



# 2-DAY MATRIX MODEL<sup>®</sup> CORE TRAINING:

## *Evidence-Based Matrix Model<sup>®</sup> for Intensive Outpatient Treatment of Substance Use Disorders*

**APRIL 15-16, 2019**

### DESCRIPTION

This is the initial training designed for any organization wanting to apply Matrix Model<sup>®</sup> in an outpatient addiction treatment setting. It is a rich, 2-day core training led by an experienced Matrix clinical trainer. The Matrix approach emphasizes the use of time-tested outpatient techniques. This streamlined training features a didactic overview of the Matrix Model<sup>®</sup> as well as targeted experiential exercises. A special emphasis is placed on core components of the model and how to quickly and effectively apply it, whether for initial implementation or adaptation.

The curriculum includes: Matrix Model<sup>®</sup> Manual and its components; Relapse Prevention Group, Early Recovery Skills, Brain Research on Addiction, Stages of Recovery, Family Education, Social Support Group, Medication Assisted Treatment, and Integration of a Motivational Interviewing Spirit.

### OVERARCHING GOALS

**Matrix Model<sup>®</sup> training enables participants to:**

- Develop and learn the necessary skills needed to implement the Matrix Model<sup>®</sup>, an evidence-based treatment protocol
- Gain knowledge necessary to become a certified Matrix Model<sup>®</sup> Key Supervisor
- Prepare their organization for potential Matrix Model<sup>®</sup> certification
- Employ the Matrix Model<sup>®</sup> with a wide variety of cultural populations, and with Criminal Justice clients

### AUDIENCE

Mental health clinicians including psychologists, licensed clinical social workers, licensed professional counselors, licensed marriage and family therapists, substance abuse treatment professionals, and other professionals interested in using the Matrix Model<sup>®</sup>.

<b>LOCATION</b>	<b>MAHEC</b> Mary C. Nesbitt Biltmore Campus 121 Hendersonville Rd, Asheville, NC 28803
<b>DAY 1 REGISTRATION PROGRAM</b>	<b>Monday, April 15, 2019</b> 8:30 am–9:00 am ( <i>light breakfast provided</i> ) 9:00 am–4:30 pm ( <i>lunch provided</i> )
<b>DAY 2 REGISTRATION PROGRAM</b>	<b>Tuesday, April 16, 2019</b> 8:30 am–9:00 am ( <i>light breakfast provided</i> ) 9:00 am–4:30 pm ( <i>lunch provided</i> )

**EARLY REGISTRATION FEES THROUGH APRIL 8, 2019**

<b>\$595.00</b>	<b>Program Fee</b>
<b>\$495.00</b>	<b>MAHEC Employees</b> ( <i>limited seats available</i> )

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### OBJECTIVES

**Upon completion of this 2-day workshop, participants will be able to:**

- Describe the 6 core components of the Matrix Model<sup>®</sup> for teaching and implementing an effective Matrix Model<sup>®</sup> Program
- Explain both the Neurobehavioral Model and Stages of Recovery and how they contribute to the progression of addiction
- Identify the benefits of a manualized treatment protocol for persons served
- Specify how to implement elements of the Matrix Model<sup>®</sup> into existing treatment programs
- Explain how the Spirit of Motivational Interviewing is assimilated and delivered into treatment application
- Demonstrate how the Matrix Model<sup>®</sup> differs from other types of outpatient chemical dependency treatments with regard to treatment delivery



MAHEC assumes permission to use audio, video and still images from this program for promotional and educational purposes. Please speak with a staff member if you have any concerns.

