

NICC Training

Neuroscience Informed Christian Counseling

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NICC's Core Competencies & Markers - [#10 Mismatching](#)

Identifies implicit/procedural learnings by way of their affective markers, activates them, and engages them with contradictory experience that results in transformation.

The (implicit/unconscious) strategies in life that create our problems are responses to formative experiences. These strategies are transformed into helpful strategies through mismatching experiences. The aim of every intervention and nearly every interaction in NICC is mismatching experiences.

In neuroscience language, we are looking to identify and target core or implicit/procedural learning (strategies) by way of their affective (feeling) markers, activate them (bring them into present experience) and engage them with a different and contradictory experience (mismatching), either with the helper directly or through guided imagery, that results in transformation (limbic revision) of the strategy.

We identify and transform the *erroneous beliefs about self* derived from negative formative experiences of neglect or abuse that result in distortions in our internal working models of self and other (playbooks). The trauma induced meaning from these experiences are held by our wounded self, i.e., injured and defensive players. When we identify what was missing and its associated erroneous belief about self we can enact a mismatch creating a corrective emotional experience, transforming the playbook.

In NICC, Mismatch, is the neurological mechanism by which we move from original unhelpful formations to transformation. *It is the transformative experience under all transformative experiences.*

Mismatch Markers

10.1	Reframe Experience formative	Counselor reframes participant experience in terms of unhelpful experiences, developmental deficits, playbooks, and/or injured players.
10.2	Follow Feelings present	Counselor facilitates participant following feelings to near past / problems.
10.3	Bridging	Counselor facilitates participant bridging near past to far past, activating formative experience memory network.
10.4	Identify Mismatch	Counselor facilitates participant exploration and discovery of corrective experience necessary to transform unhelpful formative experiences / care for injured player.

10.5	Enact Mismatch corrective	Counselor collaborates with participant to enact mismatching / emotional experience and transform unhelpful formative experience / care for injured player.
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