

Rise BC Wellness Centre would like to introduce our private service practitioners.



Mary Houle, RMT/ Massage Therapist

As a Registered Massage Therapist Mary's objective is to continually demonstrate the positive effects massage therapy can have on a variety of health conditions. Massage improves range of motion and restricted mobility, reduces pain, promotes peristalsis (digestion), reduces nerve compression and connective tissue restrictions and assists in correcting postural imbalances. Mary uses a variety of techniques including but not limited to: general Swedish massage, myofascial release, joint mobilization, muscle energy techniques using isometric contractions and stretching programs.

Tara Emery, Medical Counselor

Tara's objective is to create a supportive and safe healing environment while remaining empathetic to her clients' needs. Her passion for working in chronic pain as a somatic counsellor developed through her own journey with chronic pain. Tara believes in the need for holistic understanding and compassion in a complicated medical system that is only beginning to understand the complexity and suffering for those with chronic pain. Tara can help you identify the physical and emotional blocks that are preventing you from healing and living your life to its fullest.



Anna Topf, Kinesiologist

Anna is a certified kinesiologist (a.k.a. exercise therapist). She can help you identify the source of your body's innate intelligence to heal from aches and pains through a series of tests, including the Functional Movement Screen and a CHEK postural analysis. Soreness is often caused by a number of issues resulting from muscle imbalances in the body caused by past injuries, bearing a child, work ergonomics and/or lifestyle habits. She will guide you through a personalized home program, towards releasing and stretching out the tight restrictions whilst strengthening and revitalizing the weak areas. In each session Anna will also provide hands-on massage and myofascial release to help facilitate your body's healing process. Ultimately, the goal is for your body to have improved stability and mobility and reduced pain.



Andrea Wilson, TCM/ Acupuncturist

Andrea practises acupuncture with precision as well as with gentle hands and believes in the benefits of proper breathing along with physical touch in order to prepare the body to receive acupuncture. By using gentle massage at specific acupoints as well as CranioSacral therapy, she is able to help warm and relax the body in preparation for the needles. The more relaxed a person is able to be on the table, the more they are able to benefit from the acupuncture treatment.



Bronwyn Cormack, Occupational Therapist

Bronwyn's goal as an Occupational Therapist is to engage in client centred treatments to optimize activities of daily living in self care, work, school, home or play. Treatments may include education about the neurology of pain and how to adapt anticipatory responses therefore reducing chronic pain. Guiding clients on a graduated return to work or school program may include organizational techniques, assessment of ergonomics, application of energy conservation techniques and environmental adaptations. Use of mindfulness, body awareness, desensitization to establish touch tolerance can be applied to diagnosis such as fibromyalgia and complex regional pain syndrome. Occupational Therapy pursues an improved quality of life.

