

## RUTH BENEDICT, AMERICAN ANTHROPOLOGIST

"The happiest excitement in life is to be convinced that one is fighting for all one is worth on behalf of some clearly seen & deeply felt good."



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**Presenter: Shawn Christopher Shea, M.D.**

*Suicide Prevention in a New Light: Matrix Treatment Planning & the Quest for Happiness*



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## About the Speaker

Shawn Christopher Shea, M.D.  
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*Commercial Associations:*  
Elsevier, Lippincott Williams and Wilkins,  
and Mental Health Presses



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## **JULIAN OF NORWICH**

“During our lifetime  
here, we have in us a  
marvelous mixture of  
both well-being and  
woe . . .”



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## **JULIAN OF NORWICH**

“All is well, and  
every kind of  
thing will be well.”



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# Suicide Prevention in a New Light: Matrix Treatment Planning and the Quest for Happiness (Bonus Notes)

**Presenter: Shawn Christopher Shea, M.D.**

Course Quotations:

*"Happiness is like a sunbeam that the least shadow interrupts."*  
unknown Zen Monk

*"During our lifetime here, we have in us a marvelous mixture of both well-being and woe . . . And now we are raised to the one, and now we are permitted to fall to the other."*  
Julian of Norwich

*"Another conviction quickly arose; It was that each positive emotion and its negative antithesis indeed constitute one quality rather than two . . . in the same way that the dark colors in a painting give beauty and contrast to the pastels, the negative emotions are equally necessary to give depth and meaning to the positive ones; that one could not truly appreciate love without first knowing hate, or beauty without having seen ugliness, or any positive emotion without awareness of its antithesis."*  
Jane Dunlap (aka Adelle Davis)

*"But every man is more than just himself; he also represents the unique, the very special and always significant and remarkable point at which the world's phenomena intersect, only once in this way and never again. That is why every man's story is important, eternal, and sacred . . ."*  
Herman Hesse  
(from the novel *Demian*)

## A Few Matrix Notes

Basic language and principles of human matrix as used as a  
treatment planning model.

### 1. human matrix

a. Definition: The human matrix is a model of human nature that

views a human being as the net interaction of five constantly shifting and interacting systems including: the biological system, the psychological system, the interpersonal system, the environmental system, and the spiritual belief system

2. matrix effects

- a. A change on one system automatically causes a change in a different system

3. healing matrix effect

A matrix effect that creates a beneficial effect for the patient (e.g. a psychological intervention such as psychotherapy changes the actual biochemistry or structure of the brain as seen with OCD and brain scans of the basal ganglia following successful intervention with CBT).

4. damaging matrix effect

A matrix effect that creates a damaging effect for the client (e.g. a change in the biological system damages the social and interpersonal system as seen with the behavioral disruptions caused by a frontal lobe tumor).

5. Red Herring Principle

Because of the interdependence of the systems and the role of damaging matrix effects, a problem in one system may cause such severe problems in a different system that clinicians and clients are fooled into focusing their efforts on the wrong system (e.g. failing grades attributed to a lack of motivation on the psychological system of a student may actually be the result of a social system problem - domestic violence - or of the biological system - attention deficit disorder - or both).

6. Maximizing Matrix Principle

No matter which system is the etiologic problem, attempts are made to maximize the functioning of all systems with the hope of generating distant healing matrix effects (a patient with marital problems is taught deep relaxation techniques that may help improve resiliency and openness to change in the marital therapy).

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