

PsychoNeuroEnergetics

An online seminar to introduce
the power of the PNE to unwind traumatic imprints
by Judith Johnson and Sieglinde Hieronymus

Thursday 11th April 2024
19:00-20:30Uhr (MEZ)

Traumatic imprints are taking us out of connection to self and loved ones or simple out of our natural way of being. The yearning within to heal and reconnect, leads to repeated experiences of traumatic imprints - until we truly can change from within. PNE works with beliefs, emotions and the autonomic nervous system, especially the vagus nerve, to accomplish this transformation.



Judith Johnson is the founder and developer of PsychoNeuroEnergetics (PNE). Her greatest passion has always been in the development of methodologies and programs that transform hearts and minds, and optimize wellness. Before 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 study of Somatic Experiencing with Peter Levine gave her the context for the development of PNE. Judith's latest project was integrating Stephen Porges' Polyvagal Theory.



Sieglinde Hieronymus is the European coordinator and co-teacher for PNE. She met Judith 1993 in California and had there the opportunity to study intensely with her two years. After returning to Germany she trained as a massage therapist and took the exam as naturopath followed by many naturopathic courses. 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 restricting beliefs can be accessed and transformed by a body-oriented therapy. Next to the clinic she is working in her own naturopathic practice.

This workshop is an introduction to the PNE Training starting May 2025

Please send a short note to enroll to the Intro Seminar with the date that would work for you