



**HealthyBodyHealthyLife**  
with *Melissa Koerner*

## Total Transformation Module 3 – Part 7: How to Use the HURT (Healing Unresolved Trauma) Model

With Nutrition, Fitness & Integrative Medicine Health Coach Melissa Koerner

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### Using the HURT Model

- I'm going to walk you through the **HURT (Healing Un-Resolved Trauma) Model** that I learned from Dr. Keesha Ewers.
- The HURT Model is a tool you can use to experience **freedom** from held-onto hurts of all kinds.
- You'll use your **action step plan** to work through the HURT model for yourself.
- You'll start by recalling a **past hurt** you experienced.
  - It does **not** need to be a huge trauma.
  - **Every** child experiences hurt. (Trauma is a universal human experience.)
  - It might be **unresolved** trauma that is abuse, or it might be a life stressor that was your worst experience.
- Keep in mind that changing your behavior is **not** possible without first getting to the **root** of the meaning and belief that drive the behavior.

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## Using the HURT Model

1. Briefly write a **hurtful event** down.
  - What happened?
  - How old were you?
  - Who was present?
2. What **emotion(s)** do you feel as you recount this experience?
3. What do you **feel** in your body?
  - **Where** do you feel the emotion in your body?
4. What **meaning** did you create to explain the hurtful experience?
5. What **belief** did you construct about yourself?

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## Using the HURT Model

6. What **behavior** did you adopt to adapt to the meaning and belief?
7. How did this become part of **your story**?
  - How do you tell this part of your story **today**?
8. Have you noticed this **pattern** repeat as this button gets pushed?
  - What triggers it?
  - Who triggers it?
9. Are you **ready** and **willing** to break free of this pattern?

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If you get stuck with this exercise,  
I suggest finding a good  
**trauma release specialist.**

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## Trauma Release Therapies

- **Eye Movement Desensitization Re-Processing (EMDR):**
  - EMDR is a psychotherapy that enables people to heal from the symptoms and emotional distress that are the result of disturbing life experiences.
  - To learn more go to: <http://www.emdria.org>
- **Brain Spotting (BSP):**
  - BSP is a relatively new type of therapy designed to help people access, process, and overcome unprocessed trauma, negative emotions, and pain.
  - To learn more go to: <http://www.brainspotting.com>
- **Heart Centered Hypnotherapy:**
  - Heart-Centered Hypnotherapy is used to address various types of emotional, psychological, and many physical issues such as: anxiety, depression, PTSD, trauma, addictions, grief/loss, eating disorders and obesity, relationship and family issues.
  - To learn more go to: <http://wellness-institute.org>

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