



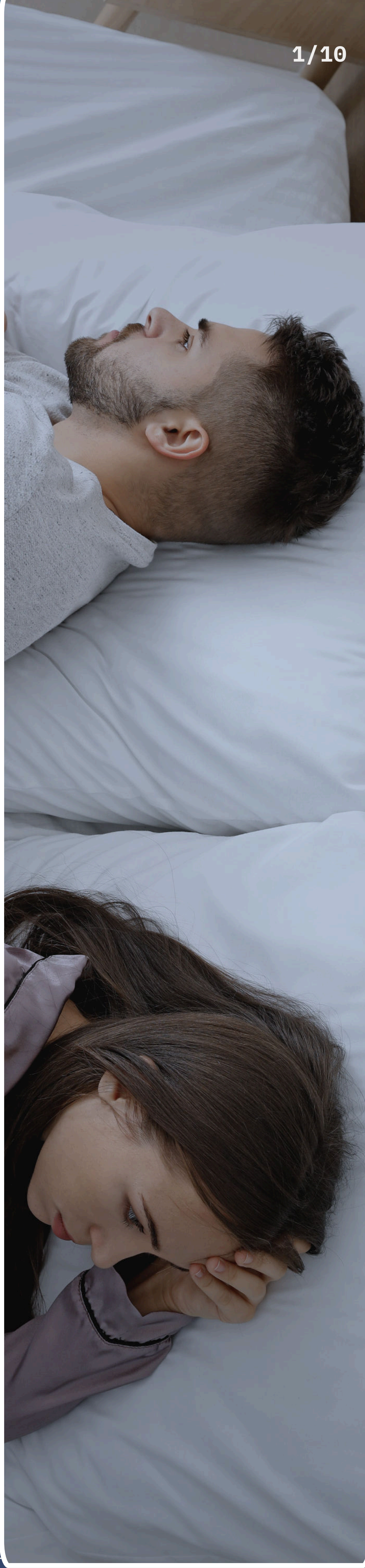
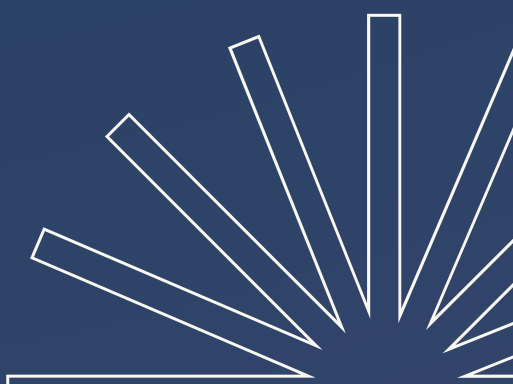
# WHAT TO EXPECT FROM YOUR NICC

*Sex  
Therapy*

SESSION



[ dive in! ]





# Restoring Intimacy. Rebuilding Connection. Reclaiming Sacred Joy.



**Sexual intimacy** can be one of the most **vulnerable, beautiful, and complex** aspects of a marriage. When that part of the relationship **isn't working**—whether because of shame, pain, avoidance, trauma, or disconnection—it can feel **confusing and discouraging for both partners**.

**You might wonder:** Is this normal? Are we broken? **Can we even talk about this** in counseling— especially as Christians?

**Yes. You can. And you're not alone.**

NICC sex therapy offers a **sacred**, clinically **grounded**, biblically **faithful** space where both the body and the soul are **honored**— and where healing and intimacy are **not just possible, but expected**.

Here's the 5 STEPS of what you can expect in a NICC couples session focused on sex therapy:







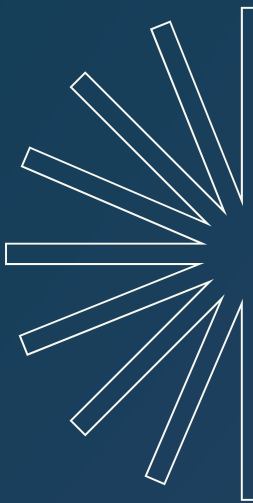
# 1. *Relational & Sexual Check*

## WE START BY RECONNECTING.

Not just **emotionally**, but relationally and practically.

## YOUR THERAPIST WILL:

- **Check in** on how each of you are doing today.
- **Ask** how you're feeling emotionally, physically, and spiritually as you enter the session.
- **Review** any home exercises you were invited to try since your last meeting:
  - What was helpful?
  - What was hard?
  - What felt awkward, surprising, vulnerable, or encouraging?



This isn't a pop quiz. There's no pressure to have performed anything perfectly. This is about NAMING what happened—and what got in the way, so we can gently EXPLORE it together.



# 2 *Listening to the Body & Exploring the • Experience*



**IN SEX THERAPY, WE GIVE SPECIAL  
ATTENTION TO YOUR BODY...**

Not just as an instrument of **pleasure**, but  
as a God-designed communication system  
that reveals where **healing** is needed.

