

SPECIAL ACA EDITION

◆ MRT® UPDATES ◆

& CCI NEWS

**Correctional Counseling, Inc.
August 2008**

Moral Reconciliation Therapy (MRT®) **Listed On SAMHSA's National Registry of Evidence-Based Programs & Practices**

Correctional Counseling Inc. is pleased to announce that Moral Reconciliation Therapy (MRT®) has been selected for inclusion on the National Registry of Evidence-based Programs and Practices (NREPP) sponsored by the Substance Abuse and Mental Health Services Administration. NREPP originated in 1997 in SAMHSA's Center for Substance Abuse Prevention (CSAP) as part of the Model Programs Initiative. Then called the National Registry of Effective Prevention Programs, NREPP was envisioned as a way to help professionals in the field become better consumers of substance abuse prevention programs.

NREPP is an online registry of mental health and substance abuse interventions that have been reviewed and rated by independent reviewers. The registry was created to assist the public in identifying approaches to preventing and treating mental and/or sub-

stance use disorders that have been scientifically tested and that can be readily disseminated to the field. NREPP is one way that SAMHSA is working to improve access to information on tested interventions and thereby reduce the lag time between the creation of scientific knowledge and its practical application in the field.

NREPP is a voluntary, self-nominating system in which intervention developers elect to participate. There will always be some interventions that are not submitted to NREPP, and not all that are submitted are reviewed. Once an intervention has been accepted for review, the developer and NREPP staff work together to identify the outcomes and materials that will be used in the review. A review generally takes several months to complete, from the initial scheduling of the kick-off call to the completion of an NREPP intervention summary.



Moral Reconciliation Therapy

Date of Review: May 2008

Moral Reconciliation Therapy (MRT) is a systematic treatment strategy that seeks to decrease recidivism among juvenile and adult criminal offenders by increasing moral reasoning. Its cognitive-behavioral approach combines elements from a variety of psychological traditions to progressively address ego, social, moral, and positive behavioral growth. MRT takes the form of group and individual counseling using structured group exercises and prescribed homework assignments. The MRT workbook is structured around 16 objectively defined steps (units) focusing on seven basic treatment issues: confrontation of beliefs, attitudes, and behaviors; assessment of current relationships; reinforcement of positive behavior and habits; positive identity formation; enhancement of self-concept; decrease in hedonism and development of frustration tolerance; and development of higher stages of moral reasoning. Participants meet in groups once or twice weekly and can complete all steps of the MRT program in a minimum of 3 to 6 months.

UPCOMING CCI TRAININGS

MRT® TRAININGS:

August 11, 2008 to August 14, 2008 - Crownsville, MD
August 18, 2008 to August 21, 2008 - Ogden, UT
August 18, 2008 to August 22, 2008 - Germantown, TN
August 25, 2008 to August 28, 2008 - Moses Lake, WA
August 25, 2008 to August 28, 2008 - Granger, TX
August 26, 2008 to August 29, 2008 - Kingman, AZ
September 16, 2008 to September 19, 2008 - Seattle, WA
September 22, 2008 to September 25, 2008 - Martinez, CA
October 6, 2008 to October 10, 2008 - Germantown, TN
October 21, 2008 to October 24, 2008 - Idaho Falls, ID
December 1 to December 4, 2008 - New York City, NY
December 1 to December 5, 2008 - Germantown, TN

ADVANCED MRT® TRAININGS:

September 24, 2008 to September 25, 2008 - Germantown, TN
October 20, 2008 - Idaho Falls, ID

DOMESTIC VIOLENCE TRAININGS:

October 20, 2008 to October 24, 2008 - Germantown, TN

Note: Additional trainings will be scheduled in various locations in the U.S.
See our website at www.ccimrt.com or call CCI concerning specific trainings. CCI can also arrange a training at your location. Call 901-360-1564 or email ccimrt@aol.com for details.

WANT MORE INFORMATION?

Additional MRT® information can be found at the websites www.ccimrt.com and www.moral-reconation-therapy.com. The Cognitive Behavioral Treatment Review is also available. It is a quarterly publication with the latest MRT® news & focuses on enhancing and improving treatment outcomes for offenders, substance abusers, at risk youth, domestic violence perpetrators, and others with resistant personalities. Current and past issues of CBTR can be downloaded from our website at www.ccimrt.com.

MRT® Frequently Asked Questions

What is Moral Reconciliation Therapy?

