



THE CABIN

Sydney

Healing Addictions...
Transforming Lives





■ Welcome

The Cabin Sydney specialises in providing modern and effective outpatient addiction treatment

The first of its kind in Australia, The Cabin Sydney is a specialist addiction treatment centre focusing on substance addictions, such as alcohol and drugs, as well as process addictions like gambling, sex and the internet.

The Cabin Sydney employs an integrated counselling model that combines proven and effective methods of treating addiction delivered by experienced professionals.

Located conveniently in the centre of Sydney, The Cabin offers a range of outpatient treatment options to match the work and lifestyle commitments of its clients.

■ Services



Demanding work and family life often mean people find it hard to get the treatment they need to overcome their addictions. This is even truer in a city such as Sydney. However, addiction will not go away by itself and will only get worse over time. Finding effective treatment is imperative to ensuring a positive future for those suffering from addiction.

Given this, The Cabin Sydney has developed a range of treatment options designed to effectively tackle addiction. Featuring our intensive 6 to 12 week programme known as **Recovery Zones**, the gold standard in addiction treatment besides an inpatient programme, the clinic offers the following range of services:

- **Recovery Zones** - Intensive 6 or 12 Week Outpatient Rehab Programme
- 1 on 1 Counselling
- Group Therapy
- Family Programme
- Follow-up and Aftercare Programme
- Psychiatric Assessment & Medication Review
- Complimentary Therapies i.e. Mindfulness
- Fast-tracked access to Asia's leading inpatient clinic, The Cabin Chiang Mai, Thailand

The team at The Cabin Sydney is comprised of a highly skilled and experienced group of addiction experts with years of experience in treating addiction. Consultation with our highly experienced staff is an important step in devising an appropriate treatment plan. Many of the staff are in recovery themselves, so they understand first-hand the nature of the disorder and how it is best treated. All our treatment staff are licensed treatment providers.



■ Our Method



Drugs such as heroin, methamphetamine and cocaine are all too readily available on Sydney streets. Alcohol is even more prevalent and the incidence of process addictions such as sex, gambling and internet addiction are growing.

The Cabin Sydney's integrated counselling model - **Recovery Zones** effectively treats both substance and process addictions by combining core elements of the 12 Steps, Cognitive Behavioral Therapy (CBT), and Mindfulness Meditation. It is a programme that has been proven to effectively combat addiction.

■ Our Intensive 6 or 12 Week Outpatient Rehab Programme



This programme is our primary addiction treatment tool. Designed as an outpatient, yet intensive, treatment programme, counselling is conducted in the afternoons and evenings between Monday and Friday. Clients complete an initial 6 week programme, the **Foundation** stream, where they will develop the skills needed to identify their using “triggers” and obtain the tools and techniques to overcome them. A further 6 week programme, the **Advanced** stream, is then available to reinforce what they have learnt and to further develop their recovery to advanced levels.



Recovery Zones Foundation

The **Foundation** stream of treatment involves group and one to one therapy during which time you will identify your **Active Zone** and a core relapse and recovery plan using **Danger** and **Recovery Zones**. You will do this with your counsellor and peer group.



Recovery Zones Advanced

Having completed the **Foundation** stream, you will move on to the **Advanced** treatment stream designed to build on and strengthen your understanding of your **Danger Zone** (relapse risks), and your **Recovery Zone**, which you will practice in daily life around areas including; life goals, physical health goals and psychological and spiritual self-help activities.

■ About The Cabin

The Cabin Sydney is the latest addition to The Cabin Addiction Services Group, a leading private addiction treatment provider with inpatient and outpatient centres around the globe. The Cabin Group is internationally recognised as being a pioneer of modern addiction treatment methods.

The group is heavily involved in addiction research, attending and presenting at key conferences worldwide. The Cabin is also involved in supporting several non-profit and government efforts to combat addiction regionally through training and guidance and has received much high-profile press coverage, chiefly for its innovative and successful treatment programme. The reputation of the group allows it to recruit the best addiction treatment specialists from around the globe.

■ Our Inpatient Addiction Treatment Centre

The Cabin Chiang Mai in Northern Thailand is the region's leading inpatient addiction treatment centre. Its world-renowned treatment programme draws clients from around the globe who come to live at the facility for a minimum of 28 days as they work at beating their addictions. If circumstances permit, attending this inpatient centre is recommended as the most effective way of treating addiction, besides The Cabin Sydney's intensive 6 to 12 week programme.





