

THE CABIN

Dhaka



■ Welcome

The Cabin Dhaka specialises in providing modern and effective outpatient treatment for addiction and mental health concerns.

The first of its kind in the region, The Cabin Dhaka is a specialised addiction and mental health treatment centre focussing on substance addictions, process addictions and various mental health issues.

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

Located conveniently in the centre of Dhaka, 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. However, addiction and mental health issues will not go away on their own and typically get worse over time. With this in mind, The Cabin Dhaka has developed a treatment programme to effectively tackle addiction and mental health issues on an outpatient basis. Each client receives an individualised treatment plan to address their unique needs. Programmes typically include a combination of the following:

- Clinical/ Psychological Assessment and Evaluation
 - Individual and Group Psychotherapy
 - Psychiatric Consultation and Medical Review
 - Family Education and Psychotherapy
 - Follow-up and Continuing Care Programme
-

■ Our Team

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



■ Our Method

Our addiction and mental wellness programmes offer customised and effective treatment options that can be scheduled around clients' work, school or personal obligations.

Mental wellness counselling incorporates cognitive behavioural therapy (CBT) and complementary therapies specifically designed to address the unique needs of both expats and Bangladeshi clients.

The Cabin Dhaka uses an integrated method for addiction treatment coined **Recovery Zones**. This method combines core elements of the 12 Steps, CBT and mindfulness meditation, and has been proven to successfully combat addiction.

■ **Intensive Outpatient Programme**

The Cabin Dhaka's outpatient treatment programme caters to clients' individual needs as identified during our clinical assessment. Clients attend various 90-minute group sessions as well as 50-minute individual sessions, one to five 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 as well as many different behavioural and mood disorders. Services are offered in both English and Bengali.

Groups Offered:

Substance Dependency Process Group
Substance Dependency Psycho-educational Group
Process Addiction Group

Family Psycho-educational Group
Relapse Prevention Continuing Care

In The Press

Bangkok Post The Cabin offers Thai hospitality with a twist

news.com.au Cured in paradise: Why Aussie addicts are going to rehab in Chiang Mai, Thailand

THE STRAITS TIMES Thai rehab centres see more clients from S'pore

CNN GO The high and low ends of rehab tourism in Thailand

THAILAND TATTLER KICKING IT THESE PLACES MAY LOOK LIKE PLUSH RESORTS BUT THIS IS NO HOLIDAY. GURLEEN KHANIJOUN VISITS THE HIGH-END REHAB CENTRES THAT AIM TO BREAK THE CYCLE OF ADDICTION

The Sydney Morning Herald life&style The face of addiction is not always what you think

theguardian Alarm at growing addiction problems among professionals

2 CHECK INTO THE CABIN CHIANG MAI FOR A WHOLESOME REFORMATION

THE AGE National Death toll rises as prescription drug abuse grows

■ Associations



■ Insurance





■ Contact Us

Our offices are located at:

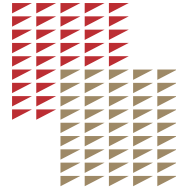
28-30 Ahmed Tower (15 suite/floor)
Kamal Ataturk Avenue
Banani
P.S. Banani
Dhaka 1213
Bangladesh

Ph: Local 0 17 7152 8086
Overseas +880 17 7152 8086

E: contact@thecabindhaka.com.bd

Office Hours:

All enquiries and scheduling appointments:
10am to 8pm, Monday to Friday
Counselling appointments take place between
12pm and 6.30pm, Monday to Friday



THE CABIN
Dhaka

Change to Change

Contact Us:  +880 17 7152 8086  contact@thecabindhaka.com.bd  www.thecabindhaka.com.bd

Also find us online at:



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

Chiang Mai • Arabic • Bangkok • Denmark • Dhaka • Dubai • Hong Kong • Kuala Lumpur • London • Los Angeles
Melbourne • Netherlands • Resort 12 • Saudi Arabia • Singapore • Sydney • The Edge • The Residence