

For Immediate Release

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***THERE'S NO QUICK FIX WHEN IT COMES TO INTEGRATING THE EGO...
...in spite of Oprah's special guest Eckhart Tolle's message***

Dr. Jennifer Howard, internationally known licensed psychotherapist, feels that followers of Eckhart Tolle's message will come up short in the long run. Tolle, a weekly guest on Oprah.com, gave viewers much to consider. Dr. Howard applauds his desire to help people on their spiritual journey; however, her concern is that after the series concludes, viewers will soon discover that something is still missing in the pursuit of wholeness. As a professional speaker with over twenty years of teaching the spiritual path toward freedom, Dr. Howard suggests, for most, there is more than what Tolle's book *A New Earth* imparts.

Dr. Howard advises that jumping over or dismissing the ego can lead to confusion. She is grateful that Tolle has begun a much needed conversation and surge of interest in spiritual growth. Her unease is that after trying to sustain being "in the now," many will become frustrated and give up instead of taking the time to do the necessary work. Like Tolle, there are many teachers that speak of the need to rid the ego, but Dr. Howard teaches that this can be a futile endeavor. Conversely, working *with* the ego and our humanity we integrate into a consciousness that is healed enough to tolerate whatever life brings. This develops personal maturity and an unshakable sense of "self" that allows the relaxation of the ego, which actually helps sustain being "in the now."

Over the years, Dr. Howard has been frequently seen as an expert and featured guest on national television shows including, *The Maury Povich Show*, *Turning Point*, *America's Talking*, *Rolanda*, *Charles Perez*, *Les Brown* and others. Her forthcoming book, *Changes That Last*, based on her lectures, informs her audience that the quick fix is not realistic and will only cause frustration. Tolle has been put on such a high pedestal that it could be difficult for people to question and wonder about the message. Dr. Howard encourages questioning and exploration in everyone's journey toward being their best self.

About the Author

Jennifer Howard, Ph.D. is an internationally known licensed psychotherapist, Integrated Kabbalistic Healer®, Integrated Energy Healer, life coach, author and professional speaker. She is a co-founder of the Healing Path Center and maintains a private practice with offices in New York City and Huntington, L.I., New York, as well as an extensive phone practice. Dr. Howard brings together over twenty years of experience, extensive training and expertise in mind-body psychology, meditation, and a variety of the healing arts. She has been a faculty member of the graduate studies program of A Society of Souls and is currently a supervisor. For more information go to www.drjenniferhoward.com, who is available for interviews.

About Dr. Jennifer Howard, Ph.D.

As an internationally known licensed psychotherapist, teacher, and energy healer, Dr. Jennifer Howard has worked with clients and students for over twenty years, helping them create lasting changes and more fulfilling lives. She has been personally interested in spirituality and psychology and has deeply explored both worlds since she was an undergraduate. Her pursuit has given her the ability to understand consciousness providing a perspective for her clients, students and readers with profound, focused, and transformational opportunities. Her articles and meditations invite people to go further into the hidden places that keep them from having the lives they want. As a professional speaker and author, Dr. Howard's energetic style, along with her sense of humor, helps her audiences, beginner and advanced alike, assimilate what is being taught, even when the material appears to be complex. She has a firm grasp of traveling through consciousness and brings the audience along with her in an embodied way. Her in-depth meditations, as well as her insightful lectures, genuinely transform her audience.

Dr. Howard was born and reared in Nashville, Tennessee. She graduated from George Peabody College for Teachers of Vanderbilt University. She then moved to New York City and attended New York University's Tisch School of the Arts MFA program. She is a New York State licensed psychotherapist. Prior to receiving her Ph.D. from International University of Graduate Studies, Dr. Howard was an actress, singer, and dancer and appeared on daytime TV and numerous television commercials. She has been frequently seen as an expert and featured guest on national television shows including, *The Maury Povich Show*, *Turning Point*, *America's Talking*, *Rolanda*, *Charles Perez*, *Les Brown* and others.

As well as being a licensed psychotherapist, Dr. Howard is an Integrated Kabbalistic Healer®. She is the co-founder of the Healing Path Center and maintains a private practice with offices in New York City and Huntington, L.I., New York, as well as having a broad phone practice. Dr. Howard brings together years of experience, extensive training and expertise in mind-body psychology, meditation and a variety of the healing arts. She has been a faculty member of the graduate studies program of A Society of Souls and is currently a supervisor. Dr. Howard has produced a meditation CD called *Paths of Healing: Meditations for Relaxation and Healing*. Involved in many of the arts through her lifetime, Dr. Howard is also an award-winning visual artist.

More About Dr. Jennifer Howard, Ph.D.

