

World-leading
holistic
treatment
solutions for
addiction

THE
CABIN GROUP

World-leading rehabilitation specialists





Addiction is a struggle which can affect anyone, from any background or walk of life. It has a huge impact on the life of the addicts themselves, their family members and loved ones and is often surrounded with social stigma and shame. What is not often well understood is the underlying causes of addiction and the importance of addressing these in order for long term recovery to be successful.

At The Cabin Group, we incorporate the most effective Western Clinical treatment and Eastern healing practices to offer holistic programmes which address addiction in its entirety. Our programmes are structured around Western clinical best practice and include individual counselling, group therapy, integrated family involvement and a dedicated continuing care programme that supports client's progress. Following inpatient discovery comes a future of recovery and we offer support for as long as we are needed.

The Cabin Group offers a unique service as a result of its programme specialisation. Clients are placed within a community of peers who socially identify in the same way as they do - We offer five programmes which are tailored to men, women, LGBT+ clients, young men and arabic clients. This allows clients to focus entirely on their recovery work, without any human bias or boundaries to making themselves properly heard and understood. It also creates a culture of inclusivity and compassion within the communities themselves and helps to create lasting and meaningful bonds between clients. The communities are housed on one of the four separate housing villages which we have on-site.

We work with some of the world's most renowned and experienced psychiatrists, psychologists, therapists and counsellors to prescribe and deliver our unique treatment method, known as Recovery Zones.

We strongly believe in the importance of supporting the full recovery journey, not just the inpatient treatment of the client. For all clients we strive for freedom from addiction and achieving empowerment through a personalised and holistic journey of self-discovery, self-acceptance and self-care.

Our family and continuing care programmes are essential to this journey. The family unit often plays an essential role in addiction and always plays a central role in recovery, so we include family for the duration of the journey, with our dedicated family therapists and three day family workshop. This brings families on site to work through our specially developed three day therapeutic programme together as a unit. Our continuing care programme offers support internationally through online sessions, networks and intensive outpatient support in some locations.

Our Programmes

Our Programmes

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|-------------------------|--|
| Rise & Reach | Gender responsive, trauma informed treatment drawn from the lived experiences of men and women experiencing addiction and tailored to their differing needs. |
| R12 | LGBT+ programme, designed by and for LGBT+ people, with a focus on addressing internalised shame and homophobia. Specialist ChemSex track available. |
| Salam | Bi-lingual counsellors offer treatment in Arabic or English, tailored to Arabic cultural, religious and familial sensitivities |
| The Edge | Young adult male programme, treating 18-26 year olds, emphasising experiential treatment and physical activity. Specialist gaming track. |

What we treat

Before clients come to Thailand, we undertake a consultation to help us decide on the best treatment plan. We can help with:

- // **Substance Use Disorders** – Alcohol, drugs and prescription medications
- // **Process addictions** – sex, gambling, food, internet and gaming
- // **Co-occurring Disorders** – Anxiety, depression, personality disorders which often go hand in hand with addiction
- // **Underlying causes of addiction** – Trauma, PTSD

On arrival, every client will be assessed by a board-certified psychiatrist, psychologist and nursing team at our on-site hospital.

- // **Detox** (CIWA & COWS protocols)
- // **Physical exam** including urine toxicology, electrocardiogram, complete blood count and blood work
- // **Psychiatric evaluation**
- // **Medication review and reconciliation**
- // **Nursing assessment**

How we treat

Blending evidence-based treatment Eastern mindfulness philosophies, our comprehensive and highly effective method is focussed on treating the underlying issues that cause addiction and co-occurring disorders.

Our treatment model, Recovery Zones has been verified independently to be more effective than conventional addiction treatment methods, yielding a very high program completion rate.

Combining psychology, psychotherapy and holistic therapy, we tailor each phase of our treatment.

Each of the specialised programmes focuses on the treatment methods which best suit the communities they serve.

- // **Detox** – medically assisted detox at our on-site hospital
- // **Cognitive Behavioural Therapy (CBT)** – highly personalised programme in one-to-one and group sessions
- // **Physical therapy** – personal training, mountain biking, sports, swimming, Muay Thai boxing, triathlon training* and excursions

- // **Holistic therapy** – reiki, art, music, books, film, meditation, yoga and massage
- // **Modified 12 steps recovery tools**
- // **Family therapy** – integrated clinical process includes a dedicated family therapist to work with the client's family for duration of inpatient treatment. Includes a family assessment, weekly clinical updates, family sessions over Skype and a three day family programme in Chiang Mai, Thailand.
- // **Flexible addiction treatment** – one month, two months or three months, plus an active alumni programme
- // **Continuing care** – free online group therapy, online one-to-one sessions, face-to-face individual and group sessions at three outpatient centres worldwide. Peer support and access to our extensive global partner referral network.

* Triathlon training at The Edge

Where we treat

Chiang Mai, Thailand (inpatient)

Successful rehabilitation for many is often about their treatment environment. Our inpatient programmes are perfectly secluded in the peaceful mountainous surrounds of Chiang Mai, where clients are far from their stressors and triggers, making it conducive for them to make the change they need.

Our clients can relax and enjoy the resort facilities at our premium treatment centre including:

- // Private, premium accommodation
- // Swimming pools
- // Fitness centre
- // Outdoor meditation space
- // Meditation sala
- // Yoga and relaxation studios
- // Libraries
- // Gourmet, open-air restaurant
- // 24/7 fully equipped and medically staffed hospital, on-site

Outpatient support

Whether they are needed before treatment, after treatment or entirely independently our outpatient facilities are available in 3 international cities. We know that inpatient treatment is only the beginning – lifelong recovery is the goal.

To assist our clients in their ongoing recovery, we offer professional clinical counselling and relapse prevention treatment.

Outpatient centres:

- // **Australia:** Sydney
- // **Asia:** Hong Kong & Singapore



Get in touch with our dedicated admissions team in Chiang Mai, 24/7

+ 66 52 080 720 | contact@thecabin.com | thecabinchiangmai.com

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THE CABIN



THE EDGE



SALAM



RISE



REACH



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