

MEDIA KIT



DR. SABRINA NICHOLE

DR. SABRINA NICHOLE CROUCH, A PSYCHOLOGIST, MOTIVATIONAL
SPEAKER, AND AUTHOR OF THE BOOK SURRENDERING TO RAINBOWS: THE
ART & SCIENCE OF QUIETING THE NOISE OF CHRONIC PAIN.
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About Me

Dr. Sabrina Nichole Crouch is a School Psychologist with over 24 years of experience. She is also New York State Licensed Clinical Psychologist and a Diplomate in School Neuropsychology. She earned a doctorate in School-Clinical Child Psychology from Yeshiva University, a master's degree from the City College of New York, and a bachelor's from Syracuse University.

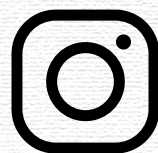
Sabrina is a lifelong learner and is constantly exploring new endeavors. Her journey to mastering chronic pain has led her to become a Certified Professional Coach, Certified Meditation Teacher, and a Heart Math Practitioner. She is a member of Dr. Joe Dispenza's advanced student community. Outside of her professional accomplishments, she is most proud of her investment in her personal and spiritual development. Looking for a speaker who says "f*ck being stuck" and helps people master chronic pain? Look no further than Dr. Sabrina Nichole Crouch, a Psychologist, Motivational Speaker, and author of the book *Surrendering to Rainbows: The Art & Science of Quieting the Noise of Chronic Pain*. She inspires audiences to believe in possibility and live every day to the fullest.

Dr. Crouch offers a fresh, bold perspective on the art and science of healing and finding your voice. Her upcoming podcast shares stories & experiences about overcoming life's challenges and transforming pain into purpose.

Her audience raves about her ability to "remind people of beautiful things they know about themselves and forget repeatedly" and refer to her as a "gift in a time of great uncertainty."

When Dr. Crouch is not helping others, she can be found meditating, hiking with her dog, gardening, and traveling.

Social Media Following



3.5 K



850

Press



Podcast Features:

1. The Traveling Therapist Between My Therapist and I
2. The Inward Motion Podcast with Christy Chadwick
3. Educators Moving on: 34: Educators Moving on from Chronic Pain

Is meditation brainwashing?

Did you know that 100% of the population is brainwashed? "Brainwashing" includes our beliefs that occur every single day. Often, these beliefs are rooted in fear, anger, or other emotions that don't serve us. But what if we could "brainwash" ourselves to think clearly and decide what new ideas we want to implant in our minds, as well as shift away from attitudes, values, and beliefs that no longer serve us? In this provocative talk, audiences will open to the idea of transforming their thoughts & beliefs through meditation and discover that it's never too late to reevaluate the life they live.



Mastering Chronic Pain for Women

Twenty-two percent of women report that they suffer from chronic pain, compared to 19% of men. Studies show the older you get, the more likely you are to experience chronic pain. And Black patients are 22% less likely than white patients to receive any pain medication.

In this presentation, audiences will learn how to get outside the box of western medicine, shed the image of the "Strong Black Woman" and reclaim their inner power by reconceptualizing chronic pain. This exciting talk will mobilize audiences to not only declare "Fuck Being Stuck!" but accept the challenge of mastering chronic pain by mastering what they can control... their mind.

Bust Free from Mediocrity

Did you know that 98% of the population lives in their comfort zone? That means, only 2% of the population are taking risks, exploring new things, and choosing happiness. In this presentation, audiences will learn why comfort and convenience is a breeding ground for mediocrity and how to embrace the unknown, live without limits, and create their own lane. This talk will inspire people to understand that a life "falling apart" will lead to their biggest breakthroughs and transformation.





Contact Details

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Watch my reel:

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