

Moral Reconation Therapy

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What is MRT?

- Moral Reconciliation Therapy (MRT) is a cognitive - behavioral treatment for offender populations.
- It was developed in 1985 by Dr. Gregory Little and Dr. Kenneth Robinson.
- Nearly 200 published outcome studies show that MRT treated offenders show significantly lower recidivism for periods as long as 20 years after treatment.
- MRT is used with the following populations: adult and juvenile offenders, substance abusers, Veterans, trauma survivors, and others.

ABOUT MRT

- Moral – refers to moral reasoning based on levels of cognitive reasoning developed by Kohlberg.
- Reconciliation – comes from the psychological terms “conative” and “cognition” both of which refer to the process of making conscious decisions.
- MRT is a cognitive behavioral treatment system that leads to enhanced moral reasoning, better decision making, and more appropriate behavior.

History of MRT

- MRT was initially developed in the 1980s as the cognitive-behavioral component in a prison-based therapeutic community. Due to its success the program was implemented in general inmate populations, with juvenile offenders, in parole and probation settings, community corrections, hospital and outpatient programs, educational settings, and in drug courts.
- Measured objective outcomes were consistent in all settings.

FACTS

- Over 50,000 professionals have become trained facilitators.
- MRT is an evidence-based practice.
- Numerous studies have been conducted showing the effectiveness of MRT across a variety of populations.
- MRT is used in all 50 states and in 9 countries.
- Spanish versions of most MRT workbooks are available.
- MRT does not require a high reading level.
- Homework is presented.

How It Works

MRT uses 12-16 objectively defined steps, which focus 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
- Development of higher stages of moral reasoning

Expectations of Sessions:

- Individual and groups sessions. Groups meet once or twice weekly and can range in length from 3-6 months.

Results of MRT

- The program leads to increased participation and completion rates, decreased disciplinary infractions, beneficial changes in personality characteristics, and significantly lower recidivism rates.

Implementation

- All MRT groups must be led by MRT – Certified facilitators. These are professional staff who have completed the 32 hour training program.
- MRT is typically conducted in weekly groups. Clients present exercises from one of the workbooks that have been completed as homework. The successful completion of the participant's programs' steps are evaluated by the group facilitators using objective criteria.
- 8-15 clients per group is recommended.
- The program has 16 steps with 12 completed typically in 30 sessions. The group is open ended.

MRT Training

- MRT Training is conducted by Correctional Counseling, INC. (CCI) of Memphis, TN or other agencies upon arrangement.
- The cost of the closed training is \$500 per person. Minimum of 12 participants. A \$6000 deposit is paid prior to the training. Travel expenses for trainer are \$2100. A \$500 credit is provided for 22+ participants. CEUs are offered to those who complete all training.
- Successful completion of MRT training is required for individuals and agencies to purchase client workbooks.
- All clients participating in MRT must have a workbook (\$25).

References

- CCI MRT

<https://www.ccimrt.com/>

- Moral Reconciliation Therapy

<https://www.moral-reconciliation-therapy.com/>

- National Council of Juvenile and Family Court Judges

<http://www.ncjfcj.org/moral-reconciliation-therapy-mrt>