



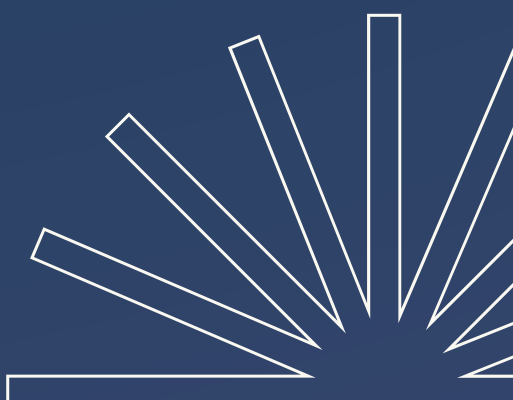
WHAT TO EXPECT FROM YOUR NICC

*Infidelity
Recovery*

SESSION

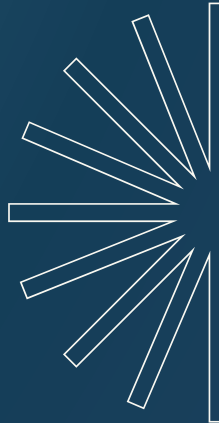


[dive in!]





For Couples Healing from Infidelity, Pornography, or Sexual Addiction...



When **sexual betrayal** enters a marriage—whether through an affair, pornography, or compulsive sexual behavior—the pain can feel shattering. Trust **breaks**. Safety **disappears**. Love begins to feel **risky**, and intimacy may seem **impossible**.

And yet, in NICC therapy, we believe **healing is possible**. Not by rushing forgiveness or minimizing pain, but by creating a **sacred space** where truth can be told, trauma can be witnessed, and **God's redemptive power can rebuild what was broken**.

This isn't just about **fixing** a marriage. It's about **healing** two souls and reimagining a relationship that's **stronger, safer**, and more **sacred** than before.

Here's 5 STEPS you can expect to experience when entering NICC therapy for infidelity or sexual addiction
RECOVERY...





1. *Grounding in Safety & Stabilization*

WE BEGIN EVERY SESSION WITH ATTUNEMENT.

To you, to one another, and to the moment. In early stages of betrayal recovery...



YOUR THERAPIST WILL:

- **Help** set the **emotional frame** for the session—honoring how raw or fragile each of you may be **feeling**.
- **Check in** with how the week went, especially around relational safety, emotional triggers, or setbacks in **recovery** efforts.
- If applicable, **debrief** any homework, such as recovery commitments, therapeutic disclosures, or **regulation** strategies.

This is not a place for PRESSURE. It's a space for HONEST connection at a trauma-informed pace.



2 • *Attuning to the Nervous System & Listening to the Body*

BETRAYAL, TRAUMA, AND ADDICTION DEEPLY IMPACT THE NERVOUS SYSTEM.

NICC therapists guide both partners to notice what's happening inside— **physiologically** and **emotionally**.

YOUR THERAPIST MAY ASK:



- “What’s showing up in your **body** right now as you **think** about that moment?”
- “What part of you is **feeling** defensive, ashamed, or shut down?”
- “What does your body **need** to feel **safe** enough to stay present?”

This embodied approach **slows down** reactivity and creates space for emotion to be **honored** without being hijacked. Especially in recovery, this is essential.

We don’t bypass PAIN, but we don’t let it flood either.



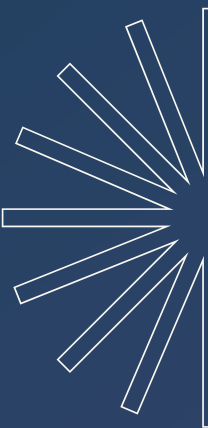
3. *Working Through Disclosure*

DAMAGE, AND THE DEEPER WHY.

In NICCC betrayal recovery, we move toward the **truth**—not just of what happened, but of why it happened and how it **impacted** both of you.

THIS INCLUDES:

- **Full disclosure** work in a structured, safe, and guided way
- **Processing** the **trauma responses** of the betrayed partner—shock, hypervigilance, grief, or numbness
- **Exploring** the **internal world** of the betraying partner—not to excuse behavior, but to **understand** the unhealed wounds, unmet needs, or immature coping strategies that fueled it.



This is a sacred excavation. As we uncover the CYCLE beneath the betrayal, we begin to disempower it—and open space for
TRANSFORMATION.



