

Meet the Resident Wellness Team

Rebecca Turnbull, M.Ed., RCC, Resident Wellness Counsellor



Rebecca Turnbull is a Registered Clinical Counsellor with the BC Association of Clinical Counsellors. She holds a Master of Education in Counselling Psychology from Simon Fraser University and a Bachelor of Arts in Psychology from the University of Victoria.

Rebecca's approach to counselling is to work collaboratively with her clients, drawing on their strengths to help them establish and achieve their goals. Rebecca draws on evidenced based practices and she tailors her techniques to meet the individual needs of her clients.

Rebecca is passionate about helping clients improve success, awareness, and health within themselves and their interpersonal relationships.

Elizabeth Sabine, M.Ed., RCC, Resident Wellness Counsellor



Elizabeth is a Registered Clinical Counsellor with the BC Association of Clinical Counsellors. She holds a Master Degree in Counselling Psychology from Simon Fraser University and a Bachelor of Arts Degree Major in Psychology and Minor in Counselling and Human Development from Simon Fraser University.

Elizabeth uses a client-centred, evidence based approach and works to provide a safe, encouraging, and non-judgmental space for clients to explore their inner thoughts and feelings. Elizabeth has post graduate training in Acceptance and Commitment Therapy, a mindfulness and values based approach to living. She helps clients to learn practical day-to-day coping strategies and is passionate about helping clients build on their strengths and resiliencies to lead a healthy and fulfilling life.

Lauren Phelan, Resident Wellness Program Coordinator



Lauren holds a Bachelor of Arts in Psychology and Health & Society from UBC, is currently completing the Master of Arts in Counselling Psychology program at UBC, and is also a registered yoga instructor. Lauren is passionate about a holistic understanding of health and well-being, particularly as it relates to mindfulness and relationship to community.

Lauren is available for many types of services, including answering general questions about the Resident Wellness Office, wellness events, and to schedule counselling appointments.