## DAY 1 AGENDA

- 8:30–9:00** Registration and Light Breakfast (*provided*)
- 9:00–9:15** Introduction of Key Concepts
- 9:15–10:15** Background on Treatment Modalities and System
- 10:15–10:30** Break with Refreshments
- 10:30–12:00** Principals of the Matrix Model® and Triggers & Cravings
- 12:00–1:00** Lunch (*provided*)
- 1:00–2:30** Road Map to Recovery and Experiential Brain Model Exercise
- 2:30–2:45** Break with Refreshments
- 2:45–4:15** MI Philosophy and Medication Assisted Treatment (MAT)
- 4:15–4:30** Final Questions and Technical Discussion

## DAY 2 AGENDA

- 8:30–9:00** Registration and Light Breakfast (*provided*)
- 9:00–9:15** Reminders, Questions and Discussion Day 2 Concepts
- 9:15–10:15** Matrix Model® Components, Co-Leaders and Early Recovery
- 10:15–10:30** Break with Refreshments
- 10:30–12:00** ERS Role Play, Application of Relapse Prevention Group
- 12:00–1:00** Lunch (*provided*)
- 1:00–2:30** RP Video and Discussion, Family Education and Urine Tests
- 2:30–2:45** Break with Refreshments
- 2:45–4:15** Adolescents, Social Support, Individual / Conjoint & Relapse Analysis, Scheduling
- 4:15–4:30** Final Comments, Questions, Discussion and Goodbyes

## FACULTY

**Sam Minsky, MA, LMFT**, is a Senior Clinician and Supervisor at the Matrix Institute on Addictions in West Los Angeles, CA, where he has also directed the Matrix Outpatient Substance Abuse Clinic. As a Senior National and International Matrix Model® Trainer, Sam has lectured in Canada, Thailand, Netherlands Antilles Island of Curacao, South Africa, Vietnam, Island of Guam, United Arab Emirates, Japan and Native American Reservations, as well as First Nation Reserves in Canada. Sam has worked in the chemical dependency field since 1988, and has also served as an expert witness in chemical dependency cases for the Brooklyn New York Criminal Court System. An expert in the field of chemical dependency treatment, Sam is actively involved in research—as well as the composition and maintenance—of Matrix Manuals.

## CREDITS



**NAADAC:** This course has been approved by MAHEC, as a NAADAC Approved Education Provider, for educational credits. NAADAC Provider #165445. MAHEC is responsible for all aspects of their programming. Full attendance is required to receive credit from NAADAC. Approved for **12.0** Hours.



**NBCC:** MAHEC has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 5514. Programs that do not qualify for NBCC credit are clearly identified. MAHEC is solely responsible for all aspects of their programs. Full attendance is required to receive credit. Approved for **12.0** Hours.

**Psychologists:** MAHEC is recognized by the North Carolina Psychology Board as an approved Provider of Category A Continuing Education for North Carolina Licensed Psychologists. Approved for **12.0** Hours Category A. Full attendance is required to receive credit.

**CEUs:** MAHEC designates this continuing education activity as meeting the criteria for **1.2** CEUs as established by the National Task Force on the Continuing Education Unit. You must attend the entire workshop to receive CEUs.

**Contact Hours:** MAHEC designates this continuing education activity as meeting the criteria for **12.0** contact hours. Full attendance is required to receive credit.

## DIRECTIONS

**MAHEC Mary C. Nesbitt Biltmore Campus**  
**121 Hendersonville Road, Asheville, NC 28803**

**From I-40 E:** Take Exit 50; turn left on Hendersonville Rd.  
**From I-40 W:** Take Exit 50B; merge on Hendersonville Rd.

At the first light, turn left into the DoubleTree Hotel complex. Turn left (away from the hotel). You will see a steep driveway on your right. Turn right and go up that driveway to the MAHEC Biltmore Campus.

**From 19-23 (I-26):** Take 240 East to Exit 5B (Charlotte Street). Exit right onto Charlotte Street. At the 4th light, make a left onto Biltmore Avenue. Proceed through 8 traffic lights. At the 9th light, turn right into the DoubleTree Hotel complex. Turn left (away from the hotel). You will see a steep driveway on your right. Turn right and go up that driveway to the MAHEC Biltmore Campus.

