

Bio #1: For parenting interviews (98 words)

Tammy Whitten knew she needed to learn all she could about parenting when at the spry age of 4, she looked up at her mom in a panic and said, “Call the police! Lolly is missing!” Those three days without her favorite doll were the longest days of her childhood. Tammy could attest way back then that parent-child bonds are a real thing when she turned up her nose at the replacement doll her parents desperately bought. Happily, Lolly and Tammy were reunited three days later. They are still happily connected (along with a few newer family members).

Bio #2: For audiences comprised of moms (54 words)

Tammy Whitten has been helping moms blend the realities of life and their dreams together for nearly 15 years. By using their strengths, she helps them to develop their own personalized plan for reducing stress and worry in their lives so they can create the happy relationships, kids, and lives they always dreamed of!

Bio #3: For audiences comprised of speakers (128 words)

At the ripe old age of 7, Tammy Whitten’s speaking adventures kicked into high gear when she was asked to speak in front of the entire congregation at church. Eagerly standing at the same pulpit where her grandfather was known for pounding his fists with excitement, Tammy set a record by giving a five minute talk in just 96 seconds.

After discovering she accidentally left her zipper down during one university lecture, and making an innocent innuendo that left her and her the audience breathless and beet red, Tammy loves to share tips on being real and going with the flow when speaking. Tammy spends most of her days helping women and couples tame anxiety in her private practice for Marriage & Family Therapy in eastern North Carolina.

Bio #4: For most audiences (59 words paragraph 1 only, 107 words if both paragraphs used)

Barefoot. Funny. And real. That’s how Tammy Whitten keeps things in her life- and when working with her clients as a marriage and family therapist and family life educator. Five years ago, Tammy opened her own practice, allowing her to work with her clients in the friendly, supportive way that yields miraculous results in dealing with stress and worry.

Tammy has worked with families in the neonatal intensive care unit, opened and managed a local branch of a national non-profit agency, worked with special needs children and their families, provided intensive in home therapy, edited two parenting magazines, and taught for several years at a local university.

Bio #5: Sample Introduction for Tammy During Interviews

After hearing too many stories of people trying to connect to a therapist “who really got it,” Tammy Whitten decided it was time to leave university teaching and to open her own practice. Her prior years spent working with families in hospitals, schools, churches, non-profit agencies, and inside their homes had given her the insight to know what they were looking for: real life strategies that are simple to implement—**and** yield miraculous results in daily life situations.

Tammy’s promise is this:

I will never ask you to do something that I am not willing to do myself. Nor will I ask you to do something that I wouldn't suggest to a friend or loved one in my own life. When do we need to talk about sensitive areas, I will do it with kindness and support (and hopefully a few laughs, too). I always let you know when we are heading into that sticky territory. You never have to worry about me just saying something to be nice. You'll get the truth, but you'll also get some insights that you probably haven't thought of before. I'm not like any other therapist that you'll ever meet (for one I'll be barefoot). And I never make promised that I can't keep. Ever. (Just ask the 5th grade when I ran for Student Council President.)

Using simple steps and a down-to-earth style, Tammy helps women, couples, and families to find the personalized approach that works best for them. Instead of focusing on deficits, Tammy helps her clients to improve on their strengths, and to let those work *for* her clients to give faster success.

Even when Tammy is outside of the office, she is always looking for new ways to solve age-old stressors. No matter if she’s mowing the yard, sewing quilts, baking cookies, or driving down the road, Tammy always finds new insights and analogies about stress and anxiety.

Tammy is an eternal geek. From converting Newton’s Laws of Motion into “The Laws of Relationships,” to staying on top of the latest research, she likes transforming knowledge into fearless solutions for the real world.

In her spare time, Tammy loves spending time with her loved ones, relaxing with “ShondaLand,” trying new recipes, and finding ways to fix all of the machines she seems to constantly break.