



Michelle Hunt

Brainspotting Bio

Michelle is a Brainspotting practitioner, a mentor and coach, and a healer.

Her passion and purpose within her career has come from her own painful experiences becoming the portal for her own healing. This led her to a purpose driven path of helping others transform their lives from the inside out to find peace, joy, and satisfaction.

She has extensive training (and lived experience) with PTSD, and has seen up close and personal how a dysregulated nervous system impacts our daily lives, development, and ability to function in the world – especially within relationships.

She cherishes being a mother, sister, and a friend. Her hobbies and interests range from gardening, cooking, live music, and art, to snowboarding, hiking, boating, and camping.