



Psycho  
Neuro  
Energetics

# EUROPEAN PNE TRAINING

**Starting 31st of March 2025**

Judith Johnson, *Founder of PsychoNeuroEnergetic (PNE)*

Sieglinde Hieronymus, *European Coordinator, PNE Teacher*

# WHAT IS PNE

PNE is an approach to understanding and integrating traumatic imprints that affect the mental body, the physical body, the emotional body and the spiritual body. This work combines somatic facilitation, nervous system regulation techniques and hands-on neurosomatic point-holding that work directly with the vagus nerve to resolve trauma stored in the entire Human system.

Events occur in life that result in traumatic imprints, which leave behind a host of emotions and sensations that takes us out of our natural flow of being. These unprocessed emotions become stored in the body and can result in chronic stress, organ malfunction, hormonal imbalance, disease as well as disruptive behaviour patterns, hyper-reactivity, or a lack of enjoyment in life.

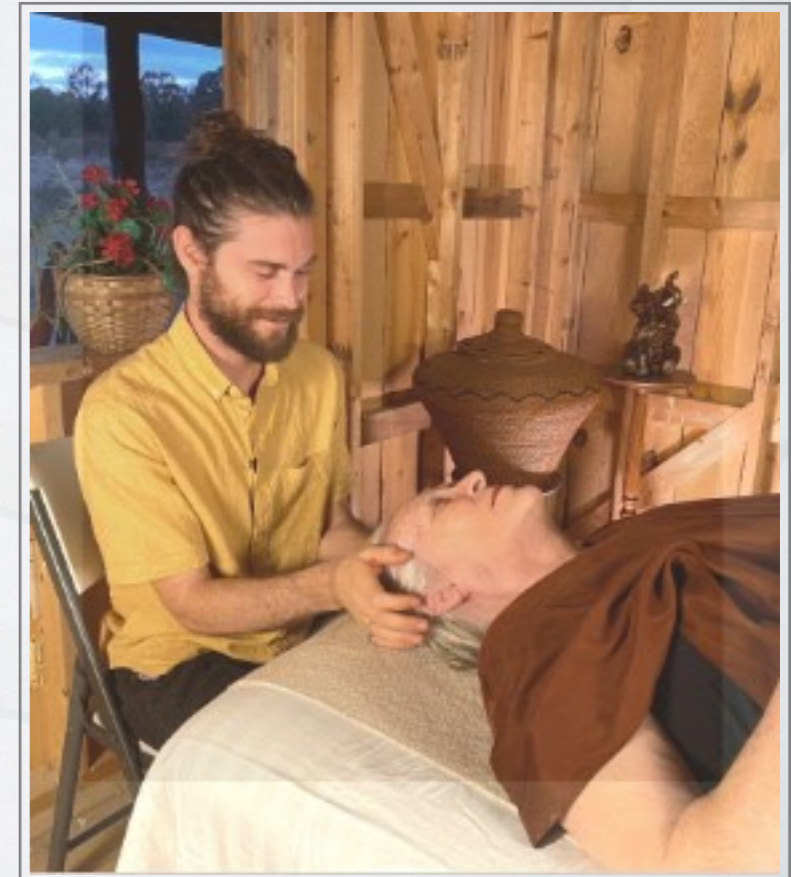
A PNE session offers a client a safe container to touch upon critical moments in their life, become conscious of limiting thought patterns and able to express and process long-buried emotions.

The comprehensive methodology of PNE works with the brain, the nervous system and the emotions and sensations in the body to release energy trapped in the body, transform dysfunctional patterns of behaviour and limiting beliefs. This work offers a powerful opportunity to internal transformation

PNE is about guiding people home to their natural state of being.

# WHAT YOU WILL LEARN

- Definitions and Effects of Traumatic Imprints in the Human System
- Structure and Function of the Autonomic Nervous System (ANS) and the Vagus Nerve
- Language of the ANS and its Connection to Trauma
- Exercises for Self-Regulation of the Vagus Nerve
- Building a Safe Container in the Work with Clients
- Facilitation of Body Sensations (Somatic Release Technique, SRT)
- Hands-On Balancing Techniques for the Nervous System
- Deepened Access to Unconscious Patterns and Traumatic Imprints through Neurosomatic Pressure Points
- Understanding how Body, Emotion and Mind work together
- Facilitation and Listening Skills for Body, Mind and Emotions
- First-Aid for Trauma in Real Time Scenario



# WHO IS INVITED TO JOIN

The PNE Training is open to health professionals as well as those without prior therapeutic training. It will serve as a container for personal growth or/and will give you a certification that will enable you to offer somatic healing and nervous system regulation to others.

