



MEDIA RELEASE

February 2015

The Cabin Hong Kong to speak on Addiction Treatment at the HK Psychotherapy Society on February 11, 2015

What exactly is addiction and how is it effectively treated? The question still raises intense debate amongst practitioners working in the helping professions. In a talk titled “**Addictions and the Psychotherapeutic Approach**”, hosted by The Psychotherapy Society of Hong Kong this February 11, Alastair Mordey of The Cabin Hong Kong will outline the bio/psycho/social nature of the illness and the reasons why psychotherapeutic interventions are still arguably the most effective form of ongoing treatment.

Alastair is the Programme Director of the newly opened The Cabin Hong Kong, a subsidiary of the world-leading The Cabin Addiction Services Group. He is a highly-experienced and certified addiction counsellor with over a decade of experience in the UK's public treatment system, and is the architect of The Cabin's innovative and highly successful *Recovery Zones* addiction treatment model.

The Cabin Hong Kong is Asia's first outpatient addiction treatment center which specializes in treating both substance (alcohol and drugs) and process addictions (internet, sex, gambling etc.). Located in the heart of Hong Kong's bustling Central district and offering its services in English at flexible hours, the centre caters primarily to the expat community and locals working at the executive level. For instance, clients can attend treatment sessions for the center's main *Recovery Zones* programme after work on weekdays – enabling them to keep professional and personal commitments whilst in treatment.

In this talk, Alastair will describe how the *Recovery Zones* model can be used to address the psychological symptoms of addiction to influence a truly holistic recovery. He will then throw the floor open for questions from the audience. For those who would like to attend the event, details are as follows:

- Venue: Helena May Hotel, 35 Garden Road, Central
Conference Room
- Date: February 11, 2015
- Time: 7pm - light refreshments
7.30pm – talk begins: *Addictions and the Psychotherapeutic Approach*
- Fee: HK\$50 for PSHK members
HK\$150 for full-time students
HK\$200 for non-members

To reserve a seat, please email: psychotherapysociety.hk@gmail.com and payment will be collected at the event itself.

To learn more about The Cabin Hong Kong's *Recovery Zones* treatment program and other treatment options, such as one-on-one counselling, group therapy and family support program, please visit: www.thecabinhongkong.com.hk



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*For more information please contact The Cabin Chiang Mai or their PR representative **Edelman Healthcare** at:*

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About The Cabin HK

The Cabin Hong Kong is a full-service outpatient addiction treatment centre that specialises in both substance and process addictions. Its gold standard treatment programme uses a model called *Recovery Zones*, which combines the best evidence-based addiction treatment methods into an innovative yet highly effective recovery programme. Located conveniently in the Central district, The Cabin HK also offers a range of other treatment options to match the work and lifestyle commitments of its clients.

The *Recovery Zones six and 12 week programmes* cost US\$6,000 and US\$10,000 respectively. The Cabin Hong Kong belongs to The Cabin Addiction Services Group – a world leader in addiction treatment and owner of the highly successful residential rehab, The Cabin Chiang Mai in Thailand.