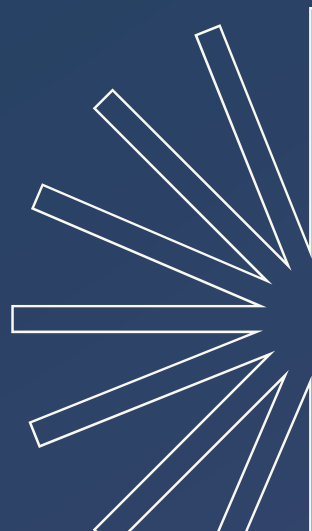
5 • *Integrating the Healing & Planning What's Next*

You may not realize it, but healing is happening, slowly but surely. What happens next?

AT THE CLOSE OF EACH SESSION, YOUR THERAPIST WILL HELP THE GROUP:

- **Reflect** on what shifted, softened, or became clear
- **Identify** practices to support healing between sessions
- **Prepare** for upcoming events (holidays, funerals, family reunions) with greater intentionality

Sometimes, your therapist may meet with certain family members **individually** or in smaller groups to support parallel work.



Every piece of the process is tailored to the complexity and beauty of
YOUR FAMILIE'S STORY.

MYCOUNSELOR.ONLINE



What Families Say About NICC Family Therapy

**MANY FAMILIES DESCRIBE THE
EXPERIENCE LIKE THIS:**

**"I DIDN'T KNOW WE COULD TALK
ABOUT THIS WITHOUT FIGHTING."**

**"WE'VE AVOIDED THIS FOR 10
YEARS... BUT NOW IT FINALLY
FEELS SAFE."**

**"I DIDN'T EVEN REALIZE HOW
MUCH PAIN I WAS CARRYING
UNTIL SOMEONE MADE SPACE
FOR IT."**

**"IT'S LIKE WE'RE ACTUALLY
HEARING EACH OTHER FOR
THE FIRST TIME."**

**"IT FELT AWKWARD AT FIRST...
BUT NOW I LOOK FORWARD
TO THESE MEETINGS."**

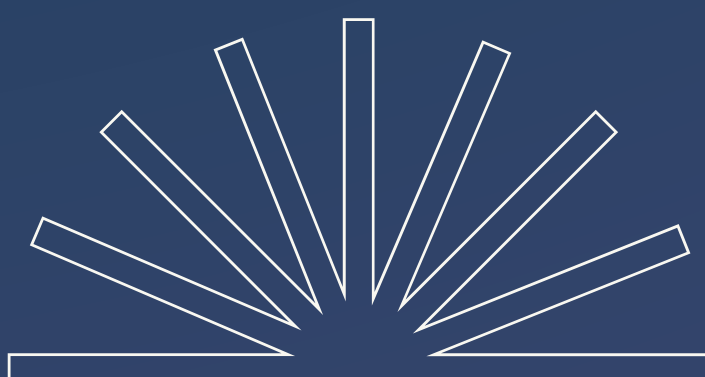




What Makes NICC Family Therapy Different?

NICC FAMILY THERAPY IS:

- **Neuroscience-informed** – We help your family shift out of old fight/flight/freeze patterns and into connection.
- **Trauma-aware** – We create safety for family members with complex histories, PTSD, or emotional wounds.
- **Faith-centered** – We honor the redemptive work of Christ and His desire to bring peace and restoration to every relationship.
- **Online-native** – Our platform is purpose-built for remote therapy, giving your family access to healing no matter where you live





There's Still Time to Heal



**FAMILY THERAPY ISN'T JUST FOR
CRISES. IT'S FOR LEGACY.**

For showing up to do the hard but holy work of **reconciliation**. For refusing to let another holiday pass with tension, silence, or regret.

Whether your story includes deep **betrayal**, subtle **disconnection**, years of **distance**, or just a sense that something isn't working —**this space is for you.**



IT'S NOT TOO LATE!
Your family can still heal.
And you don't have to figure it
out alone.

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Thank You!



MyCounselor.Online Founders:
Josh & Cassie Spurlock

GET STARTED!



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