

THE CABIN SINGAPORE

Specialist Outpatient
Addiction Treatment Centre



THE CABIN

World-class behavioural health provider since 2010

WELCOME TO THE CABIN SINGAPORE

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

Confidential, Effective and Accessible

The Cabin Singapore is a specialist addiction treatment centre in a confidential outpatient setting. We combine the most effective evidence-based treatment methods, delivered by fully-licensed addiction experts with years of experience providing top-quality care to clients. Conveniently located in the centre of Singapore, we offer flexible treatment programmes to fit around the work and lifestyle commitments of our ex-pat and Singaporean clients.

What We Treat

We treat a variety of concerns, including but not limited to:

- // Substance Abuse – drugs, alcohol and prescription medication
- // Process Addictions – gambling, sex, food, and compulsive use of the internet
- // Trauma and Post-Traumatic Stress Disorder (PTSD)
- // Mental health issues which co-occur with addiction, including anxiety and depression

Get Help Now

The demands of work and family life often prevent people from seeking the treatment they need. Addiction will not go away on its own and typically gets worse over time. If you think your substance use or behaviour is creating problems in your life or becoming unhealthy, we can help. Please contact us to arrange a confidential assessment.

Our Treatment Method

The Cabin Singapore has developed a three to six month treatment programme to effectively tackle addiction in an outpatient setting. We use our own unique treatment model which combines core elements of the 12 Steps, Cognitive Behavioural Therapy (CBT) and mindfulness and meditation practices. This approach has been proven to successfully treat addiction.

- // **12 Steps** – a recovery process that leads to an addiction-free future. It's explained through a series of workshops using non-religious language to better suit our diverse clientele
- // **Cognitive Behavioural Therapy (CBT)** – talking therapy that's tailored to each client's addiction needs to help change the way they think and behave
- // **Mindfulness & meditation practices** – to treat mental and emotional health disorders, such as anxiety and depression, which often co-occur with addiction

Intensive Outpatient Programme

Each client receives a treatment plan tailored to their specific needs which includes a combination of the following:

- // Initial assessment
- // One-to-one counselling sessions and group therapy*
- // Family Programme - to involve family members in the recovery process
- // On-going recovery support
- // Priority access to Asia's leading inpatient clinic, The Cabin in Chiang Mai

**A combination of individual and group therapy is effective in the treatment of addiction and a range of sessions are available. Clients typically attend three 90-minute group sessions and one 50-minute individual session each week, depending on their specific treatment plan.*

Other Services Offered By The Cabin

Residential Rehab at The Cabin Chiang Mai

The Cabin Singapore has priority access to one of the world's top residential rehab facilities in the tropical foothills of northern Thailand. The Cabin in Chiang Mai is a safe haven where clients can focus on recovery, far from their stresses and triggers. There are five speciality programmes available, along with luxury accommodation and facilities:

