

Accessing the Healing Power of the Vagus Nerve

Two four-day Training Courses with

Stanley Rosenberg
Thor Philipsen, Judith Johnson

Los Angeles, CA

The evening of June 21–June 25

Black Mountain, NC

The evening of June 28–July 2

The Course

In this course, healing practitioners will learn how to restore the physical basis for mental and emotional well-being by working directly with a client's nervous system. It will be highly participatory, experiential, and focused. *This course is for professional therapists and body workers.*

As a participant, you will:

find yourself rethinking common psychological problems such as anxiety, panic, phobias, borderlines, obsessive-compulsive disorder, bipolar disorder, PTSD, autism, ADHD, and more, through an in-depth understanding of Steven Porges's Polyvagal Theory.

increase your understanding of the vagus nerve in the relationship of body, mind, and emotions.

acquire the ability to diagnose and track the functional state of the nervous system.

learn to use simple exercises and hands-on techniques to regulate, retune, and optimize the proper function of the vagus nerve and the nervous system as a whole.

achieve greater physical and psychological well being through the power of breath, touch, and movement.

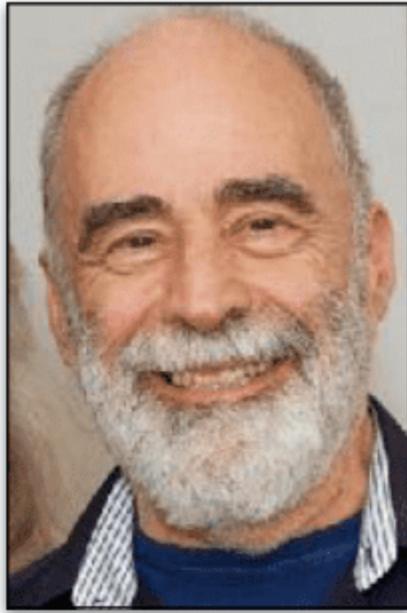
This is a must-have, life-changing course for healing practitioners who work with those suffering from nervous-system or emotional disorders resistant to conventional treatment. The exercises and hands-on techniques that you will learn move a person deeply on all levels. They can be utilized by the practitioner on behalf of the client, or taught to the client for self-help. You will find the exercises to be a powerful resource and support in your current practice, whatever it may be.

Topics covered will include:

- the cranial nerves and neuroception
- the polyvagal theory
- the social engagement theory
- how to optimize your breathing capacity
- hands-on techniques and exercises to instill the ventral vagal circuit
- and much more.

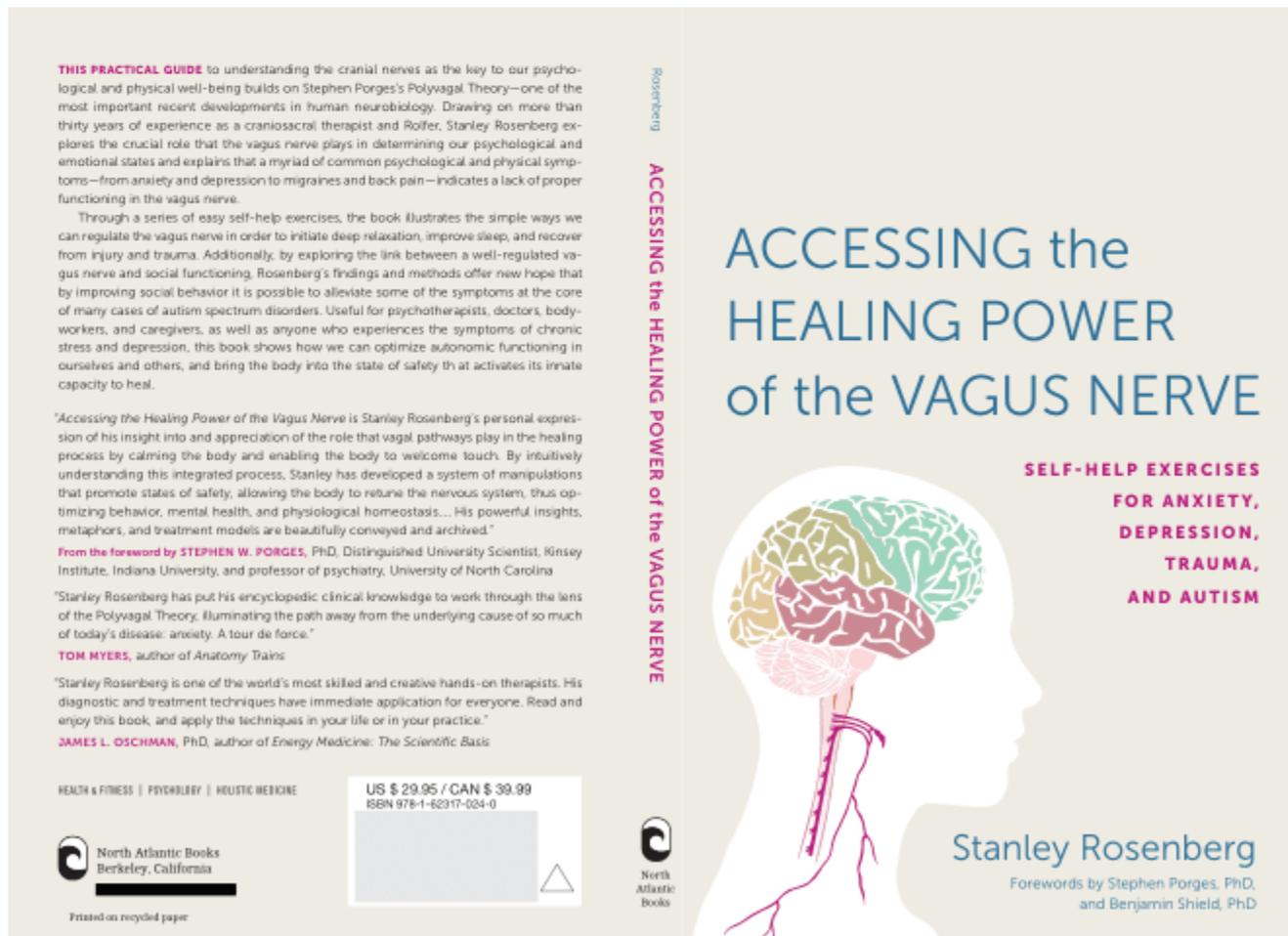
As a bonus, you will learn several natural face-lifting techniques, how to smile naturally, and how to refine the quality of your voice—attributes that make it easier for clients to feel safe with you and understand you more easily.

