

Healing and Empowerment Practitioner Dr. Jennifer Nestell Recently Featured on Close Up Radio

BERLIN, NH, UNITED STATES, July 23, 2025 /EINPresswire.com/ -- In a world increasingly driven by technology and quick fixes, Jennifer Nestell, PhD steps into the limelight with a singular goal: to promote a deep, soul-centered education untouched by digital dependencies. As a leader in depth psychology and trauma recovery, Dr. Jen's mission is to ignite meaningful conversations around emotional resilience and the power of psychological freedom.

In her latest discourse, Dr. Jen sheds light on the pervasive issues impacting society today — from our digital addiction's erosion of empathy to the often-misunderstood feelings of anger that are vital to human experience. Her articulate exploration of these themes is detailed in her article, "AI May I," where she delves into the implications of artificial intelligence on cognitive and emotional wellness.



Promoting Soul-Centric Education

Dr. Jen's approach is unique, merging depth psychology with practical strategies for everyday application. "Our society's increasing reliance on digital platforms has left us disconnected from the soulful processes that constitute true education," explains Dr. Jen. "My goal is to encourage an education of the soul that is resilient, self-sufficient, and deeply personal."

Her work emphasizes the need for individuals to reclaim their inner voices, using metaphors such as "the biology of the bear" to illustrate innate emotional responses such as anger. By redefining these feelings not as societal stigmas but as vital protective signals, Dr. Jen is

empowering clients to constructively express and understand their emotions.

Navigating the Digital Maze

Recognizing the societal addiction to technology, Dr. Nestell discusses how devices like cell phones have impacted the neurological processes related to attachment and empathy. "We're in a dopamine-driven society where the constant need for validation is fracturing our sense of self and other," she observes. As a counter to this, she advises a return to nature and mindfulness, recommending practices like spending time outdoors and engaging in physical, sensory activities.

In her consultations, Dr. Jen employs a unique "eighty-fifteen-five" formula, urging clients to spend 80% of their attention on immediate, tangible tasks, 15% on short-term planning, and just 5% on broader concerns. This approach is intended to decrease stress, promote presence, and enhance mental clarity.

Building Community and Resilience

Dr. Jen draws from her diverse experiences, from working with at-risk youth to engaging with alternative education systems. She advocates for creating "pockets of community" that prioritize genuine connection over digital interaction. "True growth and healing happen when we're attuned to the here and now, rather than lost in the virtual," she asserts.

Through her community work and digital presence on platforms like TikTok and Facebook, Dr.



Jen is engaging audiences in meaningful dialogue while maintaining a critical distance from the matrix of on line influence.

A Framework for Living Well

At the heart of Dr. Jen's methodology lies the concept of "organic intelligence." By reflecting on the natural world and harnessing what she calls the "flow state"—a psychological term describing the mental state of deep immersion—individuals can foster an authentic sense of purpose. This philosophy is designed to guide clients towards self-discovery and resilience, paving the way for a balanced, fulfilling life.

Jennifer Nestell, PhD is at the forefront of redefining trauma recovery and emotional wellness by advocating for deep, self-reliant education that honors the human soul. Her unique approach invites individuals to reconnect with their intrinsic wisdom, draw strength from organic intelligence, and lead a life unmarred by digital distraction and societal pressure.

About Jennifer Nestell, PhD

Jennifer Nestell, PhD is an expert in depth psychology and trauma recovery. With extensive experience creating effective strategies for emotional wellness, Dr. Jen is dedicated to helping individuals navigate the complexities of modern life through soul education. Her work honors the power of authentic living and resilience.

Close Up Radio recently featured Jennifer Nestell, PhD in an interview with Jim Masters on



Thursday, July 17th at 4pm EST

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