THE CABIN
REHAB
Asia's leading addiction treatment specialists
Inpatient Centre
We are ready to help. Right now.

We have successfully treated more than 5,000 individuals just like you.

The Cabin Rehab

Tested By Time

Five thousand treatments completed.
Five thousand lives changed.
Five thousand stories rewritten.

The Cabin is an internationally recognized center of excellence for the treatment of mental health and addictive disorder.

For those individuals who put a premium on clinical expertise, luxurious accommodation and amenities, predictable pricing, and bespoke personalized service, The Cabins clinically effective treatment programme gives you peace of mind, even in the most stressful of times.

In just 12 years, our secluded inpatient facility has grown to successfully treat over 5000 people suffering from addiction, trauma and mental health problems from all over the world - a testament to the reputation we have earned of being Asia's most respected rehab.
What we treat
Our Levels of Care

At The Cabin we know that no two people are exactly the same, and what you need at any given time may change based on both your circumstances and where you are on your journey through life. Many of our clients come to The Cabin for intensive treatment for a specific issue or issues. Others may already be in recovery but seeking new ways to continue the work they began in a residential or intensive outpatient treatment program.

Knowing what’s right for you can be difficult. We can help you find the ideal fit that meets not only your needs right now, but where you ultimately want to be.

Wherever you are on your journey through life The Cabin has a range of treatment options at every level of care capable of helping you get to where you want to be and all of them tested by time.

Residential Inpatient Treatment - The Basics

Resources program completed on site in Chiang Mai
A distraction-free experience allowing you to focus solely on recovery
Dynamic programs that address everything from addiction, dependency, acute and complex trauma, mental health issues, intimacy issues, disordered eating, gambling, sex addiction, love addiction/love avoidance
24/7 nursing care and medical oversight and medication management.
Includes therapy groups, individual counselling, peer support, education, exclusive one-on-one fitness training, holistic sessions and aftercare.
Exclusive holistic therapies including yoga, tension release exercise, sound healing, Mindfulness, Reiki and weekly resiliency building excursions.
Immersive focus on developing personal transformation and the recovery skills needed for post-treatment life
Seamless referral in the final weeks of your treatment into our global intensive outpatient network to ensure a sustained recovery.

Residential Treatment - Is it Right for Me?

Whatever you may be struggling with, when an addiction takes over your life in such a way that it impacts your relationships, health, career prospects, employment, and day-to-day life, inpatient treatment at The Cabin allows someone to completely focus on getting healthy without interference from the triggers and distractions of everyday life.

Whether its drug or alcohol addiction, dependency linked to complex or acute trauma, residential treatment at The Cabin is focused upon dynamic transformations, addressing the root causes, removing the stumbling blocks that may set you back and transforming your life into one characterized by joy, gratitude, freedom and acceptance.

Reach Out for Help

Our programme costs
$14,900 USD per 4 weeks of treatment
contact@thecabin.com

If you or someone you love is struggling, we’re here for you. Instead of a quick fix, our compassionate team of experts at The Cabin is waiting to help you begin your journey toward long-term recovery that focuses on the whole person by addressing any underlying mental health conditions or trauma that may be perpetuating the addiction. For more information call our admissions team today.
Our treatment

At The Cabin we understand that addiction and trauma are damaging, but they're especially harmful when people are discouraged from seeking help. This is why compassionate judgement-free addiction and treatment is so essential.

Our program combines highly effective Western clinical counselling and Eastern holistic therapies designed to work across both the mind and the body. Individual and group counselling sessions using evidence-based techniques such as

// Group Therapy
// Cognitive Behavioural Therapy
// Cognitive Processing Therapy
// Eye Movement Desensitization Therapy (EMDR)
// Mindfulness, Expressive Art Therapy
// The Cabins Secularized 12-Step Principles
// Physical Fitness Training

are complemented by holistic therapies such as yoga, mindfulness, massage, tension release exercise and meditation.

Art Psychotherapy at The Cabin

“Until you make the unconscious conscious, it will direct your life and you will call it fate.”
Carl G. Jung

Art Psychotherapy facilitates bringing our subconscious into the conscious thus permitting us to become the master of our mind and therefore our destiny.

Practical knowledge, speaking and understanding are functions of the left side of our brain which is considered the ‘conscious’ side. Emotional and visual memory together with creativity are functions of the right side of the brain which is considered the ‘subconscious’ side.

