

## The Cabin Chiang Mai Rehab educates Universiti Malaysia Sabah students on Western-style addiction treatment methods



*UMS grad students at The Cabin Chiang Mai*

The Cabin Chiang Mai, Asia's leading addiction treatment centre, played host to a group of graduate students from the Universiti Malaysia Sabah (UMS) on 21<sup>st</sup> October 2014. The group, who are enrolled in the university's Special Programme for Alcohol and Drug Abuse, were on a study visit to learn how addiction is treated in private and state facilities in Thailand.

UMS chose The Cabin for its highly effective, evidence-based treatment model and its commitment to sharing knowledge and research within the addiction industry. The other facility they visited was the state-run Thanyarak Institution for Drug Rehabilitation.

At The Cabin, the group of 29 students and three professors began their visit with a tour of the centre's primary care facilities – which include group therapy rooms, a medical infirmary, meditation centre, outdoor fitness centre, swimming pools and restaurant.

They were then given a presentation on how The Cabin's unique "all addictions" treatment model works, followed by a lecture on the most effective counselling techniques.

The Cabin treats both substance and process addictions using a combination of Cognitive Behavioural Therapy (CBT) and secularised 12 Step techniques within a 3 Circle Recovery Plan that is enhanced by Mindfulness and exercise therapy – an advanced addiction treatment method proven effective across different cultures.

The 3 Circles is an addiction counselling model, which The Cabin asserts suits the Asian cultural context better than traditional techniques employed by Western alcohol and drug rehabs. 3 Circles allows for a less religious 'take' on traditional methods like AA's 12 Steps whilst still retaining the effective psychological processes of 12 Steps. This is appropriate amidst cultures which are predominantly Buddhist, Islamic and Confucian with respect to religion and



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community attitudes.

3 Circles not only treats addictions more comprehensively but can be conducted in a shorter time frame than 12 Steps, which often takes 6 months to complete. With traditional drug and alcohol addictions, as well as somewhat newer addictions such as gambling, food and sex, growing across Asia, this is a major leap forward in cost effective addiction treatment.

## **ENDS**

*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 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 1,000 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.*