



Implementing Evidenced Based Practices: Matrix Model for Stimulant Addiction & Other Substance Abuse Problems

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Course Description

This class provides an emphasis on developing a detailed understanding and a foundation of skills of Matrix Model for effectively treating substance abuse problems, particularly methamphetamine. The Matrix is an empirically validated approach for working addictions. This model was developed at the Matrix Institute in Southern California. It is designed to assist clients who are struggling with addiction. The research has focused on treating stimulant addiction such as methamphetamine, amphetamines, and cocaine. Methamphetamine addiction has done enormous damage to those who become addicted to it, their family and friends as well as community. The public health cost of this addiction is enormous ranging from medical crisis, criminal behavior, public safety and toxicity of the manufacturing process. The model integrates treatment elements from a number of strategies, including relapse prevention, motivational interviewing, psychoeducation, family therapy, and 12-Step program involvement. The basic elements are group sessions, individual sessions, along with encouragement to participate in 12-Step activities, delivered over a 16-week intensive treatment period. This course will explore the theoretical basis for this approach, practice of specific MI interventions and how to work with difficult and/or highly resistant clients with mental health, addictions, and dual diagnoses difficulties. This approach is designed to help individuals work through his/her resistance and ambivalence to change. This course will have a strong experiential component that will directly apply to clinical work.

Course objectives:

1. To become familiar with the Matrix Model structure and process of treatment.
2. To develop knowledge and skills to effectively implement Matrix Model with addiction clients with a particular attention paid to stimulant addiction.
3. To learn and practice the specific techniques of Matrix Model. This will include early recovery, relapse prevention and family/support system groups as well as individual and conjoint sessions.
4. Utilize motivation, education, and cognitive strategies to enlighten clients about Brain Chemistry, Stages of Recovery, Triggers & Cravings that happen in addiction and how Recovery will work for them. .
5. Integrate a comprehensive treatment perspective that includes community resources and 12 step support meetings as integral to the recovery process.
6. How to establish and maintain fidelity to the model.

Required Text:

Matrix Manuals from CSAT

EBP: Matrix Model

Dr. Moonshine

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Americans with Disabilities Act

Any student who because of a disability requires some special arrangements in order to meet course requirements should contact the instructor as soon as possible to make necessary accommodations.

Academic integrity

Students are expected to abide by all college rules concerning academic integrity. Any violations of these rules will be reported for appropriate disciplinary review.

Course Assignments:**Attendance & Readings (25 points)**

Attendance and completing the readings is also an integral component of the class discussion. Therefore it will be expected that you will attend every class along with being prepared to discuss the readings for that week. Missing more than one hour of class will result in a lower grade. Between the first and second day of class you will read Matrix Manuals.

Participation (25 points):

This will be the most important part of your grade. It is expected that you will actively participate through out both days of class. For all of us to get the most out of the class it is necessary that we practice the knowledge and skills we are learning. We will be participating in role plays and discussions about treatment issues.

Teaching a Topic (50 points)

Each student will be expected chose two weeks of curriculum from a specific group and teach it to the rest of the class. For instance someone might pick Relapse Prevention Group weeks 4 & 16 or Early Recovery Group week 3 and Family Group week 6. Weeks must be picked from different months, not the same month.

The student will present the handouts from that week of treatment in that particular group to the other students as if they were group participants. This will mean that each student will present on 2 weeks of treatment from one of the three groups: Early Recovery, Relapse Prevention or Family Therapy. These presentations will happen on the second day of the course. It is expected that the presentations will be approximately 20-30 minutes in length. Presentations that go over the time limit will receive fewer points. The presentation will use the Matrix Manual. For each handout the student teaches a written outline will be submitted that includes:

1. Overview of Handout(s):
2. While teaching theses materials, how will you demonstrate fidelity in these areas:
 - A. CBT Techniques
 - B. 12 Step References
 - C. Use of Matrix Materials
 - D. Positive Reinforcement
 - E. Active Listening
 - F. Use of Humor
3. How will you avoid Self-Disclosure, Confrontation, Sarcasm & Interrupting clients?
4. How will you maintain the structure of the Matrix Groups in the following ways?
 - A. Recovery check in 15 minutes or less
 - B. Scheduling and calendar handouts completed
 - C. Topic is focused on for at least 30 minutes
 - D. Group ends with a wrap up activity.