Many of the challenges we are presently facing in life have their origins in adverse emotional events that occurred deep in our past. We can perhaps remember what happened during these events, but often we cannot feel the emotions related to them because they are stored in our subconscious mind, from where they exert great influence on our lives today. To succeed in our recovery we need to process the invisible core issues which are the source of much of the pain and difficulty in our current lives. Not being able to access our unconscious mind leaves us feeling stuck and powerless to move forward.

Art Psychotherapy does not require any artistic skills but through the creative process itself, under the guidance of a trained specialist, hidden areas of our subconscious emotional memory, are released.

This allows a profound and powerful communication to take place between our unconscious and our conscious mind whereby we can finally access the key emotions that are behind the unhelpful, beliefs, thought patterns, emotional states and behaviours that are bothering us, and resolve them.
Our Location

Stunning Mountain Views in The Heart of Northern Thailand

Mountain views are incredibly calming, and Chiang Mai offers some of the most picturesque mountains in the world. Far away from the towering skyscrapers and boisterous noise of big cities, peace is found amidst rolling mountains and hills adorned with golden temples.

Imagine starting a morning ritual of eating gourmet breakfast food, sipping fresh local coffee or tea, perhaps exercising for a positive start to your day. A mountain backdrop sets the tone for the rest of your day.

Chiang Mai’s mountains inspire success in recovery, encouraging an ‘anything is possible’ mindset as you focus on healing.

With top-end amenities including private villas, state-of-the-art modern therapy rooms, a fully equipped fitness center, a large infinity swimming pool, an open-air restaurant with large balcony and riverbank dining areas serving fine fusion cuisine, all located on the tropical riverbank of The Ping River.

The Cabin in Chiang Mai is your recovery oasis.

Our Accommodation and Facilities

Rehab takes hard work, focus and energy. That’s why at The Cabin, we do everything we can to make sure everything is taken care of for you – and you’re comfortable and relaxed at all times. After all, your recovery depends on it.

At The Cabin’s tropical, secluded location, you’ll stay in luxurious accommodation, have access to a range of recreational facilities and dine at a top-notch restaurant serving healthy and delicious fusion cuisine. While you’re here, you’ll be provided with the creature comforts and modern-day conveniences you need to fully let go of the commitments and responsibilities you have at home. And every service will be delivered with legendary Thai warmth and hospitality.

Learn more about our accommodation, facilities and services below:

<table>
<thead>
<tr>
<th>Accommodation</th>
<th>Facilities</th>
<th>Services</th>
</tr>
</thead>
<tbody>
<tr>
<td>At The Cabin, you’ll reside in your own spacious, tastefully designed guest room fitted with a complete set of state-of-the-art amenities:</td>
<td>Both inside and outside of your guestroom, you’ll feel like you’re at a resort – not at rehab. Our facilities include:</td>
<td>To ensure you’re well taken care of during your stay, you’ll have access to our:</td>
</tr>
<tr>
<td>// Comfortable bed</td>
<td>// Refreshing lap and leisure swimming pool overlooking the river and sunset</td>
<td>// Concierge service</td>
</tr>
<tr>
<td>// Bathroom with rain shower</td>
<td>// Fully equipped fitness centre</td>
<td>// Personal shopping service</td>
</tr>
<tr>
<td>// Air conditioning</td>
<td>// Meditation salas</td>
<td>// 24-hour on-call medical staff</td>
</tr>
<tr>
<td>// Refrigerator</td>
<td>// Yoga studios</td>
<td>// 24-hour security staff</td>
</tr>
<tr>
<td>// Flat-screen, Satellite television</td>
<td>// Tranquil relaxation areas</td>
<td>// 24-hour support staff</td>
</tr>
<tr>
<td>// Daily laundry service</td>
<td>// Spas offering Thai massage</td>
<td>// Open-air gourmet restaurant</td>
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The Cabin
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www.thecabin.com

Inpatient Centre
9, Khao Mung, Saraphi District, Chiang Mai, 50140 Thailand
The Cabin Rehab
The group’s flagship inpatient facility in Chiang Mai, Thailand
Tel: 0080 961 441

Outpatient Centres
The Outpatient centres located in Sydney, Hong Kong, Singapore, and London.

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