



Stuart Fenton

B.A. Dip. Ed. Grad. Dip. Couns, Master of Gestalt, Certified Sex Addiction Therapist
Programme Director R12 at The Cabin Group



Stuart Fenton (Stu) is Programme Director at [R12](#), a LGBT+ dedicated destination rehab facility, part of [The Cabin Addiction Services Group](#) located in Chiang Mai Northern Thailand. Stu is a qualified clinical psychotherapist and counsellor with over 12 years of experience working in the addiction treatment field.

Since joining R12 at The Cabin in 2017, Stu and his team have developed a world leading clinical program that fosters long-term recovery including the R12 Alumni Project, which includes ongoing one-to-one counselling online and continuing-care groups which clients use on a weekly basis in order to ensure R12's client, welfare is always paramount.

Stu has also developed CAP - the Chemsex Abstinence Project, an intensive new programme at R12 helping gay and bisexual men break free of the problematic sexual behaviour combined with crystal meth, GHB and online 'dating' apps. Click [here](#) for a short video on CAP.

Stu has been sober from crystal meth and other drugs for over 15 years, but it took him a long time to get to the place he is in today. He grew up on a farm in South East Australia then moved to Melbourne after he finished school. At the age of 20, Stu came out as gay and soon enough found himself amongst the Melbourne gay scene. As a young man he travelled the world and became exposed to 'party' drugs such as steroids and ecstasy, but it was only when he returned to Melbourne in his mid-20's that he started experimenting with ecstasy, MDMA and speed. He liked the idea of being a 'bad boy' and was using drugs occasionally on a night out. He moved to Sydney where he became involved in a relationship with an 'exciting' partner who lead Stu to take risks. Eventually the toxic relationship broke down and once again Stu was on the move – this time to New York.

Studying for a BA, Stu was living life as a functioning drug addict. His course was based between New York and Montreal and Stu would have periods of studying solidly for 6 weeks in Montreal then partying hard in New York. It was around this time that he was introduced to crystal meth. He started to suffer long periods of psychosis and knew he needed to be clean but this vicious cycle lasted over a 2-and-a-half-year period.

After a terrible relapse resulting in being sectioned, Stu couldn't live this way any longer. He went into rehab for 10 months and undertook the 12-step programme. He looked inside himself and found answers to how he became addicted. He learned coping mechanisms to prevent him from turning to drugs.

Stu was a High School teacher before entering the addiction/recovery area. He completed a Graduate Diploma in Counselling at the Australian College of Applied Psychology specializing in Addiction, Self-esteem and Group Work and then completed a Masters qualification in Gestalt therapy at the Sydney Gestalt Institute and Gestalt Therapy Sydney.



He has worked in a range of settings from residential long- and short-term rehabilitation, public and private sector rehabilitation, community health centres in both Addiction and Family violence, outreach and GLBTI services whilst for the last 12 years simultaneously building a private psychotherapy practice mostly working in the areas of chemical and process addictions, GLBTI issues, co-dependency issues, family interventions, and sex & love addiction.

From 2011 to 2013 Stu facilitated ongoing drop in process groups in Sydney for gay men. One was a discussion group focusing on Alan Downs well known gay text “The Velvet Rage.”

Stu is a regular spokesperson in the media in both the UK and worldwide; he has been quoted in numerous newspaper articles in Australia particularly in reference to the crystal meth crisis and in LGBTQ+ press in the UK including Gay Times, Attitude Magazine, INTO, TransLiving, Fyne Times, Gscene, QWEERIST and Gaydio. He has been interviewed by ABC several times for being the first psychotherapist in Australia who has rehabilitated from crystal meth and gone on to become a knowledgeable worker and professional in the field.

Stu presents at conferences worldwide; he was a regular contributor in 2017-2018 at the AUSMED Conferences Australia (Melbourne, Sydney, Darwin, Adelaide, Perth and Hobart and Newcastle), discussing his own personal story “From addiction to a new Life - Stu's Crystal Meth and Recovery Story”. In 2018 he presented on R12’s LGBT+ Treatment in Thailand at the Addiction Disorders and Alcoholism Summit in Singapore and in Sweden Stockholm Stu discussed Aftercare at iCAAD. This year Stu presented on behalf of The Cabin Group at iCAAD events in Stockholm and Paris as a Resilience through Adversity Keynote speaker.

Stu has graduated from IITAP as a Certified Sex Addiction Therapist. (CSAT), making him the only CSAT available to work with sex addicts in Thailand.

To arrange an interview with Stu Fenton please contact Teresa Quinlan on +44 203 551 3970 or email teresa@loveprlondon.com

- R12 is the first-ever LGBT+ dedicated destination rehab facility outside of the US. It offers a unique and bespoke holistic, LGBT+ specific programme. Located in stylish, purpose-built accommodation in attractive grounds with excellent health, fitness and relaxation facilities. For more information, visit <https://www.r12rehab.com/gay-friendly-addiction-and-trauma-rehab>.
- For more information on CAP [click here](#).