

**MATRIX MODEL FIDELITY STUDY WORKSHEET**  
**MINUTE-BY-MINUTE ELEMENTS**  
*(Found in Either the RP Group Or in the ERS Group)*

Rater: \_\_\_\_\_ Date of Rating: \_\_\_\_\_ Site/Therapist: \_\_\_\_\_ Date of Tape: \_\_\_\_\_

				<i>The majority of the time</i>	<b>Present</b>	<b>Absent</b>
<b>CONTENT</b> (Adherence to Model)	<b>Critical Elements</b>	<b>Cognitive-behavioral references</b> <i>At least one of the following:</i>	<ul style="list-style-type: none"> <li>Accurate teaching (giving clients information that is based on the literature rather than belief system)</li> <li>Exploring high-risk situations (situations with high-risk potential of relapsing/triggering)</li> <li>Discussing behaviors vs. attitudes (focus on changing behavior)</li> </ul>			
		<b>12-Step references</b>	<ul style="list-style-type: none"> <li>Having a good understanding of the 12-step terminology and talking about it in some context during group</li> </ul>			
		<b>Use of Matrix materials</b> <i>At least one of the following:</i>	<ul style="list-style-type: none"> <li>Referencing topics from other sessions</li> <li>Using Matrix terminology correctly (demonstrating an ability to integrate Matrix concepts)</li> </ul>			
	<b>Undesired Elements</b>	<b>Process commentary</b>	<ul style="list-style-type: none"> <li>The process comments are the focus of the group</li> </ul>			
				<i>The majority of the time</i>	<b>Present</b>	<b>Absent</b>
<b>STYLE</b> (Consistent with philosophy of model)	<b>Critical Elements</b>	<b>Positive reinforcement</b> <i>At least one of the following:</i>	<ul style="list-style-type: none"> <li>Cheerleading, coaching</li> <li>Encouraging</li> </ul>			
		<b>Active listening</b>	<ul style="list-style-type: none"> <li>Reflecting, reframing, redirecting, etc.</li> </ul>			
		<b>Use of humor</b>	<ul style="list-style-type: none"> <li>Therapist uses some amount of humor (as not to disrupt group process)</li> </ul>			
	<b>Undesired Elements</b>	<b>Self-disclosure</b>	<ul style="list-style-type: none"> <li>Therapist's own experience is the focus of the session</li> </ul>			