



DR. TINA
Plays

UNDERSTAND YOUR BODY,
HEAL HOLISTICALLY &
LIVE A MORE VIBRANT,
FULFILLING LIFE!

DR. TINA KOOPERSMITH

MD — GYNECOLOGIST | INTEGRATIVE PHYSICIAN | AUTHOR | COACH

MD, REI, FACOG, AIHM

Tina Koopersmith, MD is a physician and coach, best-selling author, speaker, athlete, lifelong learner—and always a mom (yes, she's a bit of a shapeshifter). She is devoted to transforming our healthcare system from one centered on illness and disease to one rooted in prevention, vitality, and wellness.

For over 30 years as a fertility specialist, Tina focused on bringing life into the world. Now, her mission is to bring humans back to life. She believes that eroticism is the secret sauce to true wellness. When we prioritize pleasure, we signal safety to our nervous system and reconnect with our bodies in meaningful ways.

Sexuality, when approached consciously, can be a powerful path back to wholeness—helping us remember who we were before life's wounds, fragmentation, and disconnection.

True healing requires nourishment of all four bodies: the mind body, the heart body, the physical body, and the energetic body. Because we are all worthy of self-care, self-acceptance, and self-love.

Dr. Tina

P LEASURE

L LOVE

A LCHEMY

Y OUR WHY

S UPPORT

6.2K
FOLLOWERS

100+
EPISODES



DRTINA@DRTINAPLAYS.COM | WWW.DRTINAPLAYS.COM

Play IS THE MEDICINE
Pleasure IS THE POWER
Wholeness IS THE RESULT

Your Healing Playground

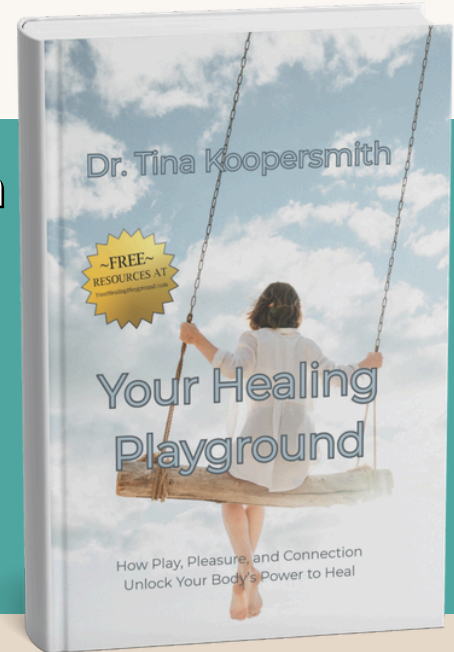
By: Dr. Tina Koopersmith

How Play, Pleasure and Connection Unlock Your Body's Power to Heal

An invitation to heal through play, pleasure, and connection. This book explores how creating safety within the body unlocks emotional healing, self-trust, and a deeper sense of aliveness.

Buy Now at
[amazon.com](https://www.amazon.com)

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YOUR HEALING PLAYGROUND Podcast

STREAMING ON INSPIRED CHOICES NETWORK, SPOTIFY, APPLE & MORE

Your Healing Playground is a podcast for people ready to move beyond survival and into embodied wellbeing. Blending nervous system science, modern medicine, and lived wisdom, the show explores how regulation, play, pleasure, and presence support healing at the physical, emotional, and energetic levels. Each episode invites listeners to reconnect with their bodies, restore vitality, and experience transformation through safety, curiosity, and joy.

POPULAR EPISODES:

- Breath As The Steering Wheel Of Life
- Remembering The Wonder Woman Within
- When Healing Listens Instead of Fixes
- From Survival to Sovereignty
- Consent — What Is It Anyway?



INVITE DR. TINA TO YOUR PODCAST OR EVENT

Interested in booking Dr. Tina for a podcast interview, virtual summit, or author appearance?
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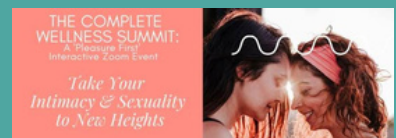
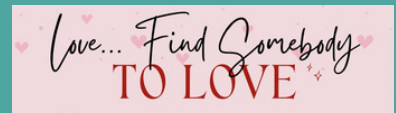
MEDIA, SPEAKING & EVENT APPEARANCES

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SPECIALTY MEDIA, TV & EXPERT APPEARANCES

- Featured expert on broadcast health and wellness television programming
- Sexual health and women's wellness TV guest discussions
- Expert interviews in specialty health and intimacy media
- Regional and lifestyle TV guest segments on embodied wellness
- Featured contributor to women's body literacy and reproductive health conversations

As Seen On...



SUMMITS, CONFERENCES & FEATURED EVENTS

- Love... Find Somebody to Love Summit
- Sexual Healing & Sexual Health Summits
- The Complete Wellness Summit
- Pleasure & Play Workshops
- Soulful Speakers Summit

COMMUNITY & INSTITUTIONAL INVITATIONS

- City of West Hollywood-Supported Wellness Events
- National Organization for Women-Endorsed Panels
- Women's Wellness Series
- Sexual Health & Reproductive Wellness Panels
- Community Education Events



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AUDIENCE IMPACT & TAKEAWAYS

DR. TINA DOESN'T JUST INFORM AUDIENCES — SHE SHIFTS HOW THEY EXPERIENCE THEIR BODIES, THEIR RELATIONSHIPS, AND THEIR ALIVENESS. AUDIENCES CONSISTENTLY LEAVE WITH:

- A grounded understanding of how mind, body, heart, and soul work together
- Practical insight into how pleasure and play regulate the nervous system
- A felt sense of safety reconnecting with the body — without overwhelm or shame
- A reframe of sexuality as a path back to wholeness, not performance
- Language shifts that invite self-trust, self-acceptance, and embodied choice

"YOU WERE BORN TO BE YOU-YOU WERE BORN TO BE WELL" *Dr. Tina*

A photograph of Dr. Tina, a woman with blonde hair, smiling and sitting with her hands clasped. She is wearing an orange sleeveless top and blue jeans.

Book DR. TINA

EVENTS, PODCASTS, SUMMITS, SCHOOL GROUPS, WORKSHOPS & MORE!

Gain a clearer relationship to your body, your choices, & what truly brings you alive

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