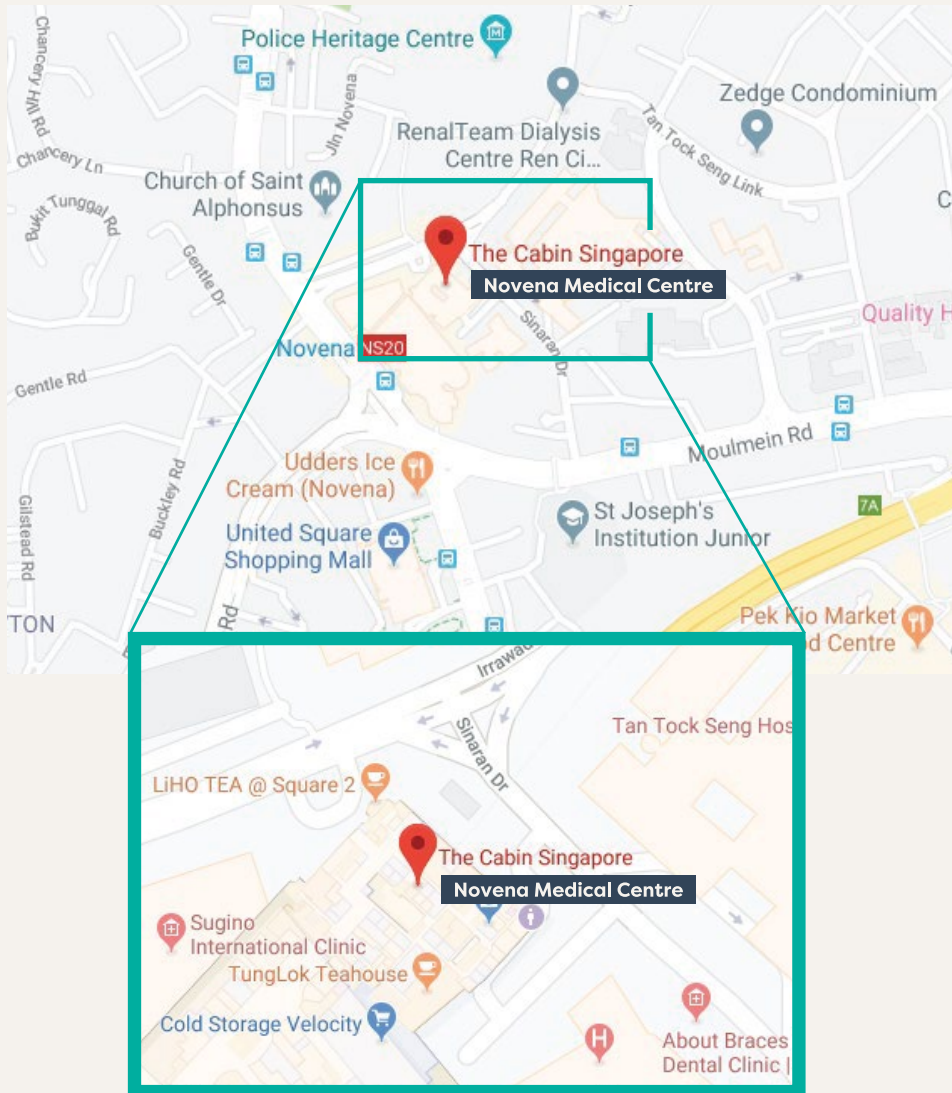
- // Highly-experienced psychiatrists, psychologists and counsellors
- // Fully-accredited Western-trained clinicians
- // Onsite 24/7 hospital offering detoxification services
- // Private villa accommodation
- // Swimming pools
- // Fitness centre with personal training
- // Yoga and relaxation studios
- // Gourmet open-air restaurant

Continuing Care For Lasting Recovery

Our Continuing Care follow-up support is for clients who have completed residential and/or outpatient treatment. At The Cabin Singapore, clients review and share recovery experiences, Continuing Care plans, recovery goals and how they are navigating early recovery outside of structured environments. Sessions are facilitated by a counsellor but clients are encouraged to take an active role and bring along issues relevant to them. Skype groups are available, although we recommend you attend in person if possible. The Continuing Care programme also includes access to our global Alumni network.



MAP





THE CABIN

Singapore

Find us

Suite 11- 02, 11 Floor, Novena Medical Centre, 10 Sinaran Drive, Singapore, 307506

Counselling appointments:

Individual counselling - Mondays, Wednesdays and Fridays - 1pm to 5pm

Tuesdays and Thursdays - 1pm to 8pm

Group sessions - Monday, Wednesday and Friday evenings - 6pm to 8pm

Please call to schedule

Contact us

+65 3158 9949 | contact@thecabinsingapore.com.sg | thecabinsingapore.com.sg

Part of The Cabin Addiction Services Group | thecabinchiangmai.com

Residential programmes: The Edge | R12 | Reach | Rise | Salam

Outpatient clinics: Hong Kong | Sydney | Singapore