



The Cabin Chiang Mai Addiction Rehab launches Industry-leading Aftercare Service

The Cabin Chiang Mai, Asia's leading inpatient addiction treatment centre, recently launched its new [Alumni Community website](#) – a free comprehensive aftercare service for clients who complete treatment, to help them maintain lifelong recovery wherever they live in the world.

The Cabin firmly believes that providing clients the tools to help them maintain their recovery after successfully completing primary treatment should be and essential part of any reputable treatment programme. As a chronic disease, addicts in recovery are always vulnerable to relapse. The websites give them effective tools to help them avoid this happening.

“Unfortunately, many inpatient rehabs only focus on their clients during primary treatment when they are at the facility. But in actuality, the real challenge for clients begins once they leave the safe bubble of their treatment centre and return to normal life. It is here that they will be faced with temptations and threats to their sobriety. So apart from teaching our clients, during the time they are with us, the skills and techniques to cope with triggers they may encounter in real life – we also like to ensure they have continued access to us, as well as other support networks and recovery resources, once they leave,” explained Programme Director Alastair Mordey.

The Cabin's new alumni site is exclusively for former client's use. It is dedicated to helping them get through rough patches as well as supporting them in calmer times, and includes a variety of interactive features, including:

Peer Support Network: This service is an industry-first – made up of Cabin alumni living around the world, it allows members to offer support to other members living in or visiting their area.

Discussion Lounge: An online chat forum where alumni can hold discussions with each other on recovery issues and addiction related topics or reach out to The Cabin's counselling team.

Online Video Aftercare Programme: A weekly, online group-therapy session that is able to engage up to 8 people, including a counsellor, in a face-to-face meeting where all participants can see and interact with each other.

Recovery Resources Library: An extensive selection of online and downloadable reading material, videos and workbooks designed to help one maintain sobriety.

Practitioners Directory: Contains contact information for a vetted list of counsellors and psychiatrists in different countries.





The three-week old website is already very active among The Cabin's 1,000 or so past clients.

The Cabin treats both chemical (drug and alcohol) and process (gambling, sex, internet, etc) addictions using a unique treatment model – it combines Cognitive Behavioural Therapy, 3 Circle techniques and a modern version of the 12 Step. The latter has been modified to be more culturally-sensitive and better suited to treating people from different backgrounds and beliefs. This model, which is enhanced by Mindfulness Therapy and includes relapse prevention coaching, draws clients from around the world. It has also recorded a 96% programme completion rate.

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About the Cabin

The Cabin Chiang Mai is Asia's most respected inpatient drug and alcohol treatment centre, with two facilities and a secondary treatment Sober House located in Chiang Mai. Since late 2009 the Cabin has treated over 900 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 a combination of CBT, 3 Circles and a secularised version of 12 Steps; plus 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 the West.