Moral Reconciliation Therapy (MRT®) is a cognitive-behavioral treatment program appropriate for use with offenders and substance abusers in correctional settings, mental health and drug courts, parole/probation agencies, institutions, community corrections, juvenile justice, as well as in “at risk” educational programs. MRT® is currently being used statewide in Georgia, Arkansas, Washington, Delaware, and Idaho and at various locations in 40 additional states and several foreign countries. MRT® has been fully implemented for over 20 years and is a state-of-the-art treatment system for resistant personalities.

What Is Unique About MRT®?

1. MRT® is evidence-based treatment with longitudinal outcome research published over 20 years in professional journals. MRT® is listed on SAMHSA’s National Registry of Evidence-Based Programs and Practices (NREPP). The research has demonstrated in multiple settings the efficacy of MRT treatment in Corrections, Drug Courts, and other settings. 2. MRT® directly addresses the ***Antisocial Personality Disorder*** that research has consistently shown to be at the core of all offender populations. 3. MRT® is an objective, systematic treatment designed to enhance ego, social, moral, and positive behavioral growth in a progressive, step-by-step fashion. The *MRT Counselor’s Handbook* and the client workbook ensure consistent delivery and fidelity to the model. 4. The Judges, the probation/parole officers, and counselors can all speak in the same language. No more

confusing “psychobabble” or jargon. Lastly, the offender **does not have to complete** this program to result in a lasting change in moral development, judgements, decision-making and behavior.

What Does The Research Show About MRT®?

Results show that MRT® **can reduce subsequent reincarceration rates by one-third or more** after treatment and release. **The National Drug Court Institute** in 2005 cited MRT as proven to reduce recidivism.

Who Should Attend?

Correctional staff, Probation/Parole officers (county, state, federal), Mental Health/Drug Court treatment staff, juvenile justice program staff, halfway house staff, restitution program staff, educational staff involved with “at risk” adolescents, counselors/social workers treating offenders and substance abusers, mental health center staff treating chemical dependency, Judges, and those interested in managing and treating offenders would find MRT® training beneficial.

What Does The Training Include?

MRT® training, developed by Dr. Greg Little and Dr. Ken Robinson, the cocreators of MRT®, is an intensive 32 hour training program that uses lecture, discussion, and experiential exercises to explore the dynamics and basic personality traits of clients who are antisocial or who have other personality disorders. Basic outcome research on the effectiveness of treating antisocial clients is presented. In addition,

the primary characteristics, evolution, and application of cognitive-behavioral techniques are explained and demonstrated. The cognitive-behavioral method of Moral Reconciliation Therapy is reviewed in detail and attendees also participate in the program's structured cognitive-behavioral exercises.

How Is MRT® Implemented?

MRT® is conducted in a group format by staff who receive the basic training prior to implementation. MRT® groups are open-ended with clients entering and leaving the ongoing groups as appropriate. Programs utilizing MRT® must obtain client workbooks for participants. Workbooks can be purchased through CCI.

What Does The Training Cost?

Basic MRT® training costs \$600 for the first attendee from any organization and \$500 for additional attendees from that agency in the same training session. Additional discounts are also available (call for details). Attendees receive several books, CDs, research articles, and other MRT® treatment materials as well as a completion certificate. CEUs are available from LSU-Shreveport.

How Long Does The Training Take?

Training is conducted on a four or five day schedule. 4 day training begins at 8:30 a.m. with sessions ending by 5:00 p.m. with limited homework. Five day trainings end by 12:30 p.m. Tuesday and Thursday. Please check for exact schedule.

How Can I Register & Get More Information?

Information about training locations and MRT® can also be obtained by calling **(901) 360-1564** or visiting **www.ccimrt.com**. You can review the latest MRT® research at the website www.moral-reconciliation-therapy.com. Additional trainings will be announced soon, so please call or email us for the latest training updates.

ACA Special Offer 50% Discount!

From now until the end of August, purchase 10 or more copies of the client workbook, *Character Development Through Will Power & Self Discipline*, and receive a 50% discount. This 54-page workbook contains cognitive behavioral exercises designed for 16 group sessions with 8 lessons focused on will power and 8 on self discipline. No training is required in order to use this workbook. The *Character Development Facilitator's Guide* is also available at a 50% discount. To order, just call CCI at 901-360-1564 and ask for the ACA special!