A fundamental component of the PNE Training is to support you in your own personal healing. You will have the opportunity to receive multiple somatic and point holding sessions, as in order to maintain a grounded and open presence for clients, it is essential to do inner work.

Through the PNE Training you will learn to self-regulate through acquiring scientific and traditional knowledge, tools and techniques in order to show up fully in life.

Part of the beauty of PNE is how inevitably it will transform you - the practitioner. Whether you are in the training receiving sessions or offering PNE sessions to clients, you will experience a fundamental re-patterning and reclamation of self through this work.



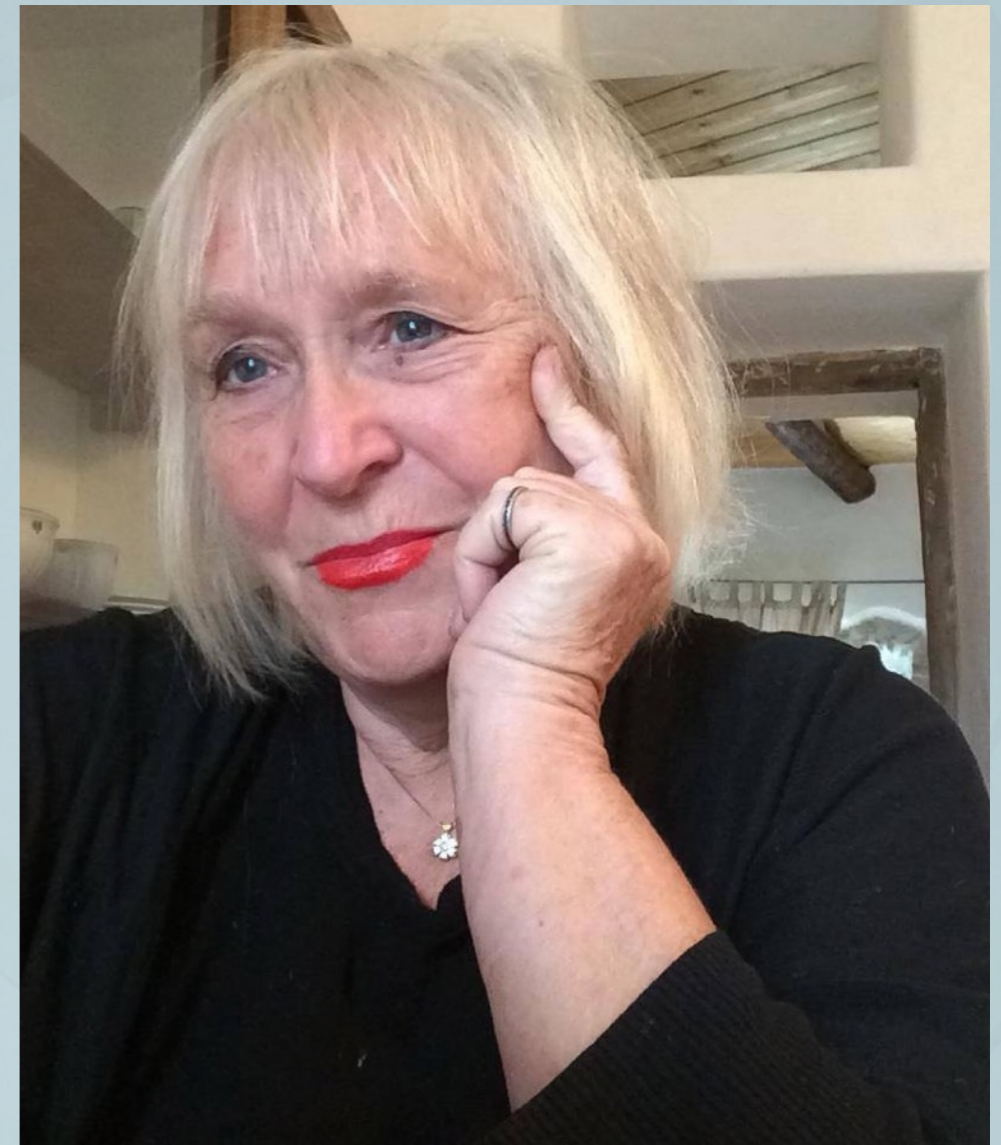
# JUDITH JOHNSON

## Founder of PNE and Lead Teacher

Judith was a maverick in the early movement for body-oriented therapies. Her greatest passion has always been in the development of methodologies and programs that transform hearts and minds, and optimize wellness. Before PsychoNeuroEnergetics (PNE), she completed trainings in Transactional Analysis, Gestalt therapies, and body-oriented psychotherapies such as Neo-Reichian and Radix Therapy.

After years of training in various modalities, Judith was still in search of a breakthrough therapy that would integrate the body, emotions, and mind. Her further training in Body Electronics with John Ray and familiarity with the work of Peter Levine gave her the context for the development of PNE.

Judith's current project is studying and integrating Stephen Porges' Polyvagal Theory and his work on the Social Engagement Theory with her teaching and practice of PNE. This led her to Stanley Rosenberg, author of *The Healing Power of the Vagus Nerve*, who she studied with privately and sponsored in the United States.



# SIEGLINDE HIERONYMUS

## PNE Teacher and European Coordinator

After finishing university of agriculture, she went to California in 1993 where she met Judith Johnson and had the opportunity to study two intensive years with her. After returning to Germany she knew that her life journey had lead her to work therapeutically with the usage of her hands. First trained as a massage therapist, she then took the exam as a naturopath followed by many naturopathic courses.

