

**THE CABIN**  

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Hong Kong

## ■ Welcome

The Cabin Hong Kong specialises in providing modern and effective outpatient addiction treatment.

The first of its kind in the region, The Cabin Hong Kong is a specialised addiction treatment centre focussing on substance addictions, such as alcohol and drugs, and process addictions including gambling, sex and internet.

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

Located conveniently in Central, we offer flexible treatment programmes to fit the work and lifestyle commitments of our clients.





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

- One-on-one addiction counselling
- Group process and workshops
- Family Programme
- Psychiatric assessment and medication review
- Ongoing recovery support

## ■ Our Team

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



## ■ Our Method

Our addiction treatment programme offers customised and effective treatment options that can be scheduled around clients' work, school and personal obligations.

The Cabin Hong Kong's integrative treatment model **Recovery Zones** treats both substance and process addictions by combining core elements of the 12 Steps, cognitive behavioural therapy (CBT) and mindfulness meditation. This approach has been proven to successfully combat addiction.

## ■ Intensive Outpatient Programme

The Cabin Hong Kong's outpatient treatment programme caters to clients' individual needs as identified during our clinical assessment. Clients attend various 60-minute group sessions as well as 50-minute individual sessions, one to three times per week, according to their specific treatment plan. Intensive treatment with a combination of group and individual work has been found to effectively help clients overcome addiction.

### Groups Offered:

**What is Addiction?/ Mind Mapping  
ABCs of CBT: Anger, Fear and Shame  
Family Programme  
Advanced Recovery**

**Recovery Vision & SMART Goals  
Functional Relationships Programme  
Boundaries and Co-dependency**

**Recovery Zones  
Sex Addiction  
Continuing Care**

# In The Press

South China Morning Post  
**scmp.com**

Thailand's drug rehab centre The Cabin to open outpatient clinic in Hong Kong

South China Morning Post  
**scmp.com**

Crystal meth - Hong Kong in denial over drug epidemic

**FINANCIAL REVIEW**

Power, Lust, Booze And The Foreign Posting

South China Morning Post  
**scmp.com**

Hong Kong sets an easy path for drug, drink and sex addicts

THE TIMES  
THE SUNDAY TIMES

Hong Kong killer Briton linked to expats' 'cocaine epidemic'

中国日报  
**CHINA DAILY**  
ASIA WEEKLY

Binging on success

**theguardian**

Alarm at growing addiction problems among professionals

South China Morning Post  
**scmp.com**

Are you an internet and social media addict? A digital detox may be for you

EXPERIENCE  
**LIVING**

Addiction risk factors and treatment among expats: How to get help with alcohol and substance abuse

## ■ Associations

fdap



The British Psychological Society

NAATP

APACS  
Association of Psychotherapists and Counsellors (Singapore)

IC&RC

## ■ Insurance



Blue Cross Blue Shield

Aetna™  
Accepted Treatment Provider

MSH CHINA

CIGNA  
ACCEPTED TREATMENT PROVIDER

vanbreda  
INTERNATIONAL

UnitedHealthcare®



## ■ Contact Us

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### Our offices are located at:

Unit C, 12<sup>th</sup> Floor  
On Hing Building  
No 1-9 On Hing Terrace  
Central  
Hong Kong

**Ph:** Local 3008 5841

Overseas +852 3008 5841

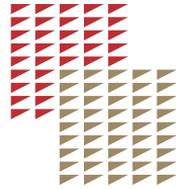
**E:** [contact@thecabinhongkong.com.hk](mailto:contact@thecabinhongkong.com.hk)

Nearest MTR Station is Central.

### Office Hours:

All enquiries and scheduling appointments:  
9.30am to 6pm, Monday to Friday.  
Counselling appointments take place between  
1pm and 9pm, Monday to Friday.

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Change to Change

**Contact Us:**  +852 3008 5841  [contact@thecabinhongkong.com.hk](mailto:contact@thecabinhongkong.com.hk)  [www.thecabinhongkong.com.hk](http://www.thecabinhongkong.com.hk)

Also find us online at:



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Part of The Cabin Addiction Services Group | [www.thecabin.com](http://www.thecabin.com)

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Melbourne • Netherlands • Resort 12 • Saudi Arabia • Singapore • Sydney • The Edge • The Residence