



RISE TREATMENT CENTRE  
RESTORING LIVES



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## Introduction

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**Rise Treatment Centre** is a residential eating disorder treatment clinic, located in the tranquil area of Altea La Vella, Spain. We offer a unique evidence-based programme designed to treat and support clients in achieving long-term sustainable recovery from eating disorders such as Anorexia Nervosa, Bulimia Nervosa, Binge Eating, along with all other forms of eating disorders. Our programme is designed to get to the roots of the eating disorder and address its underlying issues so as to achieve long-term sustainable recovery.



# Residential Clinical Treatment

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At Rise Treatment Centre we offer an intensive Residential Clinical Programme for the duration of three months, where the focus is on physical, psychological and social recovery. Our multidisciplinary team works on all aspects necessary for sustainable recovery from eating disorders.

Rise Treatment Centre offers a holistic approach to treating eating disorders, addressing the problematic eating behaviour itself as well as the roots of the problem. We offer a specialised trauma treatment plan and use evidence based methods in treating possible co-occurring disorders such as anxiety disorders, a depressive disorder and non suicidal self-harm.

We apply CBT-E for the mechanisms and traits which maintain the eating disorder. It is the

treatment of choice as it has consistently proven to be more effective than other cognitive behavioural treatments in the treatment of eating disorders. Alongside CBT-E, ACT and other evidence based methods are used to work with complex co-occurring disorders. The Programme at Rise Treatment Centre consists of two stages. According to the degree of recovery, clients will move from one to another where their goals, needs and regulations are matched based on their specific progress.

Our primary focus is on each individual's requirements. The Rise Treatment Centre programme incorporates both group therapy and individual sessions. Treatment consists of the following disciplines amongst others; ACT, CBT-E, Psychomotor therapy, Family therapy, Trauma treatment and Mindfulness.





The goal of treatment is sustainable recovery which will make clients differentiate their eating disorder from themselves, learn to make constructive behavioural choices and rise above their eating disorder. During treatment we aim for clients to gain insight into what drives their eating disorder, to understand the causes as well as how and why the individual maintains it.

We help clients to heal from the co-occurring disorders causing the eating disorder, and to develop a more constructive way of being. Clients are encouraged to rebuild their lives by recognising and developing their strengths,

characteristics and co-creating a life of new possibilities. We involve family and relatives from the start of the treatment, to deepen their understanding of what their loved ones are experiencing and to improve interpersonal relationships within the family dynamic.

#### **Co-occurring disorders treatment includes:**

- Anxiety disorders
- Trauma
- Post traumatic stress disorder (PTSD)
- Substance use disorder
- Depressive disorder
- Sexual dysfunction
- Non suicidal self-harm



## Accommodation

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We believe a serene and healthy environment is instrumental during a period of intensive treatment. That is why we are located next to the Mediterranean sea and Guadalest mountains. Our Residential clinic is built and furnished with natural materials and colours to give a sense of tranquillity.



## Rise Apartments

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- Bed type:** 2 Single beds
- View:** Garden and forest
- Features:** Terrace with outdoor table and chairs, bathroom with shower, sink and toilet, closets, Air conditioning and under floor heating
- Occupancy:** 2 Clients per apartment





## Main building and facilities

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### Features:

- 24/7 Camera security and surveillance by guard's
- Air conditioning and underfloor heating throughout building
- Secluded terrain surrounded by mountains and forests
- 2 group rooms
- 1 meditation room
- Lounge and TV area
- Dining area
- Professional kitchen with all amenities
- Organic garden
- 4 toilets, including 2 for the disabled
- 2 terraces
- Gym



# Quality and safety

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We continuously conduct internal and external audits to test and measure our internal processes and use the outcomes to implement improvements. Our goal is to achieve the highest quality management certificate, to monitor and improve our quality, safety, sustainability and information security processes.

To guarantee privacy and safety of our clients we have 24/7 camera security, 24/7 nursing and 24/7 surveillance.







## Multidisciplinary team

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The Rise Treatment Centre multidisciplinary team consists of registered specialists committed to the long-term sustainable recovery of each client.

<b>Psychiatrist:</b>	Main practitioner
<b>Doctor (GP):</b>	Somatic care
<b>(Clinical-) Psychologists:</b>	Therapy
<b>Psychotherapists:</b>	Therapy and Trauma treatment
<b>Dieticians:</b>	Food and nutrition
<b>Specialised Chef:</b>	Food and nutrition
<b>Nurses:</b>	Medication and 24/7 supervision
<b>Counsellors:</b>	Outside therapy activities and supervision

# Requirements

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- Clients who are 16 years or older are eligible for admission.
- A pre-admission assessment (which can be provided by Rise Treatment Centre) must precede the admission of the client.
- A medical report is required for clients with a BMI less than 17 or greater than 30.
- If the client is on medication, a prescription from a medical practitioner is required.
- Any food allergies and intolerances must be accompanied by a written medical verification. No food allowances will be made without this confirmation.
- In the case of Anorexia Nervosa or Bulimia Nervosa, blood tests including Full Blood Count, Electrolytes, Liver Function, Urea and Creatinine and TSH must be sent to Rise Treatment Centre prior to admission.
- Current weight verified by a medical practitioner.
- In the case of Binge Eating Disorder, blood tests including Thyroid function, Lipid Profile and Blood Glucose must be sent to Rise Treatment Centre prior to admission.
- In the case of Diabetes Type I, a separate list of medical requirements will be sent.

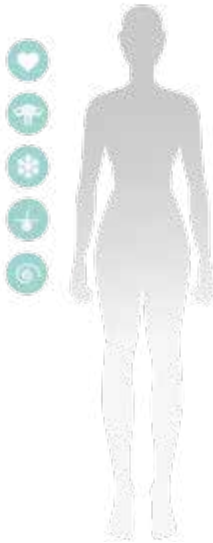


# Procedure

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To register for a treatment at Rise Treatment Centre, the client needs a referral from a Doctor, Psychiatrist, Psychologist or Psychotherapist. The referral letter can be sent by fax or an alternative secured method.

Hereafter Rise Treatment Centre can provide an intake by Skype with our Psychiatrist or in collaboration with a local Psychiatrist.



## Inclusion criteria

- Anorexia Nervosa
- Bulimia Nervosa
- Binge eating Disorder
- ARFID
- OSFED
- A-typical eating disorders

## Co-occurring disorders

- Anxiety disorders
- Trauma
- Post traumatic stress disorder (PTSD)
- Substance use disorder
- Depressive disorder
- Sexual dysfunction
- Non suicidal self-harm

## Contraindications

- Active psychosis
- Manic episode
- Suicidal plans
- An IQ lower than 80
- Being severely underweight (no cut-off BMI)
- Critical BMI > 16, this is assessed individually
- Somatic risks that require a medical setting (hospitalisation)
- Lack of intrinsic motivation

**If you have any further questions feel free to contact us:**

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