



# Matrix Intensive Outpatient Treatment Crosswalk

Crosswalk with R1 Learning Topics

Updated: July 15, 2021

Session #	Topic Area	Session Topic	Available R1 Topics	On R1 Roadmap
1	SCH 1	The Importance of Scheduling		
2	SCH 2	Daily/Hourly Schedule		
3	CAL 1	Marking Progress		
4	CAL 2	Calendar		
5	ERS IA	Triggers	Stages of Change, Recovery Capital	
6	ERS IB	Trigger-Thought-Craving-Use	Phases of Addiction, Healthy Boundaries	
7	ERS IC	Thought Stopping Techniques	Defense Mechanisms, Consequences of Addiction	
8	ERS 2A	External Trigger Questionnaire	Relapse Triggers, Relapse Warning Signs	
9	ERS 2B	External Trigger Chart	Emotions & Feelings, Values	
10	ERS 3A	Internal Trigger Questionnaire	Values, Career Interests	
11	ERS 3B	Internal Trigger Chart	Affirmations	
12	ERS 4A	12-Step Introduction		12 Step Principles
13	ERS 4B	The Serenity Prayer and the 12 Steps of Alcoholics Anonymous		12 Step Sayings
14	ERS 5	Roadmap for Recovery		Character
15	ERS 6A	Five Common Challenges in Early Recovery		Financial Stability
16	ERS 6B	Alcohol Arguments		
17	ERS 7A	Thoughts, Emotions, and Behavior		
18	ERS 7B	Addictive Behavior		
19	ERS 8	12-Step Sayings		
20	RP 1	Alcohol		
21	RP 2	Boredom		
22	RP 3A	Avoiding Relapse Drift		
23	RP 3B	Mooring Lines Recovery Chart		
24	RP 4	Work and Recovery		
25	RP 5	Guilt and Shame		
26	RP 6	Staying Busy		
27	RP 7	Motivation for Recovery		
28	RP 8	Truthfulness		
29	RP 9	Total Abstinence		
30	RP 10	Sex and Recovery		
31	RP 11	Anticipating and Preventing Relapse		
32	RP 12	Trust		
33	RP 13	Be Smart, Not Strong		
34	RP 14	Defining Spirituality		
35	RP 15	Managing Life, Managing Money		
36	RP 16	Relapse Justification I		
37	RP 17	Taking Care of Yourself		
38	RP 18	Emotional Triggers		
39	RP 19	Illness		
40	RP 20	Recognizing Stress		
41	RP 21	Relapse Justification II		
42	RP 22	Reducing Stress		
43	RP 23	Managing Anger		
44	RP 24	Acceptance		
45	RP 25	Making New Friends		
46	RP 26	Reparing Relationships		
47	RP 27	Serenity Prayer		
48	RP 28	Compulsive Behaviors		
49	RP 29	Coping With Feelings and Depression		
50	RP 30	12-Step Programs		
51	RP 31	Looking Forward; Managing Downtime		
52	RP 32	One Day at a Time		
53	RP 33	Drug Dreams During Recovery		
54	RP Elective A	Client Status Review		
55	RP Elective B	Holidays and Recovery		
56	RP Elective C	Recreational Activities		

**R1 Learning**  
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**Available R1 Topics**

- Stages of Change
- Recovery Capital
- Phases of Addiction
- Healthy Boundaries
- Defense Mechanisms
- Consequences of Addiction
- Relapse Triggers
- Relapse Warning Signs
- Emotions & Feelings
- Values
- Career Interests
- Affirmations

**R1 Topics Roadmap**

- Trauma
- Cultural Competence
- Co-Occurring Disorders
- 8 Dimensions of Wellness
- Substance Use Disorder
- 12 Step Principles
- Risk Factors
- Recovery & Treatment Ops
- Pain Management
- Spirituality
- Mindfulness Practices
- MAT
- Health Practices
- Fun In Recovery
- CBT
- 12 Step Sayings
- Character
- Financial Stability