

THE CABIN

Sydney



■ 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 focussing on substance addictions, such as alcohol and drugs, and process addictions including gambling, sex and the internet.

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

Located conveniently in the centre of Sydney, 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 Sydney 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 Therapy
 - Family Programme
 - Complimentary Therapies, e.g. Mindfulness
 - Psychiatric Assessment and Medication Review
 - Follow up and Continuing Care Programme
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■ Our Team

The team at The Cabin Sydney 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 Sydney'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 Sydney'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
Mindfulness Meditation Yoga
Relapse Prevention

Recovery Vision & SMART Goals
Emotional Intelligence
Boundaries & Co-dependency

ABCs of CBT
Recovery Zones
Family Group



In The Press

The Sydney Morning Herald

life & style

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

Sunday Herald Sun

Road to Recovery

The Sydney Morning Herald

life & style

Aussies are bigger boozers than the Brits



Rehab Tourism

marieclaire

Rising numbers of professionals turn to alcohol abuse



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

THE AGE National

Death toll rises as prescription drug abuse grows

■ Associations



The Royal Australian & New Zealand College of Psychiatrists





■ Contact Us

Our offices are located at:

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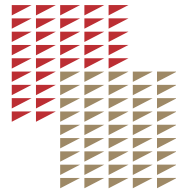
E: contact@thecabinsydney.com.au

Office Hours:

All enquiries and scheduling appointments:
10am to 9pm, Monday to Friday.
Counselling appointments take place between
1pm and 9pm, Monday to Friday.

medicare

Medicare rebates available for some services
to clients with an appropriate referral.



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Change to Change

Contact Us:  +61 2 9326 2867  contact@thecabinsydney.com.au  thecabinsydney.com.au

Also find us online at:



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

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