Who is Stanley Rosenberg?



Stanley Rosenberg has been a pioneer in the field of body-mind therapies. He was one of the first cranio-sacral therapists, the first therapist trained as a Rolfer in Denmark, and has trained with some of the greatest osteopaths and energy practitioners of the last fifty years. He has also developed his own unique methods of face-lifting massage, breath training, and acting. He developed applications of the Polyvagal Theory, and has taught with Stephen Porges in Denmark and the USA. He will be taking precious time away from his professional work at the Stanley Rosenberg Institute in Denmark to be with us.

For more about Stanley Rosenberg's work, see his book, *Accessing the Healing Power of the Vagus Nerve: Self-Help Exercises for Anxiety, Depression, Trauma, and Autism*, with forewords by Stephen Porges and Benjamin Shield (North Atlantic Books, December 2017).



See also Stanley's website: <http://stanleyklinik.dk>

Who is Thor Philipsen?



Thor has a BA in psychomotricity therapy, which is a practical method of applying psychological theories and the understanding of the physiology of the nervous system into therapeutic group exercises/movements/games and hands-on therapy. He wrote his thesis on the Polyvagal Theory in relation to an approach in the treatment of autism.

He has practiced and taught martial arts for 30+ years. Twenty years ago he began learning massage and traditional herbal medicine. His journey took him to the Stanley Rosenberg Institute, where he studied with Stanley 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.”

In the last few years, he studied at the European School of Osteopathy and has been a guest teacher several times at the SriSri University in Cuttack, India, conducting the [REDACTED] education in osteopathy.

He has also taught yoga for the Art of Living Foundation for more than a decade and has been doing hands-on work with autistic kids at a municipal foster home.

Who is Judith Johnson?



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 training in various body/mind modalities, Judith was still in search of a breakthrough therapy when she discovered John Ray's Body Electronics and Peter Levine's Somatic Experiencing. This gave her the context for the development of PsychoNeuroEnergetics (PNE).

While studying and integrating Stephen Porges' Polyvagal Theory and his work on the Social Engagement System with her teaching and practice of PNE, Judith discovered Stanly Rosenberg's work with the vagus nerve in the healing of trauma. The exercises she learned from Stanley have enhanced the power and effectiveness of her own work. She uses his techniques to tune up the nervous system and to mitigate against retraumatization before and after PNE sessions. She has been practicing and using his techniques for almost four years and has found miraculous results.

Two years ago, she took a group of her students to study with him in Denmark. After that, she decided she wanted to introduce his work in the States.

Judith is currently offering PNE practitioner training courses in the U.S. and Europe.

What Others Have to Say

Accessing the Healing Power of the Vagus Nerve is Stanley Rosenberg's personal expression of his insight into and appreciation of the role that vagal pathways play in the healing process by calming the body and enabling the body to welcome touch. By intuitively understanding this integrated process, Stanley has developed a system of manipulations that promote states of safety, allowing the body to retune the nervous system, thus optimizing behavior, mental health, and physiological homeostasisHis powerful insights, metaphors, and treatment models are beautifully conveyed and archived.

