

THE CABIN

Bangkok

■ Welcome

The Cabin Bangkok specialises in providing modern and effective counselling for addiction and mental health concerns.

The first of its kind in the region, The Cabin Bangkok is a specialist addiction and mental health counselling centre focussing on substance addictions, process addictions and various mental health issues such as anxiety and depression.

The Cabin Bangkok employs an integrated counselling model combining the most effective evidence-based methods, delivered by experienced professionals.

Located conveniently in the centre of Bangkok, we offer flexible programming to fit the work and lifestyle commitments of our clients.





Demanding work and family life often prevent people from seeking the help they need. However, addiction and mental health issues will not go away on their own and typically get worse over time. With this in mind, The Cabin Bangkok has developed a programme to effectively tackle addiction and mental health issues on an outpatient basis. Each client receives an individualised therapy plan to address their unique needs. Programmes typically include a combination of the following:

- Psychological Assessment and Evaluation
- Individual Psychotherapy
- Family Education and Psychotherapy
- Follow up and Continuing Care as needed

** Services available in multiple languages*

■ Our Team

The team at The Cabin Bangkok is comprised of fully licensed, highly skilled addiction and mental health experts with years of experience providing top quality care to clients.

■ Our Method

Our addiction and mental wellness programmes offer customised and effective programme options that can be scheduled around clients' work, school or personal obligations.

Mental wellness counselling incorporates Cognitive Behavioural Therapy (CBT) and complementary therapies specifically designed to address the unique needs of both expats and Thai clients.

The Cabin Bangkok uses an integrative method for addiction counselling called **Recovery Zones**. This method combines core elements of the 12 Steps, CBT and mindfulness meditation, and has been proven to successfully combat addiction.

■ Intensive Outpatient Programme

The Cabin Bangkok's outpatient rehab programme caters to a client's individual needs as determined during your assessment. Clients usually attend one or more 50-minute individual sessions per week, according to their specific plan. Our therapists are qualified to treat many different behavioural and mood disorders, as well as addiction.

Clients most commonly seek our professional help for the following:

Substance Addiction
Compulsive Gambling
Love/Sex Addiction
Cyber Addiction

Relapse Prevention
Mood Disorders
Adjustment Disorders
Anxiety Disorders
Inter-racial Couples Counselling

Spending Issues
Family Support



In The Press

Bangkok Post The Cabin offers Thai hospitality with a twist

THAILAND TATLER KICKING IT THESE PLACES MAY LOOK LIKE FLUSH RESORTS BUT THIS IS NO HOLIDAY. GURLEEN KHANJOUN VISITS THE HIGH-END REHAB CENTRES THAT AIM TO BREAK THE CYCLE OF ADDICTION.

news.com.au Cured in paradise: Why Aussie addicts are going to rehab in Chiang Mai, Thailand

The Sydney Morning Herald life&style The face of addiction is not always what you think

THE STRAITS TIMES Thai rehab centres see more clients from S'pore

the guardian Alarm at growing addiction problems among professionals

CNN GO The high and low ends of rehab tourism in Thailand

2 CHECK INTO THE CABIN CHIANG MAI FOR A WHOLESOME REFORMATION

THE AGE National Death toll rises as prescription drug abuse grows

■ Associations

■ Insurance





■ Contact Us

Our offices are located at:

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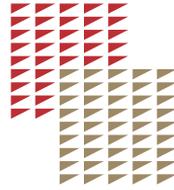
E: contact@thecabinbangkok.co.th

Office Hours:

All enquiries and scheduling appointments:

9.30am to 6.30pm.

Counselling appointments: 10am to 7pm,
Monday to Friday.



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Change to Change

Contact Us:  +66 2 105 6135  contact@thecabinbangkok.co.th  thecabinbangkok.co.th



Part of The Cabin Addiction Services Group | www.thecabinchiangmai.com

Residential Programmes: General Addiction • The Edge • Resort 12 • Arabic • The Residence • Sober House

Outpatient Clinics: Bangkok • Hong Kong • Melbourne • Singapore • Sydney

Representative Offices: Amsterdam • Copenhagen