

***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

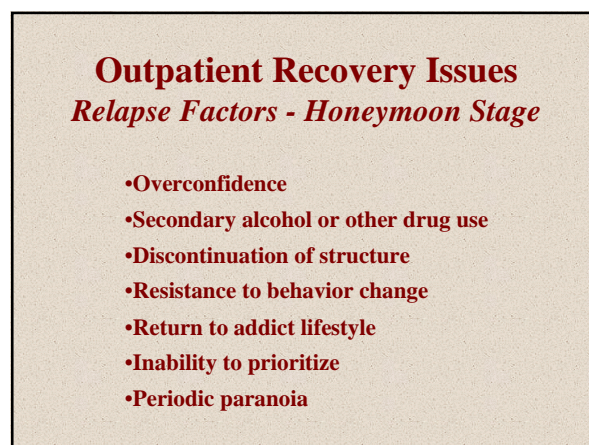
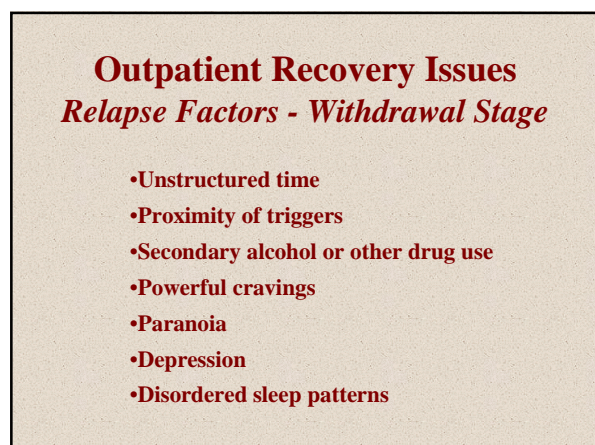
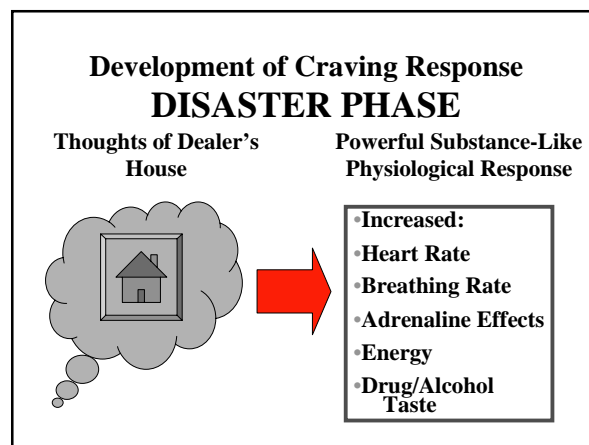
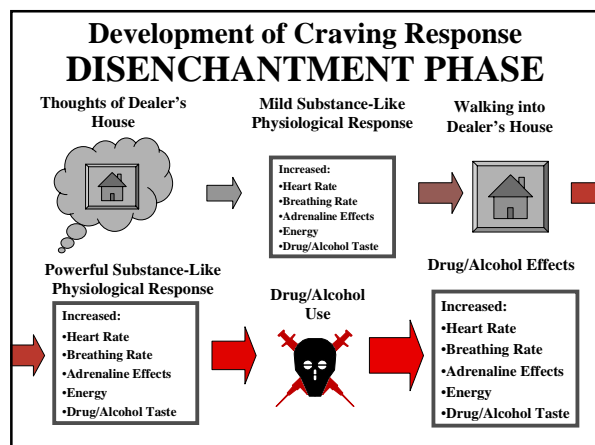
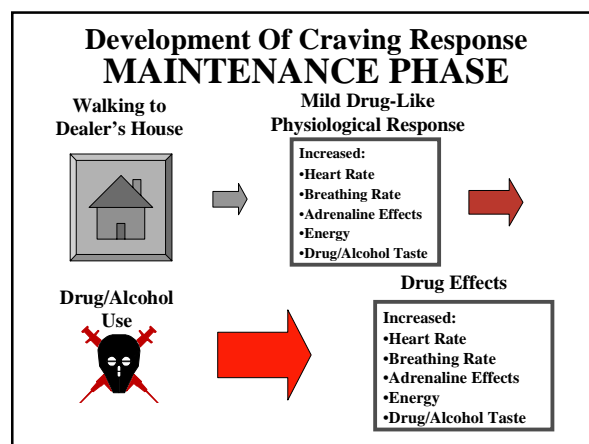
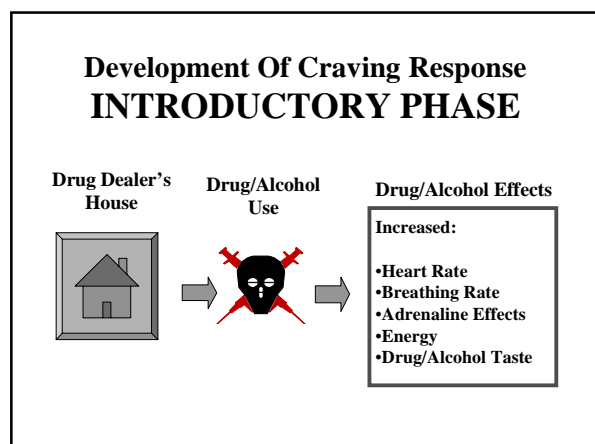
### **Outpatient Recovery Issues** *Information - What*

- |                                 |                             |
|---------------------------------|-----------------------------|
| - Substance abuse and the brain | - Sex and recovery          |
| - Triggers and cravings         | - Relapse prevention issues |
| - Stages of recovery            | - Emotional readjustment    |
| - Relationships and recovery    | - 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 - 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						