



**Dr. Matthew Pizzuto**

*Medical Doctor*

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*Initial Consultation*

## Comprehensive Assessment :

- ✓ One-hour consultation
  - Review of medical and family history
  - Physical examination
  - Blood tests (If necessary)
  - Understanding presenting symptoms
  - Mental health rating using validated tool
  - Review of all other lifestyle pillars – diet, exercise, sleep, substance abuse, social connection, stress management
- ✓ Setting of goals (short and long term)
- ✓ Creating a personalised action plan based on these goals
- ✓ Referrals to other specialists within the team

First Consult 60 Euro



# Anxiety Clinic

## Meet The Team



**Dr. Matthew Pizzuto**

*Medical Doctor*

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**Dr. Kristian Sant**

*Psychiatrist*

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**Ms. Michèle Ricci**

*Psychologist, Psychotherapist/EMDR*

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**Ms. Charmaine Dalli**

*Psychologist*

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**Ms. Anna Maria Borg Bartolo**

*Psychologist*

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**Ms. Jeanelle Boffa**

*Gestalt Psychotherapist*

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**Mr. Alessandro Giuliano**

*MA Gestalt Psychotherapist*

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**Ms. Charlotte Schembri**

*Systemic Family Therapist*

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**Ms. Kristina Chetcuti**

*Registered Health Coach*

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**Ms. Sophie Grima**

*Dietician*

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**Ms. Christina Desira**

*Physiotherapist*

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