

# Matrix Model

The model integrates treatment elements from a number of strategies, including relapse prevention, motivational interviewing, psycho-education, family therapy, and 12-Step program involvement.

Combines Evidence Based Practices:

- Motivational Interviewing
- CBT & Classic Conditioning
- Drug & Alcohol Education
- Brain Chemistry
- Stages of Recovery

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 (Obert, Rawson, McCann, & Ling, 2006).