### HAVE A QUESTION?

#### Contact the Program Planner

Barbara Warren, MSW, LCSW, LCAS-A, CFT

[barbara.warren@mahec.net](mailto:barbara.warren@mahec.net) or 828-257-4728



### Special Services

828-257-4778

### REGISTRATION INFORMATION

828-257-4475

### FAX REGISTRATION

828-257-4768

### ONLINE REGISTRATION

[www.mahec.net](http://www.mahec.net)

### EMAIL

[registration@mahec.net](mailto:registration@mahec.net)

### MAIL

MAHEC Registration

121 Hendersonville Road, Asheville, NC 28803



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**APRIL 15-16, 2019**

### REGISTRATION FORM

By registering for this conference, you are granting permission for your contact information to be shared with Clare MATRIX.

Updated contact information.

**NAME** \_\_\_\_\_

**CREDENTIALS** \_\_\_\_\_

**SOCIAL SECURITY #** XXX-XX- \_\_\_\_\_ (last 4 digits required)

**OCCUPATION** \_\_\_\_\_

**EMAIL ADDRESS** \_\_\_\_\_

**HOME ADDRESS** \_\_\_\_\_

**CITY** \_\_\_\_\_ **STATE** \_\_\_\_\_ **ZIP** \_\_\_\_\_

**HOME COUNTY** \_\_\_\_\_

**HOME #** \_\_\_\_\_ **WORK #** \_\_\_\_\_

**EMPLOYER** \_\_\_\_\_

**DEPARTMENT** \_\_\_\_\_

**EMPLOYER'S ADDRESS** \_\_\_\_\_

**CITY** \_\_\_\_\_ **STATE** \_\_\_\_\_ **ZIP** \_\_\_\_\_

**WORK COUNTY** \_\_\_\_\_

Program announcements will be sent to your email unless you opt out from receiving MAHEC emails. We never share our mailing lists.

Please remove my name from the MAHEC mailing list.

**MEAL PREFERENCE**  Vegetarian  Gluten-free  Vegan

**PROGRAM FEE**  \$595.00  \$610.00 (after 4/8/19)

**MAHEC EMPLOYEES**  \$495.00  \$510.00 (after 4/8/19)  
(limited number of seats available)

Full payment must accompany all submitted registrations unless a payment plan has been approved in advance. Registrations received without accompanying payment will not be processed.

Check is enclosed  Credit card information provided

Visa  MasterCard  Discover Card  American Express

**ACCOUNT #** \_\_\_\_\_

**EXP** \_\_\_\_ / \_\_\_\_ **CODE ON BACK OF CARD** \_\_\_\_\_ (3 digits)

**NAME ON CARD** \_\_\_\_\_

**SIGNATURE** \_\_\_\_\_

Send completed registration form to: #19MH023/57071  
MAHEC Registration  
121 Hendersonville Road, Asheville, NC 28803 **Fax:** 828-257-4768

### REGISTRATION

**Early registration deadline: April 8, 2019**

The registration fee for this program is \$595.00 or \$495.00 for MAHEC Employees (limited seats available). These fees include administrative costs, educational materials, a light breakfast, and lunch. If registration is received after the deadline, the total fee will be the registration fee + \$15.00.

MAHEC has a pay-up-front policy for all CE programs. The only exceptions will be for pre-approved programs where an individual payment plan is appropriate. Registrations received without accompanying payment will not be processed and participants who have not paid the course fee will not be admitted into the program.

Cancellations received at least two weeks in advance of the program date will receive a full refund unless otherwise noted. Cancellations received between two weeks and up to 48 hours prior to the program date will receive a 70% refund unless otherwise noted. No refunds will be given for cancellations received less than 48 hours prior to the program date. All cancellations must be made in writing (fax, mail, or email). Substitutes can be accommodated in advance of the program.



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