



Psycho  
Neuro  
Energetics



# Thor Philipson Judith Johnson



**Starts Thursday, April 1st 2021**

## Human Systems & PsychoNeuroEnergetics *A Practitioner Training Course*



Human Systems (HS) and PsychoNeuroEnergetics (PNE) are highly complementary systems of knowledge and practice. They are currently being taught together for certification for the first time ever. Graduates of the course will receive a Certificate of Human Systems and become a certified PsychoNeuroEnergetics practitioner.

This professional training course is an immersion into PsychoNeuroEnergetics and Human Systems study, experience, and practice. It is open to health professionals, as well as those without prior therapeutic training. Trainees will leave the program with an all-encompassing, life-defining experience and the tools needed to help themselves and many others. The course will be taught online over the course of a year and a half to two years, with two four-day in-person retreats.

Thor Philipsen will explore a medical and psychological reframing of the nervous system and provide training in Human Systems. This will include a review of neuroanatomy, a synthesis of Polyvagal Theory and the Social Engagement System, Osteopathy, Psychomotor Theory, and the Stanley Rosenberg Method for the regulation of the vagus nerve. In addition, you will be introduced to an ancient Indian yogic practice handed down directly to Thor. These practices will provide an extraordinarily deep, thorough, and complimentary context for all types of therapeutic work.

Thor has a profound, scientific understanding of how the body works and how the mind and nervous system work together. He works at a levels that are difficult to access through intricately manipulating blood vessels, muscles, and nerves and unwinding and repairing systems. Testing will be introduced for the discovery of specific issues. Hands-on technical manipulation will be taught for reducing stress and enhancing the function of the nervous system, including identifying the hidden structures of social engagement. Through the use of various neural exercises, you will have the opportunity to experience innovative and powerful techniques to enhance social engagement. His results are nothing short of incredible. His genius is palpable.

Many times old trauma, limiting beliefs, and habitual emotional patterning can be the hidden source behind a faulty nervous system. These subconscious structures can create devastating effects, warping the structure and function of the nervous system and various other aspects of the internal landscape. Judith Johnson, founder of PsychoNeuroEnergetics, will instruct trainees in Somatic Theory. She will gently and expertly guide trainees to facilitate clients in identifying, transforming, and integrating these issues. PNE is an incredibly powerful and effective vagal technique.

The deep, transformative power of both PNE and HS can unravel the tapestry of trauma and disease to advance the level of human wellness and vitality. Training for awareness of the inner being also provides a fertile ground for any spiritual practice. You can expect a truly holistic exploration of great personal and professional value, whether you are a health care practitioner, therapist, caregiver, or searching for answers in your own life.

HS has changed the lives of those on the autism spectrum and others with nervous system disorders and has been found to assist in relieving chronic pain. Many psychotherapists who have taken the PNE training are using this work exclusively with their own clients because of the success rate.

Beyond the tools you will acquire in this course, you will experience the magic that is Thor and Judith. They are international master teachers who have come together to provide an integrated experience and to share their expertise and respective bodies of knowledge.

## Topics covered will include:

- 🌀 An in-depth study of neuroanatomy as applied to the nerves of social engagement
  - 🌀 The social engagement system and techniques for restoring social engagement
  - 🌀 Breathing capacity optimization
  - 🌀 Exercises to instill the ventral vagal circuit
  - 🌀 Techniques which provide entry into the nervous system to improve facial liveliness and refine voice quality
  - 🌀 Dr. Stanley Rosenberg's pioneering methods for vagus nerve stimulation
  - 🌀 An understanding of the association between beliefs, emotions and the nervous and endocrine systems
  - 🌀 Somatic Theory and the Language of the Body
  - 🌀 Somatic Release Technique (SRT)
  - 🌀 The theory and practice of holding STO points
  - 🌀 Facilitation of PNE sessions to resolve deep underlying issues
  - 🌀 Cleansing and regeneration techniques through diet and lifestyle
  - 🌀 Optional: Advanced training in Spinal and Cranio-Sacral point holding
- and much, much, more ...

