

## NICC Model Relationship Chart

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NICC	EFT	AEDP	EMDR	MR	Description
					<p><b>NICC</b> – Course Work</p> <p><b>EFT</b> – Tango</p> <p><b>AEDP</b> – 4 State Transformational Process</p> <p><b>EMDR</b> – 8 Phases of EMDR Therapy</p> <p><b>MR</b> – Therapeutic Reconsolidation Process</p>
<p>START HERE: Feelings Work</p> <p>Defensive Phase</p>	Move 1	State 1	Phase 3 Phase 4 Phase 6	A-B-2	<p><b>NICC</b></p> <p>Paying attention to feelings, listening to and following emerging feelings (START HERE: Feelings Work), befriending defensive players (Defensive Phase)</p> <p><b>EFT</b></p> <p>Mirroring/Reflecting Present Processes (Move 1)</p> <p><b>AEDP</b></p> <p>“Top of Triangle Work” – Working w/ Anxiety &amp; Defenses (State 1)</p> <p><b>EMDR</b></p> <p>Assessment (Phase 3), Desensitization (Phase 4), Body Scan (Phase 6)</p> <p><b>MR</b></p> <p>Symptom identification (A), Retrieval of target learning (B), Activation of disconfirming knowledge (2), mismatching symptom requiring schema (B)</p>
Open-Hearted Phase	Move 2	State 2		1-2	<p><b>NICC</b></p> <p>Feelings work, Injured player work (Open-Hearted Phase)</p> <p><b>EFT</b></p> <p>Affect Assembly &amp; Deepening (Move 2), Choregraphing Engaged Encounters (Move 3)</p> <p><b>AEDP</b></p> <p>Adaptive Core Affective Experiences (State 2)</p> <p><b>EMDR</b></p> <p>Assessment (Phase 3), Desensitization (Phase 4), Body Scan (Phase 6)</p>
	Move 3			C-2	

					<p><b>MR</b> Reactivation of symptom-requiring schema (1), Activation of disconfirming knowledge (2), Identification of disconfirming knowledge (C)</p>
Replay Phase	Move 4	State 3	Phase 5	C-3	<p><b>NICC</b> Replaying and Anchoring transformational experience (Replay Phase) <b>EFT</b> Processing the Encounter (Move 4) <b>AEDP</b> Transformational Experiences “The Spiral” (State 3) <b>EMDR</b> Installation (Phase 5) <b>MR</b> Identification of disconfirming knowledge (C), Repetitions of (B)-(C) pairing (3)</p>
Thriving ‘Home’ Phase	Move 5	State 4	Phase 7		<p><b>NICC</b> Soaking-Up the Thriving experience <b>EFT</b> Integrating &amp; Validating (Move 5) <b>AEDP</b> CORE STATE and The Truth Sense (State 4) <b>EMDR</b> Closure (Phase 7) <b>MR</b> Identification of disconfirming knowledge (C), Repetitions of (B)-(C) pairing (3)</p>
<p>NICC – Neuroscience Informed Christian Counseling EFT – Emotionally Focused Couples Therapy AEDP – Accelerated Experiential Dynamic Psychotherapy EMDR – Eye Movement Desensitization and Reprocessing MR – Memory Reconsolidation</p>					