



We are ready to help.
Right now.

We have successfully treated more than 5,000
individuals just like you.



The Cabin Rehab

Tested By Time

Five thousand treatments completed.

Five thousand lives changed.

Five thousand stories rewritten.

The Cabin is an internationally recognized center of excellence for the treatment of mental health and addiction disorders.

For those individuals who put a premium on clinical expertise, luxurious accommodation and amenities, predictable pricing, and bespoke personalized service, The Cabins clinically effective treatment programmes give you peace of mind, even in the most stressful of times.

In just 12 years, our secluded inpatient facility has grown to successfully treat over 5000 people suffering from addiction, trauma and mental health problems from all over the world - a testament to the reputation we have earned of being Asia's most respected rehab.



THE CABIN

Asia's leading addiction treatment specialists
www.thecabinchiangmai.com

The Cabin - Asia's Most Respected Rehab

Are addiction, trauma or mental health issues holding you back from living the life that you want and truly deserve?

Are the challenges you are facing proving detrimental to your family, your relationship or your career?

At The Cabin our treatment approach is comprised of modern, intelligent, physical and holistic treatment programs.

We don't deal in quick fixes. Our single-minded purpose is on addressing the core issues – the restoration of a sound mind and body – allowing you to experience deep healing, emotional repair and a dynamic personal transformation that results in lifelong recovery.



Reach Out for Help

Our 4 to 12 week programmes start at \$16,900 USD

If you or someone you love is struggling, we're here for you. Instead of a quick fix, our compassionate team of experts at The Cabin is waiting to help you begin your journey toward long-term recovery that focuses on the whole person by addressing any underlying mental health conditions or trauma that may be perpetuating the addiction. For more information call our admissions team today



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What We Treat

Our Levels of Care

At The Cabin we know that no two people are exactly the same, and what you need at any given time may change based on both your circumstances and where you are on your journey through life.

Many of our clients come to The Cabin for intensive treatment for a specific issue or issues. Others may already be in recovery but seeking new ways to continue the work they began in a residential or intensive outpatient treatment program.

Knowing what's right for you can be difficult. We can help you find the ideal fit that meets not only your needs right now, but where you ultimately want to be.

Wherever you are on your journey through life The Cabin has a range of treatment options at every level of care capable of helping you get to where you want to be and all of them tested by time.



Residential Treatment - Is it Right for Me?

Whatever you may be struggling with, when an addiction takes over your life in such a way that it impacts your relationships, health, career prospects, employment, and day-to-day life, inpatient treatment at The Cabin allows someone to completely focus on getting healthy without interference from the triggers and distractions of everyday life.

Whether its drug or alcohol addiction, dependency linked to complex or acute trauma, residential treatment at The Cabin is focused upon dynamic transformations, addressing the root causes, removing the stumbling blocks that may set you back and transforming your life into one characterized by joy, gratitude, freedom and acceptance.



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Residential Inpatient Treatment - The Basics

- // Residential programs completed on site in Chiang Mai
- // World Class 8-Week Stand Alone Trauma Program
- // World Class 8-Week Trauma Informed Addiction Program
- // Distraction-free experience allowing you to focus solely on recovery
- // Dynamic programs that address everything from addiction, dependency, acute and complex trauma, mental health issues, intimacy issues, disordered eating, gambling, sex addiction, love addiction/love avoidance
- // 24/7 nursing care and medical oversight and medication management.
- // Includes therapy groups, individual counselling, peer support, education, exclusive one-on-one fitness training, holistic sessions and aftercare.
- // Exclusive holistic therapies including yoga, tension release exercise, sound healing, Mindfulness, Reiki and weekly resiliency building excursions.
- // Immersive focus on developing personal transformation and the recovery skills needed for post-treatment life
- // Seamless referral in the final weeks of your treatment into our global intensive outpatient network to ensure a sustained recovery.
- // Free 8-Week Online Intensive Family Program



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Our treatment



At The Cabin we understand that addiction and trauma are damaging, but they're especially harmful when people are discouraged from seeking help. This is why compassionate judgement-free addiction treatment is so essential.

Our programs combine highly effective Western clinical counselling techniques and Eastern holistic therapies designed to work both the mind and the body. Individual and group counselling sessions using evidence-based techniques such as

- // Group Therapy
- // Cognitive Behavioural Therapy
- // Cognitive Processing Therapy
- // Eye Movement Desensitization Therapy (EMDR)
- // Mindfulness, Expressive Art Therapy
- // The Cabins Secularized 12-Step Principles
- // Physical Fitness Training

are complemented by holistic therapies such as yoga, mindfulness, massage, tension release exercise and meditation.



