

What Is Moral Reconciliation Therapy?

Moral Reconciliation Therapy, or MRT

Moral Reconciliation Therapy is designed to enhance self esteem, social, moral and positive behavior to help support these positive traits. MRT is an objective systematic treatment system designed to enhance these positive behaviors in a progressive step-by-step fashion. MRT has 12 to 16 steps, depending on the treatment population. MRT attempts to change how drug abusers and alcoholics make decisions and judgments by raising the addicts moral reasoning.



Moral Reconciliation Therapy was first developed in 1985 by Dr. Gregory Little and Dr. Kenneth Robinson, and was based around the idea of changing the behaviors and thought processes of felons. MRT seeks to move the addict from the pleasure vs. pain reasoning to a more positive reasoning level, where concern for social rules and others become important. Moral Reconciliation Therapy focuses on seven basic treatment issues: understanding of beliefs, attitudes and behaviors, assessment of current relationships, reinforcement of positive behavior and habits, positive identity formation, enhancement of self-concept, decrease in self indulgence, development of frustration tolerance and development of higher stages of moral reasoning.