

# Daniel Rockers, PhD

## Clinical Psychologist

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### About

Dr. Daniel Rockers' areas of expertise include Personal Growth and Spirituality, Stress Management, Anxiety, including Post traumatic stress and Depression. His specialties and services include helping high-level professionals deal with high stress positions, dealing with conflict, creative transformation/initiating and dealing with change, dealing with workplace stress and relaxation training.

Dr. Rockers is known as an idea generator and change agent. He sits on the advisory committee and helped with the initial design for the Joy of Medicine program. Dr. Rockers has worked closely with physicians all over the world, including Moscow, Russia, for his entire career. This experience has given him insight into the specific stresses and challenges that overworked physicians must deal with.



Dr. Rockers has always been interested in how psychology, motivation and the physical body are connected. He studied counseling psychology as well as neuropsychology which gives him a good background to understanding mind-body interactions. During Dr. Rockers' time as the director of a multidisciplinary pain treatment center, teaching and coaching hundreds of individuals dealing with chronic physical pain taught him a great deal about motivation, goal-setting and achievement. He learned much about what does and does not work, and he carries this experience forward to his current clients. Dr. Rockers additionally enjoys being active in local and state organizations, as well as doing advocacy work. In his spare time, Dr. Rockers enjoys geeking out on technical aspects of brewing beer and baking bread. He also plays piano, practices yoga, reads and meditates.

### Education & Experience

Ph.D., Counseling Psychology, University of North Texas, 1996

MA, Psychology, University of North Texas, 1993

BS, Information Systems, Kansas State University, 1983

### Professional Memberships

California Psychological Association—2019 President

Sacramento Valley Psychological Association—Immediate Past President

National Alliance on Mental Illness (NAMI) Sacramento— Vice President

Tavana, 501c(3) (nonprofit serving disadvantaged youth) — 2018 President