



kenn ghal sahhitek

Dar Kenn ghal Sahhitek is a residential, semi residential and Outpatients facility aimed to provide a holistic treatment for patients with eating disorders and obesity .



Patients at **Dar Kenn ghal Sahhitek** are followed by a multidisciplinary team composed of various professions including psychiatrists, dieticians, nutritionists, physiotherapists, occupational therapists, nurses, nursing aides. The organization of the day is highly structured, both in the careful management of the meals and in activities aimed at guiding patients to regain their healthy lifestyle and provide comprehensive plans based on local eating habits which are accessible to all.





Dar Kenn ghal Saħħtek has been designed to provide in-patient and outpatient treatment according to the therapy required by each individual. The holistic approach also provides family therapy to the relatives and carers of patients.

The concept of Dar Kenn ghal Saħħtek is to provide a holistic approach in treating eating disorders and obesity. Hence a residential/outpatient facility set up.

The principal aims of the Centre:

- To address the causes of poor health and wellbeing related to eating habits.
 - To provide comprehensive programmes based on local eating habits which are accessible to all.
 - To support persons who experience eating disorders and obesity by providing holistic treatment.
 - To provide follow up care for persons after being released from hospital following an acute admission for an eating disorder.
 - To promote healthy lifestyles
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The residential structure have an overall objective to begin or continue a course of treatment aimed at interrupting the growth and maintenance factors. An important feature of this approach is the highly structured therapeutic plan that allows a correct evaluation of the results and the possibility of directing therapeutic intervention to the specific needs of the patient and his/her relatives.

Through educational activities, staff help to raise the level of understanding and encourage motivation and prevent relapse. Patients are also offered a safe and homely place for the delivery of a holistic therapy as well as support to their relatives. Throughout the programme patients are empowered and reintegrated in society. Therapists provide all necessary support to sufferers to ensure social reintegration after the residential phase of the therapy programme by liaising with other entities and support network.



One is to note that, upon submission of applications, patients are contacted for their first visit with **Dar Kenn għal Saħhtek** medical team to assess whether patient will benefit by following the residential programme.

Service for those residing in **Gozo** can be accessed either online or by booking an appointment with our team visiting **Gozo** on a regular basis.

Bookings can be scheduled by contacting administration office on **21453690** during office hours.

Residential and Day Programme embraces varied activities including educational, nutritional, psychodynamic and creative (both in individual and group sessions). The facility provides a space for constructive channeling of creativity within the community. Our team works towards the goals of psychological integration, self awareness, self esteem and positive self-concept.



ANOREXIA NERVOSA

Characterized primarily by self-starvation and excessive weight loss.

Symptoms include:

- Inadequate food intake leading to significant weight loss.
- Intense fear of weight gain, obsession with size and persistent behavior to prevent weight gain.
- Disturbance in self-image.
- Denial of the seriousness of low body weight.

Health consequences include:

- Heart failure, osteoporosis, muscle loss and growth of lanugo (hair all over the body).



BULIMIA NERVOSA

Characterized primarily by a cycle of binge eating followed by compensatory behaviors, such as self-induced vomiting, in an attempt to counteract the effects of binge eating.

Symptoms include:

- Regular intake of large amounts of food accompanied by a sense of loss of control over eating behavior.
- Use of inappropriate compensatory behaviors such as vomiting, laxative or diuretic abuse, fasting and or obsessive or compulsive exercise.
- Extreme concern with body weight and shape.

Health consequences include:

- Heart failure, gastric rupture, tooth decay, rupture of the esophagus and pancreatitis



BINGE EATING DISORDER

Characterized primarily by recurrent binge eating without the regular use of compensatory measures.

Symptoms include:

- Frequent episodes of eating large quantities of food in short periods of time.
- Feeling out of control during the binge.
- Experiencing shame, guilt and distress after the binge.

Health consequences include:

- Heart disease, type II diabetes mellitus, gastric rupture and gallbladder disease .



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 www.dks.org.mt

 Kenn għal Saħħtek

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