

THE CABIN

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
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■ 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'

 **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

 **LIVING**

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

■ Associations



The British Psychological Society



APACS
Association of Psychotherapists and Counsellors (Singapore)



IC&RC

■ Insurance



Blue Cross Blue Shield



Accepted Treatment Provider



CIGNA
ACCEPTED TREATMENT PROVIDER



vanbreda
INTERNATIONAL



UnitedHealthcare®



■ Contact Us

Our offices are located at:

Unit C, 12th Floor
On Hing Building
No 1-9 On Hing Terrace
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Hong Kong

Ph: Local 3008 5841

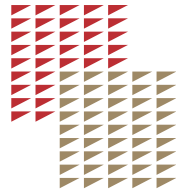
Overseas +852 3008 5841

E: 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  www.thecabinhongkong.com.hk

Also find us online at:



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

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