

NICC – Memory Reconsolidation

<i>Therapeutic Reconsolidation Process</i>		<i>Neuroscience Informed Christian Counseling®</i>
I. Accessing sequence	A. Symptom identification	<i>Defensive phase: Task #3 Befriend defense</i> - <i>Embodied Spirituality</i> (moment-to-moment tracking, entry to here-and-now, listen to nervous system, vagal noticing) - <i>BrainSync</i> (sharing) - <i>Thrive-Drive Spotlight</i> (notice, deepen, celebrate) - <i>Self-Compassion</i> (welcome, validate, reframe)
	B. Retrieval of target learning (symptom-requiring schema)	
	C. Identification of disconfirming knowledge	
II. Transformation sequence	1. Reactivation of symptom requiring schema (B)	<i>Openhearted phase: Task #4 Feel-It-Thru</i> - <i>Feel-It-Thru</i> (noticing, heightening, deepening, naming) - <i>Mismatch</i> (reframe experience, following feelings, bridging, identify mismatch)
	2. Activation of disconfirming knowledge (C), mismatching symptom-requiring schema (B)	<i>Openhearted phase: Task #5 Transform Wounded Parts</i> - <i>Mismatch</i> (enact mismatch) - <i>Imagery</i> (processing feelings, processing memory) - <i>Feel-It-Thru</i> (completing) - <i>BrainSync</i> (baring) - <i>Limited Reparenting (connection, independence, reality, feelings, spirituality)</i>
	3. Repetitions of (B)-(C) pairing	<i>Replay phase: Task #6 (r)eplay</i> - <i>Replay</i> (intra/interpersonal reflection,) <i>Replay phase: Task #7 Anchor</i> - <i>Replay</i> (name the emerging, co-construct anchor, facilitate new narrative)
III. Verification phase	V. Observation of key markers: - Emotional non-reactivation - Symptom cessation - Effortless permanence	<i>Wrap Up: Task #9 wrap-up</i> - <i>Meeting replay, Anchor Review</i> - <i>Feel-It-Thru</i> (verify completion, discern action) <i>Get Started: Task #1 Get Started</i> - <i>Anchor Review</i> <i>Journey Step #2 – Goal Setting/Review</i>