

# Rebalance<sup>MD</sup>



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<https://rebalancemdphysio.janeapp.com/>

Dr. Bruce Pinel (Ph.D., M.A., B.A., RCC) is a Registered Clinical Counsellor (with the BC Association of Clinical Counsellors) and has a Ph.D. in Sport Psychology (professional member of the Canadian Sport Psychology Association).

Bruce's work as a Registered Clinical Counsellor focuses primarily on health and injury management, career and workplace concerns, chronic injury, self-esteem, stress management, return to function / work / performance, sleep management, dealing with transition and changes to daily living and active lifestyles due to health or injury issues, and mental performance enhancement for sport / recreation / active living / work.

In relation to sport performance enhancement, Bruce has worked in high-performance sport with elite athletes and teams at all levels, including professional, Olympic & Paralympic, National, Provincial, and local. He has been a member of Team Canada at the Olympics, Paralympics, Pan American Games, Commonwealth Games, and other major international sporting events.