

SABRINA ROCK

New Ways To Work Consultant

LOCATION

Santa Maria, California

EXPERTISE

Substance Use Disorder (SUD) Counseling Pathway

Registered Apprenticeships

Trauma Responsive Teaching

Carceral Education

Employer Engagement

EDUCATION

CA Institute of Integral Studies
Ph.D., Integral & Transpersonal Psychology
2022

Alliant International University
M.S., Consulting Psychology

Alliant International University
M.A., Business Administration

CSU San Marcos
B.A., Psychology

CSU San Marcos
B.A., Women's Studies

WORK EXPERIENCE

FT Faculty, Addiction Studies, Social Work, and Human Services 2023–Now
Cuesta College

Program Manager & PT Faculty, Integral & Transpersonal Psychology PhD Program 2019-2022
California Institute of Integral Studies

High School Substitute Teacher 2016-2024
Santa Maria Joint Union High School District

PT Faculty, Social & Behavioral Sciences 2016-2024
Allan Hancock College

ABOUT ME

My name is Sabrina Rock. I am an instructor in the Addiction Studies, Social Work, and Human Services Department at Cuesta College. I primarily teach the addiction studies program courses at the California Men's Colony (CMC) in San Luis Obispo, California. I also serve as the CMC Faculty Coordinator through the Rising Scholars Program. I am passionate about creating trauma responsive spaces that promote learning and transformation. As a consultant with New Ways to Work, our team has developed a DOL and DAS Registered Apprenticeship Program for Substance Use Disorder Counselors. I am passionate about supporting students' success in their academic and professional careers while maintaining their well-being.

As a research psychologist, I have worked in organizations providing consultation, professional trainings, assessment, and coaching. My research and publication projects have included topics such as sensory processing sensitivity, gender identity and social norms around emotional expression, dissociative states in people with addiction, the use of physical touch in therapy, and a model of adolescent development with consideration of diverse gender identities. I have a pending publication of a chapter in an anthology about transpersonal education titled "Serving Incarcerated Students: A Transformational Trauma Responsive Andragogy."

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