Matrix Model of Intensive Outpatient Treatment

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Defining Features of Matrix Model Treatments

- Comprehensive, manual-driven program with simple, well-organized instructions.
- Developed from grassroots, clinical program with empirically-based interventions added where they seem to work.
- Patient handouts accompany each session and patient workbook contains written and illustrated concepts.
Behavioral/Cognitive Behavioral Treatments

- Cognitive/Behavioral Therapy-CBT
- Contingency Management-CM
- Community Reinforcement Approach-CRA
- Motivational Interviewing-MI
- Matrix Model of Outpatient Treatment
Matrix Model of Outpatient Treatment

- Model originally developed in the early eighties in response to the cocaine epidemic
- A written protocol was developed and funded by an SBIR grant through NIDA
- Model modified over time (6 months – 16 weeks)
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
Matrix Model: Key Elements

- Relies primarily on group therapy
- Therapist functions as a teacher/coach
- A positive, encouraging relationship – not confrontational
- Time planning and scheduling
- Accurate information
- Relapse Prevention
- Family Involvement
- Self Help Involvement
- Urinalysis / Breath Testing
Development of Craving Response

Introductory Phase

Entering Using Site

Use of AODs

AOD Effects

↓ Heart/Pulse Rate
↓ Respiration
↓ Adrenaline
↑ Energy
↑ Taste
Development of Craving Response

Maintenance Phase

Entrering Using Site → Physiological Response → Use of AODs → AOD Effects

↑ Heart
↑ Breathing
↑ Adrenaline
↑ Energy
↑ Taste

↓ Heart
↓ Blood Pressure
↓ Energy
Development of Craving Response

Disenchantment Phase

Thinking of Using

Mild Physiological Response
- ↑ Heart Rate
- ↑ Breathing Rate
- ↑ Energy
- ↑ Adrenaline Effects

Entering Using Site

Powerful Physiological Response
- ↑ Heart Rate
- ↑ Breathing Rate
- ↑ Energy
- ↑ Adrenaline Effects

Use of AODs

AOD Effects
- ↓ Heart
- ↓ Blood Pressure
- ↓ Energy

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Development of Craving Response

Disaster Phase

Thoughts of AOD Using Place

Powerful Physiological Response

↑ Heart Rate
↑ Breathing Rate
↑ Energy
↑ Adrenaline Effects
Roadmap for Recovery

Key Concept: Thought Stopping

Thought Stopping

Trigger ➔ Thought

Continued Thoughts ➔ Cravings ➔ Use

• Prevents the thought from developing into an overpowering craving
• Requires practice

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Roadmap for Recovery
Techniques for Thought Stopping

• Learn to recognize “using thoughts”
• Use visual imagery
• Snapping
• Relaxation
• Prayer
• Call someone