



**MEDIA RELEASE**

**October 2013**

## **The Cabin Chiang Mai Alcohol and Drug Rehab Selected as a Centre of Excellence by the Islamic Science University of Malaysia**

The Cabin Chiang Mai, Asia's leading alcohol and drug rehab centre will play host to a group of graduate students from The Islamic Science University of Malaysia (USIM) on the 26<sup>th</sup> of October 2013. The contingent, who are from the university's Master's Programme in Special Programme for Alcohol and Drug Abuse Counselling, are on an educational fieldtrip to inspect organisations that the faculty deems centres of excellence in handling drug-related issues in Southeast Asia.

In Thailand, The Cabin was selected for its highly effective, evidence-based treatment model and its commitment to sharing knowledge and research within the addiction industry as well as the wider community. The other organisation is Chiang Mai University's Centre for Substance Abuse Research

At The Cabin, the group of 32 students and three professors, will begin with a tour of its primary care facilities – stretched across sprawling riverside lawns, they consist of group therapy rooms, a medical infirmary, an outdoor fitness centre, communal relaxing areas, swimming pools and a restaurant.

The contingent will then receive a lecture on The Cabin's unique "all addictions" treatment model. 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 rehabs 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 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**

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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 2009 the Cabin has treated over 600 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 3 Circles, which combines CBT, a secularized version of 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 countries such as Australia.*