Course Schedule for Day 1

Module I (9:00-12:00)

Introduction to Matrix Model

- Lecture: Matrix Model
- Principles:
 - Collaborative relationship
 - Clinicians actively focus on engagement & retention
 - Utilize behavioral shaping principles
 - Non-judgmental stance
 - Educate and empower clients to achieve recovery
 - Positively reinforce positive behavior change
 - Provide corrective feedback
 - Encourage 12 step or community support
 - Drug screens
- Evidence Based Practices:
 - Motivational Interviewing
 - CBT & Classic Conditioning
 - Drug & Alcohol Education
 - Brain Chemistry
 - Stages of Recovery
- Basic Assumptions:
 - Addiction is a learned behavior
 - Addiction is reinforced by internal and external factors
 - Treatment occurs through teaching, coaching, & reinforcement
 - Clinician acts as a teacher, coach, & cheer leader for positive change
 - Utilize positive reinforcement techniques
 - Identifying & avoiding high risk situations
 - Behavioral planning through scheduling
 - Skills such as coping, refusal & self-care
 - Effectively responding to triggers
 - Responding to cravings
 - Foster self-efficacy

Module II (1:00-5:00)

Structure & Process of Treatment

- Lecture: Brain Chemistry
- Review Matrix Model Manuals:
 - Early Recovery Group
 - Relapse Prevention Group
 - Family/Support System Group
 - Individual & Conjoint Sessions
- Fidelity: Establishing & Sustaining
- The Importance of Scheduling
- Preparing for Student Presentations

Course Schedule for Day 2

Module III (9:00-10:30)

Matrix Model: Month 1

- Overview of Month 1 of Treatment
- **Week 1:**
 - Early Recovery Group:
 - #1 & 2 Scheduling
 - #3 & 4 Making Time
 - #4, 5, & 6 Stop the Cycle
 - #8 & 9 External Triggers
 - Relapse Prevention Group:
 - #1 Alcohol
 - #2 Boredom
- **Week 2**
 - Early Recovery Group:
 - #9 & 10 Internal Trigger
 - #11 12 Step & Spiritual
 - Relapse Prevention Group:
 - #3A-B Relapse Drift
 - #4 Work & Recovery
 - Family Group
 - #1 Triggers & Cravings
- **Week 3**
 - Early Recovery Group:
 - #12 Body Chemistry
 - #13 & 14 Early Problems
 - Relapse Prevention Group:
 - #5 Guilt & Shame
 - #6 Staying Busy
 - Family Group
 - #2 Questions about Alcohol
- **Week 4**
 - Early Recovery Group:
 - #15 & 16 Thinking, Feel.
 - #17 12 Step Tips
 - Relapse Prevention Group:
 - #7 Motivation
 - #8 Truthfulness
 - Family Group
 - #3, 4 & 5 Matrix Panel
- Student Presentations

- Overview of Month 2 of Treatment
- **Week 5:**
 - Relapse Prevention Group:
 - #9 Total Abstinence
 - #10 Sex & Recovery
 - Individual & Conjoint Sessions:
 - #1 Orientation
- **Week 6:**
 - Relapse Prevention Group:
 - #11 Relapse Prevent.
 - #12 Trust
 - Individual & Conjoint Sessions:
 - #2 & 3 Family Contract
 - Family Group
 - #6 Questions about Meth
- **Week 7**
 - Relapse Prevention Group:
 - #13 Smart not Strong
 - #14 Spirituality
 - Individual & Conjoint Sessions:
 - #4 Drugs, Alco. & Sex
 - Family Group
 - #7 Road Map for Recovery
- **Week 8**
 - Relapse Prevention Group:
 - #15 Managing Money
 - #16 Relapse Justification
 - Individual & Conjoint Session:
 - #5 Recovery Checklist
 - Family Group
 - #8 Stages of Family Recover
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- Student Presentations

- Overview of Month 3 of Treatment
- **Week 9:**
 - Relapse Prevention Group:
 - #17 Take Care of Self
 - #18 Dangerous Emotions
- **Week 10:**
 - Relapse Prevention Group:
 - #19 Illness
 - #20 Recognizing Stress
 - Individual & Conjoint Sessions:
 - #6 Drug & Alcohol Dreams
 - Family Group
 - #9 Avoiding & Coping with Relapse
- **Week 11:**
 - Relapse Prevention Group:
 - #21 Relapse Justification
 - #22 Reducing Stress
 - Individual & Conjoint Sessions:
 - #7 Patient Status Review
 - Family Group
 - #10 Medical Aspects of CD
- **Week 12:**
 - Relapse Prevention Group:
 - #23 Managing Anger
 - #24 Acceptance
 - Individual & Conjoint Session:
 - #8 Wall Checklist
 - Family Group
 - #11 & 12 Families in Recovery
- Student Presentations

- Overview of Month 4 of Treatment
- **Week 13:**
 - Relapse Prevention Group:
 - #25 New Friends
 - #26 Repairing Relations
- **Week 14:**
 - Relapse Prevention Group:
 - #27 Serenity Prayer
 - #28 Compulsive Bx
 - Individual & Conjoint Sessions:
 - #9 Helping Checklist
 - Family Group
 - #13 Cross Addiction
- **Week 15:**
 - Relapse Prevention Group:
 - #29 Dealing with Dep.
 - #30 12 Step
 - Individual & Conjoint Sessions:
 - #10 Emotions & Recovery
 - Family Group
 - #14 Living with Addiction
- **Week 16**
 - Relapse Prevention Group:
 - ##31 Downtime
 - #32 One Day At a Time
 - #33 Recreation
 - #34 Holidays
 - Individual & Conjoint Session:
 - #11 & 12 Setting Goals
 - #13 Relapse Analysis
 - Family Group
 - #15 Questions about Marijuana
- Student Presentations