

The Matrix Model of Intensive Outpatient Treatment Therapist and Patient Manuals

Matrix manuals are intended to guide and structure a comprehensive outpatient treatment program. Since not all the manuals that we have developed are listed here, please contact us if you do not see a manual that meets your needs.

Therapist manuals contain easy-to-read instructions for implementing each of the components of treatment and guides for each of the patient hand-outs. Therapist manuals also contain duplicates of the patient handouts from the complimentary patient manual.

Patient manuals are intended for use by treatment participants during the treatment episode and are intended to be used as a take-home reference for patients who have finished the formal treatment episode.

*Matrix Introductory Program (MIP)**

- ✓ Therapist and Patient Manuals available
- ✓ Handouts geared to patients using a variety of drugs and alcohol
- ✓ Treatment episode averages 2 months in length and is mainly delivered in group sessions.
- ✓ There are 3 individual and/or conjoint sessions included.
- ✓ 50% of the materials and group sessions in this format are dedicated to engaging participants in ongoing self-help programs.

This manual was developed for those programs that have limited numbers of sessions or shortened treatment episodes and can only deliver minimal treatment. The self-help emphasis is designed to encourage patients to continue frequent and regular self-help meetings after formal treatment ends. This manualized version of the model has no empirical support to date.

Matrix Manual of Intensive Individualized Treatment for Alcohol Abuse and Dependence (MMIIOA)

- ✓ Patient and therapist manuals are available in this version.
- ✓ The language and handouts in this manual are geared for primary alcohol users and abusers.
- ✓ This manual is primarily individual sessions with one relapse prevention group each week.
- ✓ The treatment episode in this manual is designed to last about 6 months.

These last two manuals were two of the original Matrix protocols. They were developed when the intensive phase of the treatment episode was 6 months in length. They are formatted with one relapse prevention group each week while the remainder of the material is delivered in 56 individual sessions over the course of the six month program. The relapse prevention group topics are identical in these two manuals and the individual sessions are specifically designed to meet the needs of people using either alcohol or opiates (and on naltrexone).

Matrix Manual of Intensive Individualized Treatment for Opiate Abuse (MMIIOO)

- ✓ Patient and therapist manuals are available in this version.
- ✓ The language and handouts in this manual are geared for individuals with primary opiate dependence.
- ✓ The manual is designed to support treatment using Naltrexone, describing processes for induction and maintaining a patient on naltrexone (Revia).
- ✓ This manual is primarily individual sessions with one relapse prevention group each week.
- ✓ The treatment episode in this manual is designed to last about 6 months.

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prevention group each week while the remainder of the material is delivered in 56 individual sessions over the course of the six month program. The relapse prevention group topics are identical in these two manuals and the individual sessions are specifically designed to meet the needs of people using either alcohol or opiates (and on naltrexone).

*This manual is also available in versions designed specifically for stimulant (methamphetamine and/or cocaine) abusers in groups where all the members are stimulant dependent or abusing (**MIPS**).

*The relapse prevention groups in these manuals are coordinated so that a facility has the ability to treat clients using multiple substances in the same groups while delivering individual sessions geared to problems specific to patients' co-existing problems or specific drugs of choice.

**The Matrix Model of Intensive Outpatient Treatment
Therapist and Patient Manual Order Form**

	Price Per Manual	Total Amount
◇ <i>(MIP) Matrix Introductory Program</i> _____ Copies of MIP _____ Copies of MIPS	\$25.00	\$
◇ <i>(MFE) Matrix Family Education Manual</i> _____ Copies of MFE w/ 3 slide PowerPoint presentations	\$60.00	\$
◇ <i>(MMIOA) Matrix Manual of Intensive Individualized Treatment for Alcohol Abuse and Dependence</i> _____ Copies of MMIOA _____ Copies of MMIOS	\$50.00	\$
◇ <i>(MMIOO) Matrix Manual of Intensive Individualized Treatment for Opiate Abuse</i> _____ Copies of MMIOO	\$50.00	\$
◇ <i>(Spanish) Matrix Manual of Intensive Individualized Treatment in Spanish</i>	\$40.00	\$
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