



**MEDIA RELEASE**

**August 2013**

### **Top Asian Alcohol and Drug Rehab to conduct training across Australia**

After conducting a series of highly informative and interactive training sessions in major cities across Southeast Asia in the first half of 2013, attended by majority of the region's addiction community, The Cabin Chiang Mai Rehab Centre is now headed to Australia. It will conduct similar workshops in Brisbane on August 20<sup>th</sup>, Sydney on August 22<sup>nd</sup>, Melbourne on August 27<sup>th</sup> and Perth on August 29<sup>th</sup>. The breakfast sessions will cover the latest in effective addiction treatment methods, which demonstrate the merits of inpatient treatment, and focus on The Cabin's widely successful treatment model.

Free to attend, the training is delivered by Alastair Mordey, Programme Director at The Cabin, a specialist in the "all addictions" treatment model. It will focus on how The Cabin integrates CBT, 12 Steps and 3 Circles techniques to treat both chemical (drug and alcohol addiction) and process addictions in a shorter time span than traditional techniques. The model uses secular language, which is culturally adaptable, to define and plan for abstinence, relapse triggers and recovery actions. It can also be used to individualise treatment planning more effectively for difficult to engage clients

The workshops will take place on the following dates and in the following locations:

- Hilton Hotel Brisbane – from 8.30 -10am – 20th August 2013
- Hilton Hotel Sydney – from 8.30 -10am – 22nd August 2013
- Melbourne Convention & Exhibition Centre – from 8.30 -10.30am – 27th August 2013
- Holiday Inn City Centre Perth – from 8.30 -10.30am – 29th August 2013

Recognised as Asia's foremost alcohol and drug residential rehab facility, The Cabin draws clients from all over the globe with 1/3 of its total clientele coming from Australia as it is able to offer world-class treatment and accommodation at approximately 1/3 of the rates quoted by similar facilities in the West.

Attendance is free but RSVP is required. To book your seat email [pr@thecabinchiangmai.com](mailto:pr@thecabinchiangmai.com)

For more information visit [www.thecabinchiangmai.com/the\\_cabin\\_road\\_show\\_2013](http://www.thecabinchiangmai.com/the_cabin_road_show_2013).

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*For more information please contact The Cabin Chiang Mai directly or their PR representative **Edelman Healthcare** at:*

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**About the Cabin**

*The Cabin Chiang Mai is Asia's most respected in-patient drug and alcohol treatment centre, with two facilities and a secondary treatment Sober House located in Chiang Mai. Since 2009 the Cabin has treated over 550 men and women from around the world with a programme completion rate of 96% and a recovery rate amongst the highest in the world.*

*The unique programme at The Cabin uses 3 Circles, which combines CBT, a secularized version of 12 Steps, mind mapping, mindfulness therapy and physical exercise therapy. A fully inclusive 28 day programme at The Cabin Chiang Mai costs \$12,900, about a third of the cost of private rehabs in countries such as Australia.*