The face of addiction is not always what you think

Daily **Mail** AUSTRALIA **Getting clean in the hills of Thailand**



Cured in paradise: Why Aussie addicts are going to rehab in Chiang Mai, Thailand



Road to Recovery



Aussies are bigger boozers than the Brits



Rehab Tourism



Rising numbers of professionals turn to alcohol abuse



Ice addiction: Growing numbers of Australians travelling to Thai drug rehabilitation centres



Death toll rises as prescription drug abuse grows

■ Associations:



The Royal Australian & New Zealand College of Psychiatrists



IC&RC



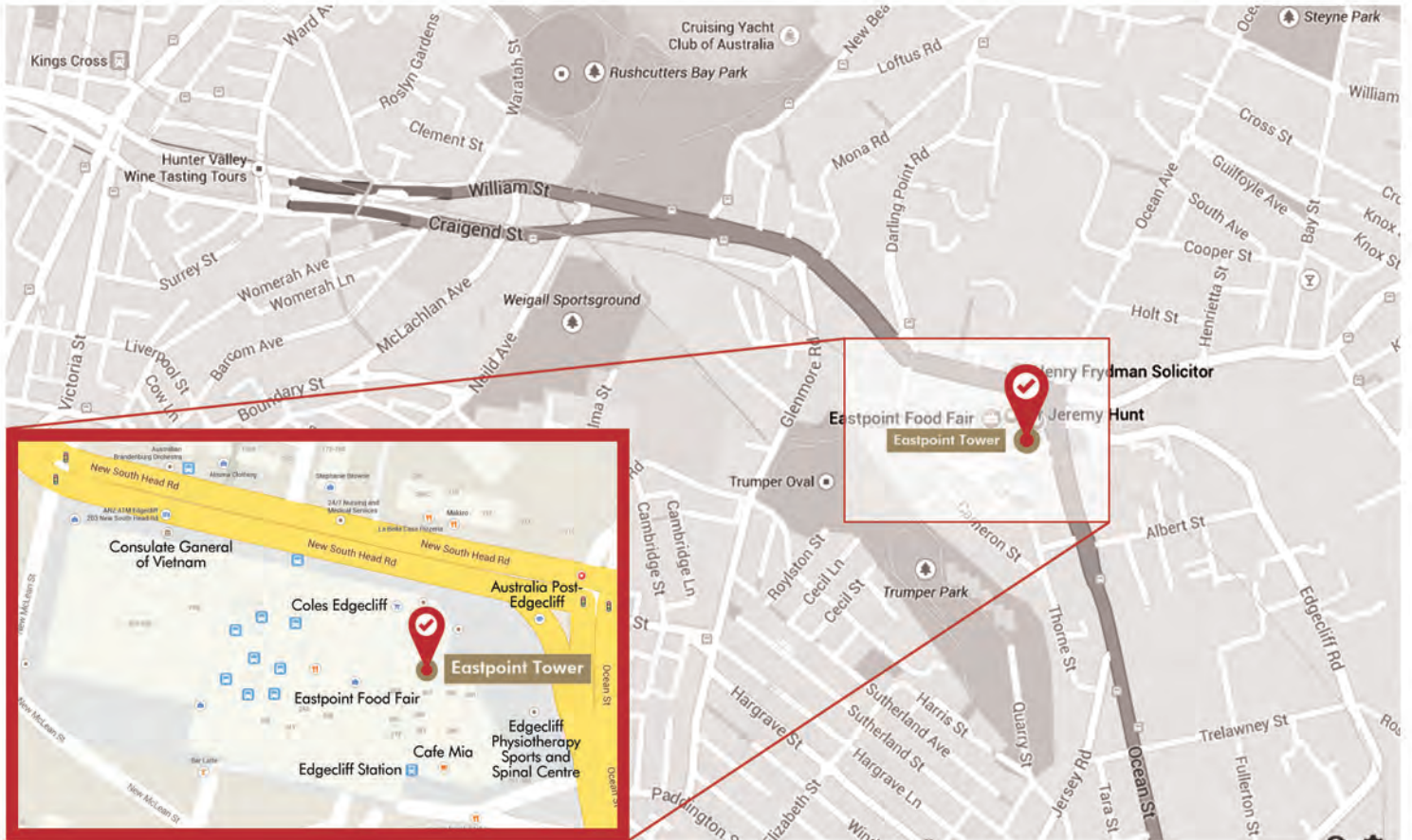
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THE CABIN
Sydney

Change to Change

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Also find us online at:



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