



**MEDIA RELEASE**

**October 2014**

**The Cabin Chiang Mai Rehab to Participate in Drug Prevention and Rehabilitation Conference in Malaysia this October**

Alastair Mordey, Programme Director of the Cabin Chiang Mai addiction treatment centre will be joining Asia's leading addiction professionals at the International Drug Prevention and Rehabilitation Conference – PREVENT 2014 in Nilai, Negeri Sembilan on 15-16 October, 2014. The Conference aims to enable delegates will share their knowledge and expertise with the goal of improving current addiction prevention strategies and rehabilitation standards currently employed in the region.

The International Drug Prevention and Rehabilitation Conference is an annual event organised by Asian Centre for Research on Drug Abuse (ACREDA), Universiti Sains Islam Malaysia (USIM). The conference's 2014 theme "Integrated Approaches in Prevention and Rehabilitation of Drug Abuse" provides an ideal platform for academics, researchers and practitioners from various levels and specialties in drug prevention and rehabilitation services to share their current ideas and findings on drug and other addiction issues.

Alastair, a co-founder of The Cabin Chiang Mai, Asia's top residential addiction treatment centre located in Northern Thailand, will speak on an increasing problem today – Internet Addiction and how it can be effectively treated using The Cabin's evidence-based "all-addictions" treatment model.

- **Topic:** Cognitive Behavioural Therapy/3 Circles for Internet Addiction
- **Date:** 15 October 2014
- **Venue:** Dewan Kuliah Pusat 3 & 4, USIM

Alastair is a certified addiction counsellor with over 10 years' experience in the addiction field and has worked in all four tiers of the UK's treatment services, including as an advisor to the National Treatment Agency. He is also responsible for designing The Cabin's highly effective addiction treatment programme, which treats both chemical (drug and alcohol addictions) and process addictions using a unique treatment model that integrates CBT, 12 Step and Three Circle techniques to achieve recovery in a shorter time span than traditional methods.

This secular and culturally adaptable programme, which includes relapse prevention therapy and dedicated aftercare, draws clients from all over the globe – as The Cabin Chiang Mai is able to offer world-class treatment and accommodation at approximately 1/3 of the rates quoted by similar facilities in the West.

For more information visit [http://www.thecabinchiangmai.com/clinical\\_achievements](http://www.thecabinchiangmai.com/clinical_achievements)

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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 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.*