



MEDIA RELEASE

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AUSTRALIAN JOCKEY CHRIS MAUND ENTERS REHAB CLINIC, THE CABIN CHIANG MAI

Following a ban of 7 months for testing positive for a banned substance last October at a race meet at Eagle Farm, Australian Jockey Chris Maund has checked into one of the world's most respected drug and alcohol rehabilitation centres in Thailand in an effort to deal with his addiction problems.

Maund flew to The Cabin Chiang Mai to undergo a rigorous treatment programme designed to lead to recovery and enable him to fulfil his commitment to return to racing.

"Things had been going well for me prior to this and I'm determined it will not be the end for me. I'm looking at getting some help while I'm out of racing in dealing with things away from the track. My aim now is to be better focused mentally when I return." Maund said.

With over 4,000 professional races to his name, including almost 400 wins, Maund is a seasoned and skilled jockey with over 16 years in the racing industry. Regarded as one of the industry's senior riding professionals, Maund comes from a family with a heavy involvement and long history in the Australian racing industry.

The Cabin, which claims its addiction recovery rate is amongst the highest; utilises the best counselling methods available in the treatment of addiction. The Cabin has proven a popular destination for addiction sufferers based in Australia due to its nearby location, but far away enough from addiction triggers, to aid in the recovery process.

While at The Cabin, Maund will engage in an intelligent, physical and holistic programme that focuses on changing addictive thinking and behavior based on Cognitive Behavioral Therapy (CBT), along with in-house medical care and 24-hour nursing under the supervision of Thailand's foremost experts on addiction and detoxification.

It is also likely Maund will participate in a tailored exercise programme complimentary to his existing regime including, yoga and body combat, as well as take part in pursuits such as elephant trekking and mountain biking as part of a holistic approach to treatment .

The Cabin's aftercare provider and evidence based researcher, Cameron Brown, says that Chris is demonstrating his desire to commit to long term recovery by entering an effective treatment programme far away from the distractions of life in Australia.

"I think Chris's commitment to getting his life back in order, and obvious passion and love for racing, will see him back on top of his game very soon", said Mr Brown.

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About the Cabin

The Cabin Chiang Mai is Asia's most respected 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 300 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 combines CBT, the 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 Australia.

Cameron Brown is the aftercare provider and evidence based researcher of The Cabin Chiang Mai. He is a registered Psychologist with the Psychology Board of Australia and an Associate Member of the Australian Psychological Society. Having served on site as The Cabin's psychologist, he is now based on the Gold Coast Australia, where he offers ongoing psychological support to reformed addicts returning from The Cabin.

www.thecabinchiangmai.com.

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