

Moral Reconciliation

In addition to focusing on the physical and spiritual aspects of addiction, it is of the utmost importance that we place great emphasis on the mind using **Moral Reconciliation**. Many addicts who have spent years in denial, justifications and manipulations to continue their lifestyles have altered their way of thinking. For some, their entire existence revolves around the use of drugs and or alcohol. For others, it is a hidden enhancement to their lives...a secret. Others still consider it the social norm no matter how much damage it may be causing themselves or their loved ones. If someone is to break free of the trap caused by drug addiction, one has to change the way he thinks.



MRT (Moral Reconciliation Therapy)

The core of our effective treatment program includes the Moral Reconciliation Therapy cognitive therapeutic approach. Developed in 1985 by Dr. Gregory Little and Dr. Kenneth Robinson, this has become the program of choice in prison systems and court programs of more than 40 states as a long-term approach that focuses on correcting the thought processes of convicted criminals.

Moral Reconciliation Therapy (MRT) works by increasing moral reasoning abilities in juvenile and adult criminal or substance abuse offenders. This systematic treatment approach has high success rates in reducing recidivism by combining elements that encourage positive behavioral growth. MRT takes the form of group and individual counseling with structured group exercises and homework assignments. The workbooks are formatted into sixteen steps, or units, that focus on seven basic treatment elements:

- 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
- Development of higher stages of moral reasoning

The main advantage of MRT is that our clients are actively involved in the sessions by participating in drills, exercises, and self-discovery sessions. This offers a distinct advantage over other programs where clients sit passively hoping to learn something valuable. We adapted the MRT model to focus on the thought processes of addicted individuals with the goal of replacing these unhealthy, lifelong thought patterns with positive thoughts and proactive behaviors.

Normally, the MRT program is utilized by outpatient programs or in a penal setting with a scarce two hours per week of counseling, but at our facility, clients benefit from over 25 hours per week of Moral Reconciliation Therapy with counseling, exercises, and practical applications.

Group and Individual Counseling

For 8 hours per week, each client will participate in group therapy sessions. Guided by addiction counselors, these sessions help the client to explore areas of their recovery that might be otherwise missed. In addition, understanding the problems and solutions experienced by other clients can be extremely beneficial to the recovery process.

In addition to group therapy, we have many counselors with different backgrounds in recovery. Some of us have a focus in 12-step modalities, others are Christian faith-based, some are cognitive and we even have Buddhists and Spiritual Teachers available for counseling at various times throughout the client's recovery process.

Education, Lectures, Workshops and Films Dealing with Moral Reconciliation Therapy

For additional enhancement, our resident counselors, as well as outside lecturers, come in 5 days a week to provide additional education on various topics of addiction and the recovery process.

Ideally, by completion of the program, the client not only gains a better understanding of their addiction and old way of thinking, but has already begun to change the way that they view their life, goals and how to overcome the obstacles that have been blocking them. Freedom from active addiction becomes an actuality and life gains new purpose with **Moral Reconciliation Therapy**.