



# WHAT MAKES THE CABIN UNIQUE?

Just a few of the ways in which we provide our clients unparalleled care



## WE TAILOR YOUR TREATMENT TO YOUR NEEDS

### How it works:

- // Your very own primary therapist guides you through treatment, and monitors your progress, every step of the way.

### Why this matters to you:

- // You'll achieve the best results – and recover more fully – when you follow a treatment plan that's made to address your unique set of circumstances.

## HIGHLY SPECIALISED PROGRAMME OPTIONS

### What we offer:

- // Specialty tracks – Led by specialists in areas like trauma, and eating & body image disorders, these offer a more in-depth concentration on specific conditions.
- // Optimised treatment groups – You'll be treated alongside with people who are facing similar challenges and in the same phase of treatment as you, making your group sessions more productive and rewarding.

### Why this matters to you:

- // Your treatment sessions will be laser-focused on the things you're currently struggling with, making it easier to address your challenges at each stage, without getting overwhelmed – and you won't have to open up in front of people who don't understand you.

## OUR TREATMENT METHOD ADDRESSES ALL ASPECTS OF ADDICTION

### What our treatment approach consists of:

- // A comprehensive and thorough framework for treatment that addresses your addiction from every angle, drawing on multiple practices and philosophies for well-rounded care.

### Why this matters to you:

- // We combine the strengths of each modality and address all aspects of your addiction – this makes your treatment more robust, and gives you the tools you need to change your life for good.



## FAMILY PROGRAMME ACTIVELY INVOLVES YOUR LOVED ONES IN YOUR TREATMENT AND RECOVERY

### What we offer:

- // Education, help, support and resources whenever needed

### Why this matters to you:

- // Families have the power to foster recovery or perpetuate your addiction – and they're often as affected as addicts themselves.
- // By equipping your family with the tools they need to navigate your addiction, you greatly improve your chance of lasting recovery.



## CONTINUING CARE PROGRAMMES ENSURE YOU HAVE ALL THE HELP YOU NEED TO STAY SOBER

### What we offer:

- // Free online group therapy sessions after discharge.
- // An alumni network for continued peer support.
- // The option of attending in-person follow-up care with us in your own city (subject to geographical availability), which no other rehab offers.

### Why this matters to you:

- // It's easy and convenient to stay supported after you leave The Cabin, which makes your recovery stronger, more resilient and decreases your risk of relapse as you transition back into your day-to-day-life.
- // You can connect to your sober community at any time and continue to share experiences with people who are going through what you're going through.



## OUR TEAM IS TOP-TIER

### Who we are:

- // Western-trained, licensed and accredited addiction specialists with many decades of combined experience.
- // Many of us are in recovery ourselves. Our unique insights, shared experience and understanding seriously enhances your treatment experience. Our counsellors are living proof that life in recovery is attainable, and great.

### Why this matters to you:

- // You can rest assured that you're in good hands, with experts who have the best addiction and behavioural health training in the world. We're able to help you, no matter what comes up.



## OUR HOLISTIC TEAM TREATS YOUR WHOLE SELF

### What we offer:

- // A range of transformative holistic therapies, including Thai massage, five styles of yoga, reiki, trauma release, mindfulness meditation, emotional freedom technique (EFT), art therapy and dance.

### Why this matters to you:

- // Holistic practices address parts of your brain that spoken therapy can't reach, healing you from the inside out, while giving you the tools to access peace and calm whenever you need it.



## OUR PROGRAMME IS A FRACTION OF THE PRICE OF COMPARABLE TREATMENT IN THE WEST

### Why we're more affordable:

- // Medical care in Thailand is among the most affordable in the world, making it a world-famous medical tourism destination.

### Why this matters to you:

- // A premium inpatient addiction treatment programme with private luxury accommodation at The Cabin Chiang Mai is \$16,900 per month – similar programmes in the US or Australia, for example, usually cost around \$50,000-60,000.
- // Even with the cost of flights factored in, this represents significant savings.



## THAILAND IS THE IDEAL PLACE TO START FRESH

### What we offer:

- // Addiction treatment in tropical Thailand, a world away from your triggers, in a region known that's known for its peaceful traditional culture and wellness retreats.

### Why this matters to you:

- // Being away from the stresses and triggers of your day-to-day life, and instead being surrounded by exotic nature and peaceful Buddhist culture, will lower your stress levels, protecting you from relapse. Being here will make it easier for you to adopt new habits, make changes and embrace a new way of life.



## FACILITIES ARE DESIGNED SPECIFICALLY FOR REHAB

### What we have:

- // Facilities that were built from the ground up with world-class addiction treatment in mind.

### Why this matters to you:

- // All aspects of your experience in our physical space have been mapped out intentionally, with your comfort and recovery in mind. This means that you're more likely to feel calm and supported by your surroundings, increasing your odds of successful recovery.
- // You won't be troubled by lack of space or inconvenient scheduling due to multiple groups competing over the same facilities.



## FOOD IS INCREDIBLE

### What we offer:

- // Healthy Thai, Asian fusion, Western and Halal food options at our exclusive restaurants.
- // Menus planned around your recovery and dietary needs, utilising our bounty of local, seasonal produce.
- // A smoothie bar, juices, the finest quality teas and slow pour shade-grown coffee from our local mountains.

### Why this matters to you:

- // Diet has a huge impact on your mood, energy levels and overall health, and is an essential component of your recovery plan. All of our food is prepared with this in mind nourishing you at a cellular level and supporting your recovery progress.



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*Your course of action now will affect the rest of your life –  
make sure your treatment is the absolute best.*

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