



MEDIA RELEASE

December 2014

**The Cabin Addiction Services Group to participate in the 2014 WPA Regional Congress in Hong Kong**

Alastair Mordey, Programme Director of The Cabin will be joining Asia's leading mental health professionals at the World Psychiatric Association Regional Congress 2014 in Hong Kong from December 12 - 14. The event will cover a diverse range of psychiatric topics and issues which illuminate the trends and clinical research development in mental health care and practice.

This year's Congress is organised by the WPA in collaboration with the Hong Kong College of Psychiatrists. Since medical practices in Asian cultures have all along emphasized the importance of achieving harmony between humans and the environment, the theme of the event is "*Yin and Yang of Mental Health in Asia – Balancing Polarities*". It will provide a platform for mental health professionals to share existing psychiatric practices and innovative models of psychiatric care, in an effort to balance the "Yin and Yang" of Western and Eastern Psychiatry.

Alastair will present aspects of The Cabin's pioneering and highly effective **Recovery Zones** addiction treatment model – which is a combination of the best known addiction treatment methods – namely Cognitive Behavioural Therapy (CBT), 12 Steps and Mindfulness Meditation – that have been fine-tuned to combat addiction in a shorter time span than traditional methods.

- **Topic:** "A combined Recovery Zones/CBT approach to the treatment of dual diagnosis in an inpatient rehabilitation"
- **Date:** 14 December 2014 at 1:20 - 2:50pm
- **Venue:** Hong Kong Convention and Exhibition Centre (HKCEC)

The *Recovery Zones* model is used at both The Cabin's inpatient rehab, The Cabin Chiang Mai and their newly opened outpatient clinic, The Cabin Hong Kong. It is an 'all-addictions' treatment model that works for both chemical (drug and alcohol addictions) and process addictions (sex, gambling, internet etc). It is the basis of The Cabin's secular and culturally friendly programme, which includes relapse prevention therapy and dedicated aftercare, and draws clients from all over the globe.

For more information about The Cabin Chiang Mai visit: [www.thecabinchiangmai.com](http://www.thecabinchiangmai.com)

For more information about The Cabin Hong Kong visit: [www.thecabinhongkong.com.hk](http://www.thecabinhongkong.com.hk)

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



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### **The Cabin Chiang Mai**

**Reeya Chaicharas, PR Manager**

+66 (0) 82 893 8580, [reeya@thecabinchiangmai.com](mailto:reeya@thecabinchiangmai.com)

### **Edelman Healthcare**

Diane Barton, Account Manager

+61 (02) 9291 3368, [Diane.Barton@edelman.com](mailto:Diane.Barton@edelman.com)

### **About the Cabin Addiction Services Group**

The Cabin Addiction Services Group is a world leader in addiction treatment, based in Southeast Asia. It is the owner of the highly successful residential rehab, The Cabin Chiang Mai in Thailand; and Asia's first dedicated outpatient addiction treatment centre The Cabin Hong Kong. It uses a unique treatment model, called Recovery Zones, which combines CBT, 12 Step principles and Mindfulness Meditation into an innovative programme that treats both substance and process addictions more effectively than any single method.

The Cabin Chiang Mai, in operation since late 2009, has treated over 1,000 clients from around the world with a programme completion rate of 96%. Its 28 day programme costs US\$12,900.

The Cabin Hong Kong is a full-service outpatient addiction treatment centre located in the Central district. Its main 6 and 12 week programmes cost US\$ 6,000 and 12,000 respectively.