Dr. Howard's work has been enriched by advanced studies in British Object-Relations, Self-Psychology, Humanistic Psychology, Relationship Theories, Family Systems, Spectrum of Consciousness Theory, Transpersonal Psychology, Buddhist Psychology, Experiential Process Inquiry, Core Energetics, Diamond Approach, Energy Psychologies and various Mind-Body modalities.

Studying with experts in the field such as David Schnarch, Ph.D., Diane Shainberg, Ph.D., Frank Putman, M.D., Harville Hendrix, Ph.D., Robert Mayer, Ph.D., Stephen Levine, and John Lee has deeply enhanced her work. Attending the Barbara Brennan School of Healing, she went on to graduate from A Society of Souls, created by Jason Shulman. She was an active faculty member for 5 years, teaching the graduate studies program in Integrated Kabbalistic Healing. She has studied extensively with other master healers, including Rosalyn Bruyere, Shelby Hammitt, Hanna Kroger, David Alan Slater and Emily Conrad D'oud. Also included in her studies were Health Kinesiology, Radionics, and Continuum. For many years, Dr. Howard has studied meditation and had a personal meditation practice. Her dedication and innate curiosity led her to explore different spiritual paths with a variety of teachers.

She is a member of the following organizations:

- Mensa
- Screen Actors Guild
- American Federation of Television and Radio Artists
- Actors Equity Association
- American Psychotherapy Association, Diplomat
- The International Women's Writing Guild
- American Counseling Association
- American Academy Of Experts in Traumatic Stress
- International Society for the Study of Dissociation
- New York Federation of Alcohol Counselors
- Association for Comprehensive Energy Psychology
- National Speakers Association

Testimonials

As a past director of a large therapy practice, I have had the opportunity to evaluate the skills and outcomes of over 70 therapists. Having worked with Jennifer as her client, I can honestly say that she is one of the best. I would recommend her without reservation.
– D.A., President, Healthcare Corporation

As a psychotherapist and healer, Jennifer Howard possesses the rare gift of being able to intensely focus on the area of concern without violating the sacred inner core of an

individual. Her unique and sometimes unusual insights are combined with a down-to-earth approach, which is firmly anchored in reality. —Mario Sprouse. Musician NYC

Jennifer Howard is an extraordinarily gifted intuitive and healer. Her gifts are powerful and her heart is compassionate and wise. I have found my work with her to be illuminating and transformational both physically and emotionally. She has so many skills and so much expertise, I feel blessed to have found her. —Jennie Lovetri., Director of the Voice Workshop NYC

I have been fortunate enough to experience the strong healing hand of a straight-talking, spiritually connected, psychologically astute, loving and inspirational woman by the name of Jennifer Howard. With the precision of an expert archer, Jennifer delves into the secrets of my psyche with love and compassion while at the same time never allowing me to blind myself to myself. With her confident guidance I have been opened to truths in myself and my life - revelations that could have left me terrified – yet I have never felt alone in the process, rather there is a peaceful sense of being held and protected coupled with the knowledge that all will work itself out in time, that life can be joy and that all one dreams of is, in fact, possible.—Rosa Laborde Actress/Playwright, Toronto, Canada

I have been a student of metaphysics consciously for 25 years ... Dr. Howard's classes have brought me further and deeper in 1 year ... imagine BEING in the space between breaths... -Fanny Wright, The Wright Fix, Northport, NY

Your workshops are richly informative because you are so widely read and insightful. You are the real deal and your knowledge helps me stretch my mind. You present with such a remarkably human element the information is embodied and felt by the listeners. I actually feel good listening to you speak. While you are leading the listeners along the path of "vigorous self discovery" you bring humor, warmth and insight and that helps take us deeper within. I cannot end without telling you again, that, "you sparkle" You remind of something that Davinci said, "The noblest pleasure is the joy of understanding." —Robert Faulkner, CDT, MDT

Choosing a therapist can be a daunting experience. You are investing your time, your money, and your life; how can you be sure of picking the right therapist for you? Jennifer Howard is absolutely the right choice. Empathetic, wise, fair, a highly skilled counselor - she far exceeded my expectations. Jennifer doesn't just put a Band-Aid on an issue; she helps you understand and heal the root cause. She has helped me change my life and all of my relationships for the better. —S.E., V.P. of Business Development

Jennifer Howard brings her own human experience into her lessons and therefore allows students to glimpse their own potential for being closer to God. Her genuine compassion for others and for herself has given me the opportunity to grow in compassion for myself and my own experience. Her meditations have allowed me to experience God in a personal way, and her classes have become central to my spiritual growth —Lisa Fyfe, Huntington, NY