

VOYAGE DALLAS
OCTOBER 22, 2019

Meet Tammy Schreiber of RestoraVida Therapies in Fort Worth



Today we'd like to introduce you to Tammy Schreiber.

Tammy, let's start with your story. We'd love to hear how you got started and how the journey has been so far.

While I was working as a Registered Nurse on the medical/surgical floor of a local hospital, I saw that many patients did not improve after the doctors had performed the surgery or gave them the medicine that was supposed to relieve their pain and other symptoms. As I spoke the patients, I realized that most, if not all, of the patients, had suffered various traumatic events in their lives before their

symptoms brought them to the hospital. I came to believe early in my nursing career that stressed people become sick people and it takes more than surgery or pills to restore people to health.

I began my journey into Craniosacral Therapy about 15 years ago when I fell flat on my bottom and began having persistent, debilitating headaches. I had sore hips for about a week and then the headaches began. At the same time, I was in the middle of some of the most stressful events of my life. I went to several doctors who ran various tests and I still had no answers or relief from the headaches.

Through research into alternative therapies, I found an Upledger-Certified Craniosacral therapist who, after a series of treatments, was able to help me. My headaches disappeared and I was so impressed with Craniosacral therapy that I was inspired to become a therapist myself.

The work I do combines many elements. I use my medical knowledge as a Registered Nurse, the hands-on skills of a Licensed Massage Therapist, my Upledger-certified craniosacral skills and my intuition to assist my clients in their healing process. I consider the emotional and physical events that bring each client to my door. Emotional trauma impacts our bodies just as much or more as physical trauma. I tailor each session to the unique needs of the client on that day.

Great, so let's dig a little deeper into the story – has it been an easy path overall and if not, what were the challenges you've had to overcome?

The road to any dream is rarely smooth. The biggest road bump I faced was when I returned to Texas after living in Arizona for four years. I began my Craniosacral Therapy training in Sedona, Tucson and Phoenix. Arizona laws are different from Texas laws, and I was able to have a Craniosacral Therapy

practice in Arizona using my RN license. In Texas, Craniosacral therapists practice under a massage therapist license.

So, I had to make a big decision. Do I continue my craniosacral training and go to massage therapy school so I can continue my dream or go back to work at a hospital as an RN? I had such a love for this work and had seen so many amazing and profound changes in my clients in Arizona, that I decided to bite the bullet and go to massage therapy school. I attended the night program at Tarrant County College for nine months. Not only did I learn even more about the human body, I made some great friends as well.

We'd love to hear more about your practice.

My business is called RestoraVida Therapies. My friend helped me create the name, it's a play on "Restore to Life" using English and Spanish words. That's what Craniosacral Therapy (CST) does, it helps to restore people to a state of good health. It works using a caring, gentle touch that releases tensions deep in the body to relieve pain and dysfunction. It affects connective tissue called fascia and the craniosacral system that is made up of a membrane filled with cerebrospinal fluid that surrounds the brain and spinal cord. It was pioneered and developed by Osteopathic Physician John E. Upledger after years of clinical testing and research at Michigan State University. I and other Craniosacral therapists focus on the removal of restrictive forces within the fascia and membrane system surrounding the surface of the brain, the bones of the skull, spinal column and sacrum.

CST addresses many different issues: physical aches and pains, acute and chronic disease, emotional trauma or decreased vitality. Craniosacral Therapy is so gentle that it is suitable for babies, children, adults and the elderly. My clients range in age from four days to the 80s.

What makes me the proudest is when clients come in for their second or third visit with a smile on their face and a spring in their step. I know they are feeling better before they even get to my office door. I can't describe the feeling I get when a migraine client tells me they haven't had a headache in the two weeks since their last appointment. What sets me apart from other bodyworkers and alternative therapists is that my treatments include physical, emotional, spiritual and mental well-being.

I offer my clients a truly holistic, healing experience utilizing my formal training as a registered nurse, licensed massage therapist, and certified Upledger craniosacral therapist and my informal training as a mother, wife, Believer, member of a 12-step program and survivor of life. I listen to what my client tells me about their lives and their journey to my door. I get to know each client so I can create the best treatment plan for them.

Is there a characteristic or quality that you feel is essential to success?

The quality I believe is most important to my success as a craniosacral therapist is courage. I believe courage (the ability to do something frightening) is at the foundation of so many other qualities necessary to pursue a new career. Training for a new career path and starting a business takes tenacity, perseverance, plain old hard work and self-confidence. And if you don't have courage, the other qualities fall by the wayside when so many decisions need to be made, chances need to be taken, opportunities acted on or long hours worked. It has been so gratifying to see the success stories that have come out of my practice in the two years here in Texas and the years before that in Arizona.

Pricing:

- \$95.00 Initial CST Session
- \$70.00 for 60 minute sessions
- \$90.00 for 90 minute sessions

- Pediatric visits \$45.00 for 30-45 minute sessions

Contact Info:

- **Address:** 8240 Mid-Cities Blvd
North Richland Hills TX
- **Website:** RestoraVida.com
- **Phone:** 817-909-6292
- **Email:** tammyschreiber77@gmail.com
- **Facebook:** <https://www.facebook.com/RestoraVida-Therapies-383706235158392/?ref=bookmarks>
- **Other:** RestoraVida Therapies





cra·ni·o·sa·cral ther·a·py

1: a light-touch, whole-body treatment technique developed by John E. Upledger, DO, OMM; works with the craniosacral system to support and nourish the nervous system – improving overall health.

2: a complementary method of hands-on therapy that works with the natural and unique rhythm of the body systems to pinpoint and address imbalances.

3: helps to alleviate the aches, pains and discomforts; improves coping mechanisms to allow for a more peaceful life of stress.

4: improves the body's ability to self-heal, resulting in profound, positive changes.

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