However, in recent years it crystallised that PNE is the method that works most deeply for her as a therapist and gives the client a maximum of autonomy. It is not a therapist who gives the client a diagnosis and a healing pill, but the client can realise himself and put the pieces of his life together. This increases the client's confidence in their own process.

Since 1999 she has been working as a body therapist in a psychosomatic clinic, where she was able to witness, how easy and fast unconscious emotions and constricting beliefs can be accessed and transformed by a body oriented therapy. Next to the clinic she is working in her own naturopathic practice.



# CO-TEACHER TEAM

## **Dr. Johanna Götter**

PNE practitioner, landscape ecologist and facilitates workshops in free dance, voice- and bodywork trained in PNE 2020-2022

## **Roman Wolczkow**

PNE-practitioner und psychologist trained in PNE 2020-2022

## **Gerlinde Buttler**

PNE practitioner, eco-agricultural engineer, feminist-integrative body therapist, natural food and cosmetics consultant trained in PNE 2020-2022

## **Jana Six**

PNE practitioner, client-centred and systemic psychotherapist trained in PNE 2022-2023

## **Rike Köstlin**

PNE practitioner, body therapist, yoga, breathwork, embodiment trained in PNE 2022-2023

# TEACHING METHODS

- **Webinars:** The primary teaching format for this course is through 2-hour online classes which will include presentations, demo sessions, supervised practice in breakout rooms, and discussion. The webinars are structured in 5 Modules a 8 lessons and will be recorded and available for trainees on zoom.
- **Four Intensive Retreats** with Sieglinde Hieronymus and PNE Co-Teacher Team. Judith Johnson will join us online during the afternoon and will facilitate PNE sessions. The 4-days of these retreats will be held in a retreat place close to Munich and will be an opportunity for intense practice and own transformational work.
- **Supervised Online Practice Time** will be offered by the Co-Teacher Team on some free Mondays 7pm between between each module.
- **Practice Partners:** Participants in the PNE Training are expected to practice with fellow colleagues trainees outside the class online or in person.
- **Supplemental Materials:** There will be additional resources shared with each module like e-booklets, reading and video recommendations.

The curriculum will last 1,5 years. The group size of new trainees will be 10-15 people, so there is room for intensive learning and process work.