**YOUR THERAPIST WILL INVITE EACH OF  
YOU TO REFLECT ON:**

- What are you **noticing** in your body as we talk about intimacy?
- What **emotions** came up during or after the home exercises?
- Did any **parts** of you shut down, feel pressure, go numb, feel panic, or want to hide?
- What **felt** open, alive, or hopeful?

These reflections help surface not only  
physiological cues, but also the emotional  
and spiritual stories that are interwoven  
with your sexual experience—  
**PAST and PRESENT.**



# 3. *Working Through What Got Stuck*



## HOME EXERCISES.

Many couples run into difficulties with home exercises—this is **normal** and expected.

### NICC SEX THERAPY SESSIONS PROVIDE A SAFE SPACE TO EXPLORE:

- Where emotional **disconnection**, anxiety, or past trauma may have **surfaced**.
- What **meanings** or **messages** got triggered around desire, performance, shame, or worth.
- Where one or both **partners felt** pressure, fear, frustration, or inadequacy.

Rather than trying to “fix” the stuck places, we **get curious** about them. We look underneath the moment to discover the unmet need, wounded part, or protective habit trying to **speak**.

In this space, we begin to understand:  
It's not that something's wrong with us  
—it's that something in us  
**STILL NEEDS CARE.**





# 4. *Facilitating New Interactions & Intimacy*

## NICC SEX THERAPY DOESN'T STOP AT INSIGHT.

We practice new ways of relating—not just emotionally, but sexually, physically, spiritually.

### YOUR THERAPIST WILL GUIDE YOU THROUGH REAL-TIME INTERACTIONS, SUCH AS:

- **Expressing** sexual needs or fears with emotional honesty
- **Offering validation** or curiosity in response to your partner's vulnerability
- **Exploring imagery**, embodiment, or sensory-focused touch exercises together
- **Naming** and working through ruptures that happen even as you try to connect



This is how **healing intimacy begins**—not through pressure or performance, but through gentle, **co-regulated** experience, where you feel **safe** enough to show up fully and freely.

The goal isn't just better sex—it's bonding, joy, and wholeness that flows from a **DEEPER CONNECTION.**



# 5 • *Consolidating & Assigning Next Steps*

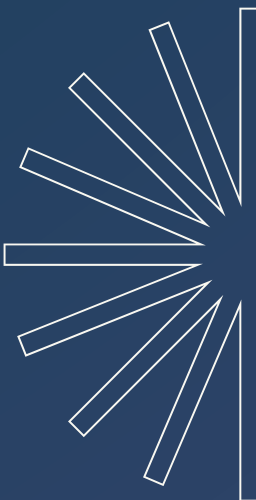
## ENDING YOUR SESSION...

At the close of each session, your therapist will help you **reflect** on:

1. What **shifted** in your understanding or experience today?
2. What felt **different** in how you related to one another?
3. What do you want to **carry** forward into your shared life?

## THEN, TOGETHER, YOU'LL DECIDE ON THE NEXT STEP IN YOUR JOURNEY:

- **Finding** a new home exercise to deepen comfort, connection, or play.
- **repeating** a previous assignment with new insight.
- **focusing** more on regulation, attachment repair, or trauma care before returning to physical intimacy.



There is no **pressure** to move faster than your nervous system or relationship can tolerate.

The pacing is tailored to where you're at, and GROUNDED in safety, compassion, and spiritual integrity.

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# What Sex Therapy Feels Like in NICC



**COUPLES OFTEN DESCRIBE  
NICC SEX THERAPY AS:**

**“A PLACE WHERE SHAME  
FINALLY LOSES ITS GRIP.”**

**“A JOURNEY WHERE JESUS  
MEETS THEM—NOT OUTSIDE  
THE BEDROOM, BUT RIGHT IN  
THE MIDDLE OF IT.”**

**“A GENTLE UNCOVERING  
OF FALSE BELIEFS AND  
PAINFUL SCRIPTS.”**

**“A SURPRISING RETURN TO  
PLAY, JOY, AND  
EMOTIONAL INTIMACY.”**

**“A HEALING SPACE WHERE  
FAITH AND SEXUALITY ARE  
INTEGRATED, NOT IN  
CONFLICT.”**







# *A Sacred Invitation...*

**Sex isn't just physical.** It's emotional. Spiritual. Relational. It's a **covenantal** act designed by God to **reflect** His love, delight, and unity. And when that connection is **blocked**, it **affects everything**.

**NICC sex therapy** doesn't just help you have sex—it helps you **heal into wholeness, together**. It's not about obligation. It's about **invitation**. An invitation into safety, pleasure, intimacy, and **spiritual union** that reflects the heart of God.

**You're not alone in this.** You're not broken beyond repair. **And you don't have to figure it out on your own.**



Let us walk with you as you  
rediscover what intimacy was always  
meant to be:  
**SACRED, CONNECTED, AND GOOD.**

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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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**1+855-593-4357**



**Receptionist@MyCounselor.Online**