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 focusing 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

**Associations**

- Thailand's drug rehab centre The Cabin to open outpatient clinic in Hong Kong
- Crystal meth - Hong Kong in denial over drug epidemic
- Power, Lust, Booze And The Foreign Posting
- Hong Kong killer Briton linked to expats' 'cocaine epidemic'
- Alarm at growing addiction problems among professionals
- Are you an internet and social media addict? A digital detox may be for you
- Addiction risk factors and treatment among expats: How to get help with alcohol and substance abuse

**Insurance**

- The British Psychological Society
- NAATP
- APACS: Association of Psychotherapists and Counsellors (Singapore)
- IC&RC
- Blue Cross Blue Shield
- Aetna
- MSH CHINA
- vanbreda INTERNATIONAL
- UnitedHealthcare
Contact Us

Our offices are located at:

Unit C, 12th 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

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.
THE CABIN
Hong Kong

Change to Change

Contact Us: +852 3008 5841 contact@thecabinhongkong.com.hk thecabinhongkong.com.hk

Also find us online at:

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

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

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

Representative Offices: Amsterdam • Copenhagen