**SPOKEN LANGUAGE WILL BE ENGLISH.**

**THE SCRIPT WILL BE AVAILABLE IN ENGLISH AND OPTIONAL IN GERMAN.**



# COURSE SPECIFICATIONS

## SCHEDULE

One Module consists of 8 Webinars held weekly on Mondays 7-9 pm (CET) (exception on public holidays)

- Module I: 31st March - 26th May 2025
- Module II: 2nd June - 4th August 2025
- Retreat I: 26th June starting 6pm until 30th June 2pm
- Module III: 22nd September - 10th November 2025
- Retreat II: 13th Nov starting 6pm until 17th Nov 2pm
- Module IV: 12th Jan - 9th March 2026
- Retreat III: **March or April (dates not fixed yet)**
- Module V: 1st June - 20th July 2026
- Retreat IV: **Sept 26 (dates not fixed yet)**

*In agreement with all participants dates for retreats can be shifted.*

## FEES

- 4110€ Whole Program in monthly payments of 228€  
included are:
  - 350 € per Module
  - 590 € per Intensive Retreat

- Additional fees:

Food and lodging during retreats: 300-330€ per retreat (*full board, costs depending on single or double room*)

Fees for the 6 obligational PNE sessions with the teacher team: 80€ in person, 60€ online

# COURSE OVERVIEW

## ONLINE MODULES WEEKLY Á 8 CLASSES

- **Module I:** Setting a Safe Container; Definition of Trauma; Basics of the Autonomic Nervous System, Felt Sense, Practice of Somatic Facilitation I
- **Module II:** Somatic Facilitation II; Neurosomatic Points, Brain and ANS, Exercises for Self-Regulation
- **Module III:** Emotions and how to work with them
- **Module IV:** Communication and how to work with belief systems
- **Module V:** Integration and Specifics

The content of the modules will of course overlap according to the nature of the work. Each webinar will consist of a theoretical and a practical part and will provide the opportunity for each participant to explore his or her own personal healing and transformation.

## INTENSIVE RETREATS

The retreat center will be the seminar center Lenzwald, 84075 Polling close to Munich.  
[www.pulsdererde.org](http://www.pulsdererde.org)

## CERTIFICATION IN PNE

Certification will be awarded upon at the successful completion of the program requirements and practitioners will be listed on the PNE website. PNE is an educational healing process, and it does not provide business and legal skills for healers.

# PROGRAM REQUIREMENTS

- **Presence at retreats:**

Participants will be required to attend at least two retreats in person. We offer the possibility to join parts of the retreat online if someone is prevented from attending in person. Full fee applies, which then includes 3 extra PNE Sessions with the teacher team.

In case a participant was unable to attend at least two retreats, they have the option of joining a retreat with next year's PNE training group.

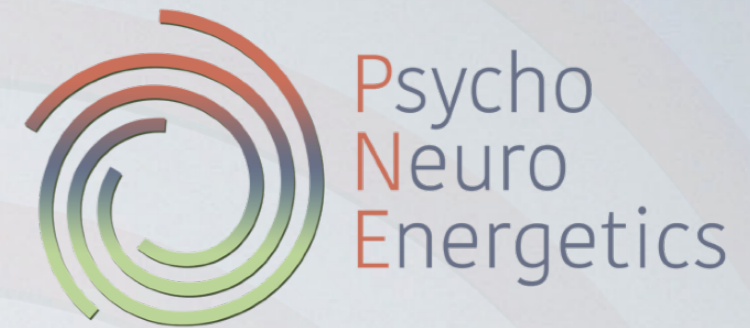
- **PNE & Somatic Sessions with Teachers:**

During the course, participants are asked to take at least 6 private sessions (online or in person) at a reduced price.

- **Session Reports:**

To ensure about the progress of understanding facilitation skills, participants are asked to hand in 8 session reports of sessions by the end of the course.

# CONTACT AND APPLICATION



## FURTHER INFORMATION

European website: [www.psychoneuroenergetics.org](http://www.psychoneuroenergetics.org)

US website: [psychoneuroenergetics.net](http://psychoneuroenergetics.net)

## CONTACT

Sieglinde Hieronymus

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[sieglinde.hieronymus@gmx.de](mailto:sieglinde.hieronymus@gmx.de)

87642 Halblech, Mühlweg 12, Germany

Please feel free to contact me in case of any further questions.

## APPLICATION FOR THE TRAINING

If you are interested in taking the PNE Training, we ask you to attend one of the free PNE Intros. In case you can't attend an intro session with us, we may be able to organise a short private zoom meeting.

In case order to apply for the training course, please send the application form to [sieglinde.hieronymus@gmx.de](mailto:sieglinde.hieronymus@gmx.de)