**MATRIX MODEL OF OUTPATIENT CHEMICAL DEPENDENCY TREATMENT**

*Matrix Center, Inc.*
*Matrix Institute On Addictions*
*UCLA Alcoholism and Addiction Medicine Service*

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**Matrix Model of Outpatient Treatment**

*Organizing Principles of Matrix Treatment*

- Create explicit structure and expectations
- Establish positive, collaborative relationship with patient
- Teach information and cognitive-behavioral concepts
- Positively reinforce positive behavior change

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**Matrix Model of Outpatient Treatment**

*Organizing Principles of Matrix Treatment (cont.)*

- Provide corrective feedback when necessary
- Educate family regarding stimulant abuse recovery
- Introduce and encourage self-help participation
- Use urinalysis to monitor drug use

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**MATRIX TREATMENT MODEL Different from General Therapy**

1. Focus on behavior vs. feelings
2. Visit frequency results in strong transference
3. Transference is encouraged
4. Transference is utilized
5. Goal is stability (vs. comfort)

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**MATRIX TREATMENT MODEL Different from General Therapy**

6. Focus is abstinence
7. Bottom-line is always continued abstinence
8. Therapist frequently pursues less motivated clients
9. The behavior is more important than the reason behind it
10. Family system support is encouraged
11. Therapist functions in coach/advocate role
12. More directive
13. Therapeutic team approach is utilized
**MATRIX TREATMENT MODEL**

_Different from Inpatient Programs_

1. Less confrontational
2. Progresses slower
3. Focus is on present
4. “Core issues” not immediately addressed
5. Allegiance is to therapist (vs. group)

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**Outpatient Recovery Issues**

_Structure - Ways to Create_

- Time scheduling
- Attending 12-step meetings
- Going to treatment
- Exercising
- Attending school
- Going to work
- Performing athletic activities
- Attending church

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**Phases of Addiction**

_and Stages of Recovery_

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**Outpatient Recovery Issues**

_Information - What_

- Substance abuse and the brain
- Triggers and cravings
- Stages of recovery
- Relationships and recovery
- Alcohol/marijuana

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**Outpatient Recovery Issues**

_Stimulant Craving Response Sequence_

Trigger ➔ Thought ➔ Craving ➔ Use
Development Of Craving Response

**INTRODUCTORY PHASE**

Drug Dealer’s House → Drug/Alcohol Use → Drug/Alcohol Effects

- Increased: Heart Rate, Breathing Rate, Adrenaline Effects, Energy, Drug/Alcohol Taste

**MAINTENANCE PHASE**

Walking to Dealer’s House → Drug/Alcohol Use → Drug Effects

- Increased: Heart Rate, Breathing Rate, Adrenaline Effects, Energy, Drug/Alcohol Taste

**DISENCHANTMENT PHASE**

Thoughts of Dealer’s House → Powerful Substance-Like Physiological Response → Walking into Dealer’s House → Drug/Alcohol Use → Drug/Alcohol Effects

- Increased: Heart Rate, Breathing Rate, Adrenaline Effects, Energy, Drug/Alcohol Taste

**DISASTER PHASE**

Thoughts of Dealer’s House → Powerful Substance-Like Physiological Response

- Increased: Heart Rate, Breathing Rate, Adrenaline Effects, Energy, Drug/Alcohol Taste

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Outpatient Recovery Issues

**Relapse Factors - Withdrawal Stage**

- Unstructured time
- Proximity of triggers
- Secondary alcohol or other drug use
- Powerful cravings
- Paranoia
- Depression
- Disordered sleep patterns

**Relapse Factors - Honeymoon Stage**

- Overconfidence
- Secondary alcohol or other drug use
- Discontinuation of structure
- Resistance to behavior change
- Return to addict lifestyle
- Inability to prioritize
- Periodic paranoia
Outpatient Recovery Issues

Relapse Factors - The Wall Stage

- Increased emotionality
- Interpersonal conflict
- Relapse justification
- Anhedonia/loss of motivation
- Resistance to exercise
- Insomnia/low energy/fatigue
- Dissolution of structure
- Behavioral drift
- Secondary alcohol or other drug use
- Paranoid

Relapse Factors - Adjustment Stage

- Secondary alcohol or other drug use
- Relaxation of structure
- Struggle over acceptance of addiction
- Maintenance of recovery momentum/commitment
- Six-month syndrome
- Re-emergence of underlying pathology

Matrix Intensive Outpatient Program

(4 Month)

INTENSIVE OUTPATIENT PROGRAM SCHEDULE

<table>
<thead>
<tr>
<th>Week</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday &amp; Sunday</th>
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<tbody>
<tr>
<td></td>
<td>6-7 pm</td>
<td>7-8:30 pm</td>
<td>7-8:30 pm</td>
<td>7-8:30 pm</td>
<td>7-8:30 pm</td>
<td>7-8:30 pm Relapse Prevention Group</td>
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<tr>
<td>Weeks 1 Through 4</td>
<td>Early Recovery Skills</td>
<td>Relapse Prevention Group</td>
<td>Relapse Prevention Group</td>
<td>Relapse Prevention Group</td>
<td>Relapse Prevention Group</td>
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<tr>
<td>Weeks 5 Through 16</td>
<td>7-8:30 pm Relapse Prevention Group</td>
<td>12-Step Meeting</td>
<td>7-8:30 pm Family Education Group or Transition Group</td>
<td>12-Step Meeting</td>
<td>7-8:30 pm Relapse Prevention Group</td>
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<tr>
<td>Weeks 17 Through 52</td>
<td>7-8:30 pm Social Support</td>
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<td></td>
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<td>12-Step Meetings and Other Recovery Activities</td>
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</tbody>
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Urine testing and breath-alcohol testing conducted weekly.
One individual session is included in each of the program phases.