

TEEN MATRIX GROUP THERAPY

Teen Matrix Group Therapy is a style of treatment designed to aid in recovery from substance use like methamphetamine cocaine or alcohol. Developed in the 1980s, the Matrix Model shows statistically significant reductions in drug and alcohol use. Through education and group counseling skills are gained to prevent relapse, identify triggers, repair relationships and more.

Group Relapse Prevention Program

Recovery Skills gained through:

- Group counseling
- Education
- Relapse prevention planning

Treatment focuses on:

- Coping skills
- Emotional regulation
- Repairing relationships
- Identifying triggers
- Building values & goals



For more information or to make an appointment call: (800) 342-5653

Bowen Center can help.

Bowen Center is a Community Mental Health Center offering a full range of professional services to meet the needs of individuals in Indiana. Since 1961, Bowen Center has dedicated itself to providing life-changing care to families, individuals and organizations. Bowen Center's expanding range of services for all ages includes: family therapy, marital counseling, adolescent and children's counseling, alcohol and substance use treatment, individual and group therapy, case management, hypnotherapy, transitional living services, and inpatient unit services.

Bowen Center's mission is to strengthen our communities and to improve the health and well-being of those we are privileged to serve.

We're the Hope

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