

ONE STEP

THAILAND





THE
SPECTATOR

The Telegraph

THE SOBER WORLD
An Award Winning National Magazine

NATIONAL POST

ABOUT US

One Step Thailand is a 14 bed facility based in the beautiful mountains of Chiang Mai, Northern Thailand. We specialize in treating drug and alcohol addiction, not just through psychological interventions like counselling, but also through improving physical fitness and metabolic health.

What we treat; All substance addictions & co-occurring conditions such as: ADHD, Depression, Anxiety & PTSD.

We do not treat; Those with active psychosis schizophrenia, severe bi-polar, and eating disorders.





MANAGEMENT

Founded by Alastair Mordey in 2020, One Step's mission is to provide affordable and holistic care for people suffering from addiction and associated disorders. Alastair has a wealth of experience in the addiction field. He was one of the founding partners of The Cabin Group in 2010, and served as chief clinical architect until 2020, during which time it became one of the largest private treatment providers in the World.



STAFF & ACCREDITATION



Fully licensed by the Thai Ministry of Health with clinical staff to client ratio of 1:1

- ✓ 2 Addiction Psychiatrists
- ✓ 2 Clinical Psychologists
- ✓ 4 Addiction Specialist Counsellors
- ✓ 6 Youth Recovery Coaches
- ✓ 4 Muay Thai Coaches



The "Mind-Body-Spirit" Model of Recovery



MIND

Our counselling method combines

- Cognitive-Behavioural Therapy
- 12 steps
- Motivational Interviewing



BODY

Our physical approach includes:

- Muay Thai Boxing
- Strength & conditioning
- Cardio drills
- Yoga
- Clean diet



SPIRIT

Our holistic practice consists of:

- Breathwork
- Meditation
- Ice baths
- Trauma Release (TRE)
- Elephant sanctuary

We are the only facility in Thailand that is fully immersed in the local Thai community and probably the only one in the world that is built around an authentic Muay Thai boxing camp. Our compound is centred within a private Thai housing village nestled in the rice fields outside Chiang Mai. After an initial period of stabilization, our clients are free to walk, run and cycle around the gated village and surrounding field and tracks. This 'open' residential treatment approach is supported by the local council and housing committee, and is unique within Thailand.



ACCOMMODATION

Includes:

- Private bungalow
- Shared house
- Laundry service
- High-speed internet access
- Netflix and smart TV



SPORTS FACILITIES

Includes:

- Roofed pickleball court
- 12 metre pool
- Tennis court & soccer pitch
- Weights room & pro Muay Thai gym
- Fleet of mountain bikes



EXCURSIONS

Includes:

- Elephant camp
- Thai cooking school
- Kayaking in the mountains
- Jungle trek & waterfalls
- Temples visits





COST

Our program is half to a third the price of similar international programs. This competitive price point enables individuals and families to extend care, which has proven benefits.



TRANSITIONAL LIVING

Step down care in month 3 allows clients to self-manage and explore the local area while living in our transitional living facility. Urine tests are conducted daily. This provides a safe environment for clients to prepare for re-entering the wider world and manage inevitable triggers.

AFTERCARE

Every client gets 12 months of free aftercare. Our aftercare group is held online every Saturday at 9am GMT. We also have an international network of outpatient addiction specialists and counsellors. We also have exclusive access to local sober houses if your loved one wishes to extend even longer.





WHAT CLIENTS ARE SAYING ABOUT ONE STEP

Daniel S

The facilities are a huge step above anything I've experienced in Australia, particularly compared to the more institutional charity-led environments.

The strong emphasis on fitness and physical health was incredibly motivational.

Set against the soothing backdrop of Chiang Mai and its surrounds, with weekend excursions included to explore the local culture and landscape, the environment itself was a deeply positive and enriching part of the program.

If you're looking for a high-end yet affordable treatment centre that blends professional care with real heart, I can't recommend One Step enough.



Fin S

The care is delivered by people who know first hand about what addiction can do to a person. They are incredibly passionate and knowledgeable.

A schedule is followed and it includes plenty of intensive work but also lots of free time for study, reflection or relaxation.

As far as the care team goes, I have nothing but good things to say about them. I was isolating myself from the world before I came here and now I am excited to be part of society and its communities again, a notion that One Step actively nurtures.

Donald M

While I'm sure it's possible I could have beaten my addiction at a different rehab, I doubt I would have undergone the life changing transformation that I did at One Step.

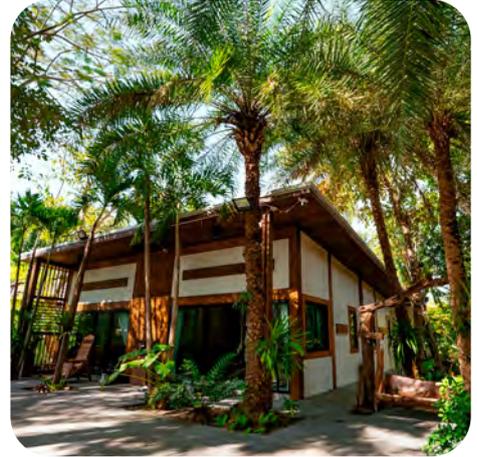
I am not just sober, I am now twice the man, partner, and dad that I would ever have been. I'm 47 years old and I feel I have my whole life ahead of me.

Zac M

Had the best experience, I couldn't of asked for more. The counselors were spot on, so knowledgeable. Ally's book was so insightful. The way we worked the program was so simple but affective. The support staff are legends. The excursions were incredible, never thought a treatment center could be so good. Clean comfortable good food. Great program. Now feel ready to face the outside world



OUR FACILITIES



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