

Tammy Roth PhD

Holistic Psychotherapist



"Tammy is not only well-versed, she is one of those rare people who elicits comfort and respect with diverse audiences: men and women, shop floor and board room, at-risk teen and CEO. She successfully exemplifies competency and sincerity, and she was living the 'law of attraction' long before Oprah ever broadcast it to the mainstream."

Deb McCarver, *Director of Communications*
Illinois Chamber of Commerce

"I would describe Tammy as nothing short of remarkable. She is creative, intelligent and above all, passionately evolving in her pursuit of total wellness for herself and others. One of her most exceptional talents is her ability to read any audience and adapt her unique educational styles accordingly."

Lisa Charlson, *Human Resources Manager*
Embarq Corporation

PRESENTATIONS

TAP INTO YOUR CREATIVE SPIRIT

Tammy shares ideas and concepts that help professionals create a more inspiring life, career, and work environment. Learn about intuition, synchronicity, and how to tap into your infinite creative source. Discover how to create a life that is energizing and exciting on an individual level as well as how to implement these same techniques with a work team. Reduce "meeting time" and increase productivity as well as employee morale, attendance and satisfaction.

BODY IMAGE & SELF ESTEEM

Designed to help you attain a healthy relationship with food, weight, and body image - this presentation explores your beliefs about food and your body. Identify and examine patterns to lifelong struggles. Release toxic beliefs and reprogram new beliefs. Celebrate a healthy new lifestyle! Learn energy techniques to clear toxic beliefs that your body has held onto for years. Make room for a new way of seeing yourself.

DISCOVER YOUR INTERNAL GPS

Learn about the internal navigational system that exists within us all - your intuition. Discover techniques to tap into your inner power. Explore how listening to and following your intuition will lead to positive changes in your personal and professional life. Find the literal connection between listening to your gut and the health of your digestive system. Start heading in the right direction!

“Bringing Balance into Lives”

BIOGRAPHY

Tammy Roth, PhD, is a licensed psychotherapist who specializes in utilizing the power of the mind to create greater health and deeper happiness. As a respected wellness educator, she teaches individuals and groups about the powerful energy systems housed within the physical body. She shares strategies to clear energetic blocks and demonstrates techniques for people to feel balanced and whole.

Tammy has a broad and diverse background that brings a unique down-to-earth feel to her facilitation and teaching style. She spent 15 years in “Corporate America,” beginning as a file clerk at age 17 and worked up the ranks through various positions ending as a Human Resources (HR) manager.

While in the HR field, she earned a Master’s degree from Vanderbilt University in Human Resource Development that she utilized while doing executive leadership development trainings. She then left the corporate world to earn another Master’s degree at Vanderbilt in Human Development Counseling. Afterwards, she spent three years with recovering addicts, as well as troubled teens and their families.

Tammy Roth then went on a personal search to find methods for her clients to feel “more

balanced and less drained.” She discovered the world of holistic wellness and earned a PhD from the American Institute of Holistic Theology. Her studies focused on mind-body-spirit topics such as yoga, breathwork, intention, chakras, energy healing and intuition.

This newfound knowledge transformed not only her personal life, but her therapy practice as well. She began incorporating these new strategies and became the founder of Nashville’s Holistic Growth Center. She also partnered with integrative physician, Dr. Dainia Baugh, who is board certified in both Internal Medicine and Holistic Medicine. Tammy served as the Wellness Director at Dr. Baugh’s NIMA Holistic Wellness Center.

Tammy Roth focuses on educating clients in interactive group settings. She is able to present “wellness” in a language that speaks to everyone in practical everyday terms. She is also well known for her progressively dynamic wellness presentations and expertise.

Through her experience as a holistic psychotherapist, Tammy Roth has learned that underneath it all - we are all just the same. She is as experienced and effective presenting to blue-collar audiences as she is to boardroom executives.

TESTIMONIALS

“For years I went to different wellness professionals, addressing different issues. Tammy Roth targeted everything together for me and really helped me get to the root of what was going on emotionally and psychologically. I have seen drastic results in a significantly short period of time when compared to traditional, more conventional approaches.”

Gayle Massey

“When I returned home from Iraq, I had a whole lot of heavy issues to deal with that weren’t just going to go away on their own. In learning mind-body-spirit techniques from Dr. Tammy Roth, I have felt dramatic changes and have learned how to handle things without medication! This is the best thing that I could have done for myself.”

Dondi Gasper