

***MATRIX MODEL
OF
OUTPATIENT CHEMICAL
DEPENDENCY TREATMENT***

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

**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

**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

**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)

**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

**MATRIX TREATMENT MODEL
*Different from General Therapy***

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)

MATRIX TREATMENT MODEL
Different from Inpatient Programs

6. Non-judgmental attitude is basis of client-therapist bond
7. Change recommendations based on scientific data
8. Changes incorporated immediately into lifestyle

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

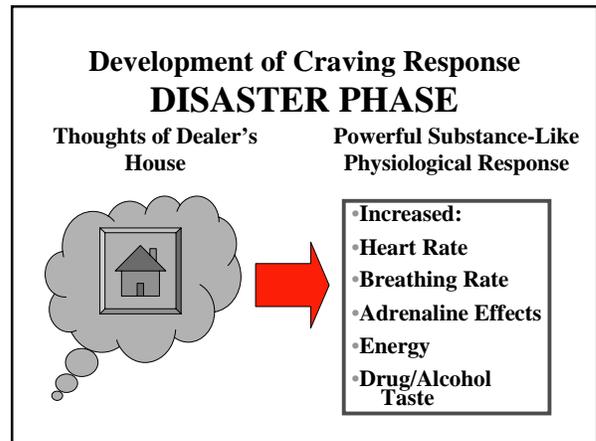
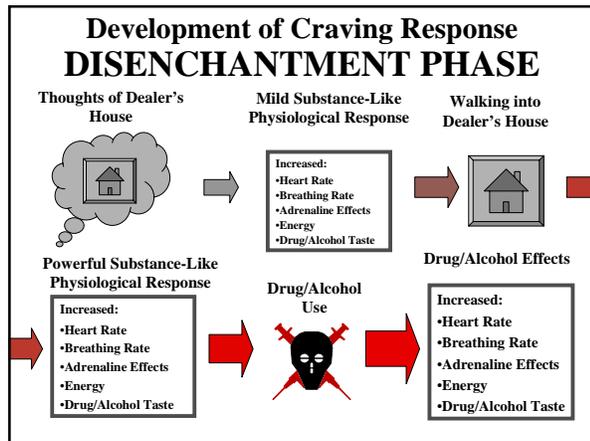
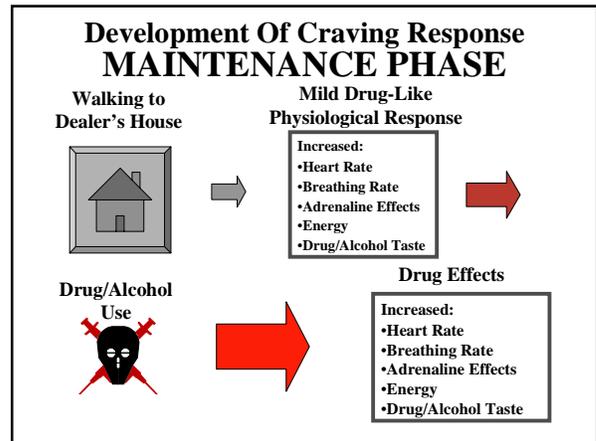
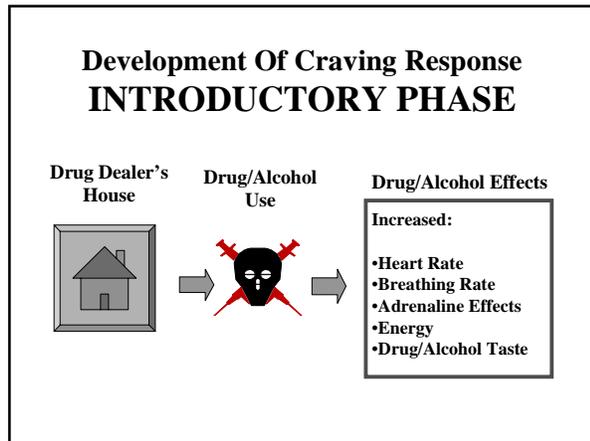
Outpatient Recovery Issues
Information - What

- Substance abuse and the brain
- Triggers and cravings
- Stages of recovery
- Relationships and recovery
- Sex and recovery
- Relapse prevention issues
- Emotional readjustment
- Medical effects
- Alcohol/marijuana

Outpatient Recovery Issues
Stimulant Craving Response Sequence

Trigger → Thought → Craving → Use

Phases of Addiction
and
Stages of Recovery



- ### 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

- ### Outpatient Recovery Issues *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
- Paranoia

Outpatient Recovery Issues
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						
Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday & Sunday
Weeks 1 Through 4	6-7 pm Early Recovery Skills 7-8:30 pm Relapse Prevention		7-8:30 pm Family Education Group		6-7 pm Early Recovery Skills 7-8:30 pm Relapse Prevention	12-Step Meetings and Other Recovery Activities
Weeks 5 Through 16	7-8:30 pm Relapse Prevention Group	12-Step Meeting	7-8:30 pm Family Education Group Or Transition Group	12-Step Meeting	7-8:30 pm Relapse Prevention Group	
Weeks 17 Through 52			7-8:30 pm Social Support			
Urine testing and breath-alcohol testing conducted weekly One individual session is included in each of the program phases						