## **The Human Systems and PsychoNeuroEnergetics Practitioner Training Course will begin with a module of 8 online webinars on April 1, 2021.**

Online webinars will meet Thursdays at 1pm EST. Participants will need a computer or iPad with speakers, a microphone and a camera to participate.

The course will be taught by Thor Philipsen and Judith Johnson.

The Intensive Training is a year-and-a-half to two-year program consisting of:

- 2 4-day intensive practice retreats
- 5 modules of 8, 2-hour, weekly webinars

### **Intensive Practice Retreats (US & Denmark)**

The two, four-day, intensive, supervised-practice retreats will be with both Judith and Thor. The retreats will provide a safe environment in which to develop HS, point-holding and facilitation skills.

The practice retreats will include:

- Regenerative foods and cleansing
- Supervised point-holding sessions of up to three times a day, rotating each time with a new partner
- Supervised Somatic Release Technique work
- Demonstrations and evaluations of sessions
- HS, Stanley Rosenberg exercises, yoga, and focused breath

The first retreat will be held in the United States; the second will be held in Denmark. Thor and Judith will advise on travel logistics.

### **Webinars (on Zoom)**

Weekly webinars are 1.5 to 2 hours long. A detailed schedule will be provided upon enrollment. There will be weeks without a webinar due to personal or holiday and a break between each module. There will be at least 40 webinars over the course of the program and will be held in English. The webinars will be offered and recorded on Zoom and logged on Vimeo for those who wish to review them.





**Thor Philipsen** will be teaching from Denmark, except for the first retreat. In 2018, Thor accompanied Dr. Stanley Rosenberg and assisted him in courses in Los Angeles, CA and Black Mountain, NC. He has also taught Human Systems with Judith Johnson in the same venues. Now, for the first time, he has teamed up with Judith for an in depth training course that integrates both Human Systems and PsychoNeuroEnergetics.

Thor has studied many different healing modalities and therapies, from which he evolved his own unique approach of Human Systems (HS).

He has a BA in Psychomotricity Therapy, a practical methodology of applying psychological theories and knowledge of the physiology of the nervous system to therapeutic group exercises/movements/games and hands-on therapy. He wrote his thesis on the Polyvagal Theory in relation to the treatment of autism. He has also studied at the European School of Osteopathy and taught at the Sri Sri University in Cuttack, India, conducting its M.Sc. Education in Osteopathy.

He has practiced and taught martial arts for 30+ years and has been practicing massage and traditional herbal medicine for over 20 years. His journey lead him to the Stanley Rosenberg Institute, where he studied closely with Dr. Rosenberg and his guest teachers for 17 years. He says, "I have had the pleasure of having Stanley as my mentor for almost half my life."

He has taught yoga for the Art of Living Foundation for more than a decade and continues to practice HS with autistic children at a municipal foster home in Denmark.

Because of his knowledge and his masterful teaching skills, it is an honor to announce that I am choosing Thor Philipson as the teacher of my work, the Stanley Rosenberg Method, which I developed over fifty years of a professional approach to body therapy.

Thor has studied with me for seventeen years and achieved a complete mastery of this work. He has learned the individual techniques and over the years has come to a deep understanding of how they work. Thor's scientific brilliance and practical skills, not only make him a master teacher of S. R. M., but also allow him to blend that mastery with compassion and empathy which gives people the knowledge that they can use in their practice.

—Stanley Rosenberg, *Accessing the Healing Power of the Vagus Nerve*

The Stanley Rosenberg Method is a hands-on approach to improving the structure and function of the nervous system and the body. Major shifts may be imparted through the lightest physical touch at specific areas in the connective tissue.

I want to express my appreciation for the opportunity to participate in the Sri Sri University Masters of Osteopathy program offered by Thor Philipsen. He offered new and brilliant approaches to the understanding of the autonomic nervous system, the improvement of the lymphatic system, and increasing the breathing capacity, as well as classical osteopathic techniques in lumbar, thoracic spine, ribcage, and general biomechanics.

