



MEDIA RELEASE

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The Cabin Hong Kong – Asia’s First Dedicated Outpatient Addiction Clinic Opens in Hong Kong

A dedicated outpatient addiction treatment programme is now available to people with addiction issues residing in one of Asia’s most high-pressured cities at [The Cabin Hong Kong](#). The clinic is a subsidiary of the highly successful The Cabin Chiang Mai residential addiction treatment facility in Thailand.

The Cabin Hong Kong has opened to fill a demand for effective professional treatment for functioning individuals suffering from addiction who cannot take months out of their busy schedules to enter a residential rehab. Located in the business hub of Central, the centre – which offers its treatment programme in the English language and conducts sessions at timings that allow clients to keep their work and family commitments while receiving treatment – caters primarily to expats and locals with executive level incomes.

“Over the past five years we have received hundreds of enquiries at The Cabin Chiang Mai from people who decide not to come because of the time inpatient rehab requires – and the majority of these enquiries are from Hong Kong,” said The Cabin’s clinical director Alastair Mordey.

“Addiction is a chronic disease that creeps up on you slowly and worsens with time. Therefore it is better to seek treatment sooner rather than later. Do it while you still have the ability to hold down a job and perform your role in the community – even if at a diminished capacity. Don’t wait until your addiction forces you into inpatient rehab, or you or your loved ones suffer some terrible consequence”

Staffed by highly qualified and experienced addiction [treatment specialists](#), The Cabin Hong Kong treats both substance (alcohol and drugs) and process (sex, gambling, internet) addictions with an intensive six or 12 week programme called [Recovery Zones](#).

In the six week programme clients develop the skills needed to identify their using “triggers” and learn special tools to overcome them. A further six week programme is then available to reinforce what they have learnt and further develop their recovery to advanced levels.

Both programmes utilise The Cabin’s highly successful *Recovery Zones* treatment model – a combination of the best known addiction treatment methods – namely Cognitive Behavioural Therapy (CBT), 12 Steps and Mindfulness Meditation – which have been fine-tuned and integrated to combat addiction even more effectively.

Apart from its gold standard *Recovery Zones programmes*, the centre also offers individual counselling, a family programme, aftercare as well as psychiatric assessment & medication review. Clients are also eligible for fast-tracked access to The Cabin Chiang Mai, if need be.

Offices are open from Monday to Friday from 9.30am to 5.30pm for [enquires](#) and scheduling appointments. General addiction counselling takes place between 2pm and 6pm, while our *Recovery Zones six and 12 week courses* take place between 6pm and 9pm.



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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 main treatment programme uses an innovative model called *Recovery Zones*, which combines the best evidence-based addiction treatment methods into a highly effective recovery programme. Located 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.

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