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Art Psychotherapy at The Cabin

*"Until you make the unconscious conscious,
it will direct your life and you will call it fate."*

Carl G.Jung

Art Psychotherapy facilitates bringing our subconscious into the conscious thus permitting us to become the master of our mind and therefore our destiny.

Practical knowledge, speaking and understanding are functions of the left side of our brain which is considered the 'conscious' side. Emotional and visual memory together with creativity are functions of the right side of the brain which is considered the 'subconscious' side.

Many of the challenges we are presently facing in life have their origins in adverse emotional events that occurred deep in our past. We can perhaps remember what happened during these events, but often we cannot feel the emotions related to them because they are stored in our subconscious mind, from where they exert great influence on our lives today. To succeed in our recovery we need to process the invisible core issues which are the source of much of the pain and difficulty in our current lives. Not being able to access our unconscious mind leaves us feeling stuck and powerless to move forward.

Art Psychotherapy does not require any artistic skills but through the creative process itself, under the guidance of a trained specialist, hidden areas of our subconscious emotional memory, are released.

This allows a profound and powerful communication to take place between our unconscious and our conscious mind whereby we can finally access the key emotions that are behind the unhelpful, beliefs, thought patterns, emotional states and behaviours that are bothering us, and resolve them.

The Cabin's addiction treatment programme is uniquely individualized and tailored to your needs. It has been developed and tested by time for over ten years to emphasize the need for personalized healing. As a result, we pay not only close attention to the root causes of addiction and co-occurring mental health conditions but also to what you tell us about yourself. This attention to detail begins before you even arrive with therapist allocation and care planning based upon your very unique needs and driven by the information you supply at assessment. At The Cabin we know that no two people are the same and that's why we tailor your treatment so closely to where you are at in your journey through life

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Our Location

Stunning Mountain Views in The Heart of Northern Thailand

Mountain views are incredibly calming, and Chiang Mai offers some of the most picturesque mountains in the world. Far away from the towering skyscrapers and boisterous noise of big cities, peace is found amidst rolling mountains and hills adorned with golden temples.

Imagine starting a morning ritual of eating gourmet breakfast food, sipping fresh local coffee or tea, perhaps exercising for a positive start to your day. A mountain backdrop sets the tone for the rest of your day.

Chiang Mai's mountains inspire success in recovery, encouraging an 'anything is possible' mindset as you focus on healing.

With top-end amenities including private villas, state of the art modern therapy rooms, a fully equipped fitness center, a large infinity swimming pool, an open-air restaurant with large balcony and riverbank dining areas serving fine fusion cuisine, all located on the tropical riverbank of The Ping River. The Cabin in Chiang Mai is your recovery oasis.



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Our Accommodation and Facilities

Rehab takes hard work, focus and energy. That's why at The Cabin, we do everything we can to make sure everything is taken care of for you – and you're comfortable and relaxed at all times.

After all, your recovery depends on it.

At The Cabin's tropical, secluded location, you'll stay in luxurious accommodation, have access to a range of recreational facilities and dine at a top-notch restaurant serving healthy and delicious fusion cuisine. While you're here, you'll be provided with all the creature comforts and modern-day conveniences you need to fully let go of the commitments and responsibilities you have at home. And every service will be delivered with legendary Thai warmth and hospitality.

Learn more about our accommodation, facilities and services below:

Accommodation

At The Cabin, you'll reside in your own spacious, tastefully designed guest room fitted with a complete set of state-of-the-art amenities:

- // Comfortable bed
- // Bathroom with rain shower
- // Air conditioning
- // Refrigerator
- // Flat-screen, satellite television
- // Daily laundry service
- // Daily room cleaning

Facilities

Both inside and outside of your guestroom, you'll feel like you're at a resort – not at rehab. Our facilities include:

- // Refreshing lap and leisure swimming pool overlooking the river and sunset
- // Fully equipped fitness centre
- // Meditation salas
- // Yoga studios
- // Tranquil relaxation areas
- // Spas offering Thai massage
- // Spa and Steam room
- // Open-air gourmet restaurant

Services

To ensure you're well taken care of during your stay, you'll have access to our:

- // Concierge service
- // Personal shopping service
- // 24-hour medical staff
- // 24-hour security staff
- // 24-hour support staff

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The Cabin Locations

Outpatient Centres



The Cabin Sydney

thecabinsydney.com.au

Toll Free AUS: 1800 251 994



The Cabin Hong Kong

thecabinhongkong.com.hk

Hong Kong: +852 3008 5841



The Cabin Singapore

thecabinsingapore.com.sg

Singapore: +65 3158 7621



The Cabin London

thecabinlondon.com

Toll Free UK: 0 808 189 0393