4. *Practicing Repair & Rebuilding Real Connection*

**NICC DOESN'T JUST ANALYZE BETRAYAL—
IT HELPS YOU REPAIR FROM IT.**

Your therapist will facilitate **intentional**,
emotionally **safe** conversations between you.

THIS INCLUDES:

- **Empathy practices**, where the offending partner learns how to attune to the pain they caused without defensiveness
- **The betrayed partner** learning how to share honestly—rage, grief, fear, longing—without being alone in it
- **Guided moments of connection:** expressing regret, validating hurt, setting boundaries, offering presence

Over time, you'll begin to practice new relational dynamics built on:

TRANSPARENCY over secrecy;
SAFETY over intensity;
emotional CLOSENESS over
compulsive distance;
and real INTIMACY over counterfeit
connection.





5. *Building a New Future—Together*

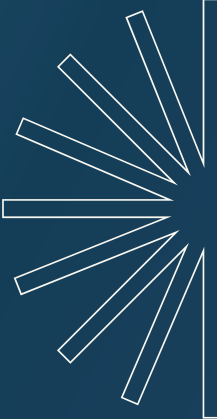
YOU WON'T BE HANDED GENERIC ASSIGNMENTS.

Each session ends with reflection and forward movement.

YOUR THERAPIST WILL HELP YOU:

- **Integrate** what was gained, released, or confronted in the session
- **Make meaning** of where you are in your healing journey
- **Create** tailored home practices, which may include:
 - **Recovery** routines and accountability rhythms
 - **Exercises** to increase emotional and sexual safety
 - **Trust-building** behaviors and rituals of connection
 - **Personal** work on shame, grief, and identity

Your healing roadmap will be specific to your STORY, your wounds, and your God-given capacity for REDEMPTION.



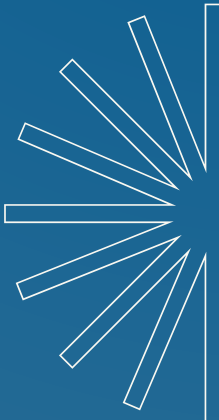


Healing the Sexual Relationship

SEXUAL INTIMACY IN RECOVERY IS TENDER.

For many couples, it's one of the most **confusing** and **triggering** parts of the journey. NICC sex therapy provides a **safe, Spirit-led** path for:

1. **Rebuilding sexual safety** after betrayal or addiction
2. **Exploring** fears, shutdowns, and intrusive thoughts
3. **Working through** avoidance or hypersexuality responses
4. **Redeeming** the beauty of sexual connection, not as a duty—but as a gift



When both partners are ready, your therapist will gently **guide** you into restorative, embodied experiences that reweave pleasure, trust, and delight into your sexual story.

This doesn't happen all at once. But it can happen. And we will walk with you each step of the way



What NICC Betrayal Recovery Feels Like

**MANY COUPLES DESCRIBE
NICC BETRAYAL RECOVERY AS:**

**"THE FIRST PLACE WE
COULD TELL THE TRUTH
AND NOT BREAK APART"**

**"HARD—BUT FINALLY
HEALING"**

**"A SPACE WHERE JESUS
MET US WHEN WE THOUGHT
IT WAS TOO LATE"**

**"A ROADMAP WHEN WE
DIDN'T KNOW WHAT
CAME NEXT"**

**"THE MOST SACRED AND
PAINFUL WORK WE'VE EVER
DONE—AND WORTH IT"**



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A Word of Hope...



Betrayal can **fracture trust**—but it **DOESN'T** have to be the **end of your story**. With courage, truth, and the presence of Christ, it can become the **BEGINNING** of a **deeper story**. A story of **healing. Redemption**. And reclaimed **covenant** love.

NICC therapy doesn't offer a quick fix. But it does offer **a way forward**. A way to move from fractured to **fortified**, from shattered to **whole**, and from disconnected to deeply known and **loved**.

YOU DON'T HAVE TO WALK THIS ALONE. AND YOU DON'T HAVE TO STAY STUCK IN THE FALSE SELF.

Healing is hard—but it's holy.
And it's possible.
One step at a time.

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Thank You!



MyCounselor.Online Founders:
Josh & Cassie Spurlock

GET STARTED!



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COUNSELOR
FAITH-BASED ONLINE THERAPY



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