His hands-on techniques are amazing in terms of gentleness and efficacy. The teaching has been fun, engaging, and at the highest possible end in terms of quality.

Thor's contribution has been highly appreciated by the students and we would like to welcome him back soon.

—Juan Guillon  
Head of Osteopathy Department  
Sri Sri University



**Judith Johnson's** greatest passion has always been in the development of methodologies and programs that transform hearts and minds, and optimize wellness. After years of searching and training in various body/mind modalities, Judith finally discovered the breakthrough therapies she had been looking for in John Ray's Body Electronics and Peter Levine's Somatic Experiencing. These modalities gave her the context and inspiration for the development of PsychoNeuroEnergetics (PNE).

During her study and integration of Stephen Porges' Polyvagal Theory and his work on the Social Engagement System, Judith was introduced to Dr. Stanley Rosenberg's work with the vagus nerve. The exercises she learned from Dr. Rosenberg have enhanced the power and effectiveness of her own work. She uses his techniques to tune the nervous system and to mitigate against retraumatization before and after PNE sessions. She has been using his techniques for almost four years with miraculous results.

Two years ago, she and her students studied with Dr. Rosenberg in Copenhagen, Denmark. At that time, she became committed to introducing Dr. Rosenberg's work in the United States. It was in Denmark that she met Thor Philipsen and his pioneering work, Human Systems.



Judith Johnson has hands of gold and such a sharp intuition that she flies straight to the source of your discomfort. With the precision of a surgeon, she uses a simple yet brilliant technique of holding trigger points, while guiding you in a perfect extraction of whatever disrupts the free flow of energy throughout your body, mind and spirit. Judith is a woman of profound depth and experience, who creates a perfectly safe space as she exudes unconditional acceptance through every pore of her being.

—Joy Gardner, author of 12 books, including *Vibrational Healing Through the Chakras*

This work [PNE] is of the most profound order. It takes the threads of our lives and weaves them into a tapestry that can be clearly seen and understood. It unravels what doesn't work, leaving you vibrantly alive and deeply centered.

—Benjamin Shield, *Healers on Healing*

*The HS and PNE practitioner training course is limited to 10 participants.*

## **Registration**

Please fill out the application form provided at the end of the flyer and return it to Judith with your registration fee. The registration fee of \$100 is required.

The fee for the first half of the first module is \$300, due the day before the initial webinar.

There are two ways to pay for the course:

1) You may pay via PayPal by using the following email address [judithjohnaon@mac.com](mailto:judithjohnaon@mac.com) (**the A in johnaon is correct**) when prompted by PayPal. You may also **copy and paste (very important)** Judith's paypal account into PayPal: [paypal.me/jljohnson](https://paypal.me/jljohnson). Please let Judith know if you need assistance.

2) You may send a check made out to Judith Johnson to: 329 Eden Drive, Hillsborough, NC 27878.

Note that registration requires both the completed application form and the registration fee.

Any questions, please contact Judith Johnson: 828 773-3445 (cell), [judithajohnson@mac.com](mailto:judithajohnson@mac.com), 329 Eden Drive, Hillsborough, NC 27878.

**Five modules of 8 webinars each:**

\$600 per module.

**Two 4-day practice retreats:**

\$995.00 per retreat There will be additional charges for food and housing.

The **total cost** of the course is **\$4,990**, plus incidentals for food and housing.

Please note that if paid in full by March 18, 2021, the total cost will be \$4,790. There is also the option to pay in increments over the duration of the course.

Name:

Birthdate:

Address:

Phone:

E-mail:

Occupation:

Education:

Which therapies have you been involved with, as a client or practitioner?

What are your goals for the the PNE/HS training course?

Are you dealing with any nervous system issues?

Are you taking anti-depressants or other prescription medications?

Are you currently seeing a counselor or mental-health professional on a regular basis?

Is there any information that is important for us to know about you that could affect your participation?

Is there anything else you would like us to know?

**Please complete application and return to: [judithajohnson@mac.com](mailto:judithajohnson@mac.com)  
by March 18th, 2021.**