



MEDIA RELEASE

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The Cabin Chiang Mai Alcohol and Drug Rehab Provides Training on the Latest Addiction Treatment Methods to Thai Medical Professionals

Suan Prung Psychiatric Hospital, Drug and Alcohol Treatment Centre, Chiang Mai - June 13-14, 2013

The Cabin Chiang Mai, Asia's leading alcohol and drug rehab centre, in collaboration with the Thai Health Promotion Foundation under the Thai Health Ministry, conducted an addiction treatment training seminar at Suan Prung Psychiatric Hospital in Chiang Mai on June 13th and 14th, 2013 for 100 medical professionals from around Thailand. This workshop was the second of its kind conducted by The Cabin Chiang Mai at the request of the Office of the Thai Health Promotion Foundation – the agency are trying to increase the skills base of medical professionals working in Thailand's drug rehabs and alcohol rehabs.

Aimed at teaching doctors and nurses the latest in addiction treatment methods, the two-day training course focused on how to use **Cognitive Behavioural Therapy (CBT) and 12 STEPS within The Cabin's 3 Circles Method** – an advanced addiction treatment technique proven effective across different cultures.

The 3 Circles is an addiction counselling model used by The Cabin Chiang Mai, Asia's leading addiction treatment centre located in Northern Thailand. The Cabin asserts that this method suits the Asian cultural context better than traditional techniques employed by alcohol rehabs and drug rehabs like the 12 Steps of Alcoholics Anonymous. 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 and therapies like CBT. This is appropriate amidst cultures which are predominantly Buddhist, Islamic and Confucian with respect to religion and community attitudes.

3 Circles can be conducted in a shorter time frame than 12 Steps and can treat all addictions more comprehensively in that timespan than 12 Steps, which often take 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.

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About the Cabin

The Cabin Chiang Mai is Asia's most respected in-patient 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 500 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.