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: _____

			The majority of the time	*Present*	*Absent*
CONTENT (Adherence to Model)	**Critical Elements**	**Cognitive-behavioral references** *At least one of the following:*	• Accurate teaching (giving clients information that is based on the literature rather than belief system) • Exploring high-risk situations (situations with high-risk potential of relapsing/triggering) • Discussing behaviors vs. attitudes (focus on changing behavior)		
		12-Step references	• Having a good understanding of the 12-step terminology and talking about it in some context during group		
		Use of Matrix materials *At least one of the following:*	• Referencing topics from other sessions • Using Matrix terminology correctly (demonstrating an ability to integrate Matrix concepts)		
	Undesired Elements	**Process commentary**	• The process comments are the focus of the group		

			The majority of the time	*Present*	*Absent*
STYLE (Consistent with philosophy of model)	**Critical Elements**	**Positive reinforcement** *At least one of the following:*	• Cheerleading, coaching • Encouraging		
		Active listening	• Reflecting, reframing, redirecting, etc.		
		Use of humor	• Therapist uses some amount of humor (as not to disrupt group process)		
	Undesired Elements	**Self-disclosure**	• Therapist's own experience is the focus of the session		

				At least one of the following:	Present	Absent
STYLE (cont'd)	**Undesired Elements**	**Confrontational**		• Therapist's style includes any of the following: attacking, harsh, disrespectful, mean spirited		
		Sarcastic		• Therapist directs cutting remarks and belittling comments taunting and ridiculing the group members		
		Interrupting clients		• Therapist repeatedly breaks in when client(s) are speaking not allowing them to complete a sentence		

					Present	Absent
ELEMENTS OF GROUP	**Critical Elements**	**Recovery status check-In**		• Therapist allows clients to report on progress since the last session		
		Reading of topic		• Topic is read out loud either by therapist or clients		
		Introduction of topic		• Therapist explains the relevance of the topic to the recovery process before clients begin answering questions		
		Client participation		• Each client has an opportunity to respond to the topic		
		General review of schedules		• Time scheduling is done in ERS or RP groups		
		Group wrap-up		• Group concludes with a confidentiality pledge, review of topic, formal good-by, graduation, or other closing statements		

					Present	Absent
TIME ALLOCATION	**Critical Elements**	**Standard duration of groups**		• RP group 90 min and ERS group 60 min for 3 or more clients • RP group 45 min and ERS group 30 min for 2 or less clients		
		No more than 15 minutes of group is devoted to check-in		• Time spent on check-in is not more than time spent on topic		
		Standard duration of topic discussion		• At least 30 minutes for groups of 3 or more clients • At least 15 minutes for groups of 2 or less clients		