

Imani Secondary Care

Description:

The Imani programme is tailored to individual needs and takes into consideration the way the disorder manifests itself and a person's lifestyle. Treatment can take 4 weeks to 6 months depending on what is required. It includes support and care for those in recovery from eating disorders, including anorexia, bulimia, compulsive over-eating and other related disorders.

We work with leading eating disorder dietitians, medical staff, psychologists, trained counsellors and recovery assistants, many of whom have walked this path and are an invaluable support.

The counselling team guides the individual in learning assertiveness skills, positive body image, self-esteem, feeling management and relapse prevention.

We aim to restore the individual to a place of self-acceptance and self-worth, where he or she can pursue a rich and rewarding life, free of fear and despair.

Address Line 1: 235 Lower Main Road Observatory

Country: South Africa

City: Cape Town

Website: <http://www.imanitreatment.co.za>