—Stephen W. Porges, PHD, Distinguished University Scientist, Kinsey Institute, Indiana University, and Professor of Psychiatry, University of North Carolina

Stephen W. Porges, PhD

Stanley Rosenberg's work is truly regenerative! He has integrated a huge body of knowledge, drawing from his understanding of the Polyvagal Theory and various cutting-edge modalities of healing and body therapy. Getting to know Stanley and his work has been a great blessing in my life. Our conversations and the exercises he has shown me have added much to my understanding of psychoneuroenergetics and the larger healing process.

—*Judith Johnson*, Developer of PsychoNeuroEnergetics

Accessing the Healing Power of the Vagus Nerve unlocks the mysteries of chronic disorders. There are many books published that explain these conditions, but none so successfully delves into the underlying basis of how and why these conditions develop.

Whether for therapists, sufferers, or simply readers who wish to learn more about themselves and others, *Accessing the Healing Power of the Vagus Nerve* is a must-read. We owe Stanley Rosenberg a debt of gratitude that he has woven his decades of insight into a fascinating and unforgettable book.

—Benjamin Shield, author of *Healers on Healing, For the Love of God, Hand for the Soul* and *Handbook for the Heart*

Registration

The course is limited to 20 participants.

Please fill out the registration form provided at the end of the flyer and return it to Judith Johnson at [REDACTED].

Pre-registration of \$395 is required. Total of \$1250/person if preregistered by April 30 or \$1395 if registered after April 30.

There are three ways to preregister:

1. If you have a paypal account, you may preregister by pasting the following in your internet browser address field and following the instructions: paypal.me/jljohnson. Please add a note about which course you wish to attend (L.A. or Black Mountain).
2. You may send a check to Judith Johnson, 329 Eden Drive, Hillsborough, NC 27878.
3. You may preregister through Judith's website: www.psychoneuroenergetics.net. Scroll through Upcoming Events until you find the course you want to attend. You will be directed to paypal, but you'll have an option to use a credit card.

For food and lodging, please see the particulars for each course.

Questions about the course? Judith Johnson, (919) 245-8082 (home), (828) 773-3445 (cell)

Los Angeles

The evening of June 21–June 25

Daily Schedule

The initial meeting will take place on June 21, from 7 to 9 PM, for introductions and overview. Each day following, we'll meet from 9 AM to 6 PM. Stanley will teach from 9 AM to 1 PM, followed by a 1 hr lunch break, then supervised practice with Thor Philipsen, assisted by Judith Johnson and Catalina Ureta, from 2 PM to 6 PM.

Place

The Los Angeles course will be held at The Meeting Place, 5610 Laurel Bluff Place, Agoura Hills.

Host

The Los Angeles course is hosted by Amanda Blue Leigh. For questions about lodging, food and transportation, please write or call Amanda at [REDACTED], 760 464-4993 (cell), 818 699-6472 (landline).

Lodging

Lodging is not included in the cost of the course. The Hampton Inn in Agoura Hills is nearby. See

[REDACTED]
and-suites-agoura-hills-AGOCAHX/index.html

For other recommendations on nearby lodging, please check with Amanda.

Food

A regenerative food bar will be available for the afternoon lunch break and is included in the cost of the course. There are restaurants nearby.

Transportation

Transportation will not be provided.

Black Mountain

The evening of June 28–July 2

Daily Schedule

The initial meeting will take place on June 28, from 7 to 9 PM, for introductions and overview. Each day following, we'll meet from 9 AM to 6 PM. Stanley will teach from 9 AM to 1 PM, followed by a 1 hr lunch break, then supervised practice with Thor Philipsen, assisted by Judith Johnson and Charles Wright, from 2 PM to 6 PM.

Place

The Black Mountain course will be held in the UR Lodge at The Light Center, 2090 NC Hwy 9 South, Black Mountain, NC. The Light Center offers a beautiful setting for the course, providing meditation trails, a healing labyrinth, a dome with a light chamber, and a lodge with bedroom and kitchen facilities. <http://www.urlight.org>

The town of Black Mountain is 15 min. away by highway. Asheville is about a 30 min. drive.

Host

The Black Mountain course is hosted by Charlie Wright. Please contact Charlie to register for lodging and meals and to let him know about your needs for transportation. Please write or call Charlie at cwright@warren-wilson.edu, 828 200-3478 (cell), 828 505-0382 (landline).

Lodging

Cost per person for shared accommodations (two single beds in one room) is \$40/day. 5 nights accommodation available (June 28-July 2).

Food

\$40/day for 3 meals provided at the Light Center.

Transportation

Transportation between the airport and the Light Center may be provided on June 28 and July 3 for a small charge. Please let Charlie know if you need a ride.

Registration Form

Name:

Birthdate:

Address:

Phone:

E-mail:

Occupation:

Education:

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

Are you dealing with any issues in yourself that may be related to the vagus nerve?

Are you taking anti-depressants or other prescription medications?

Are you 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?

What are your goals for the this training course?

Please fill out and return to 