

# Moral Reconciliation Therapy (MRT)

PRESENTED BY,

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## What is MRT?

◆ MRT is a cognitive-behavioral counseling program that combines education, group and individual counseling, and structured exercises designed to foster moral development in treatment-resistant clients.

◆ As long as clients' judgments about right and wrong are made from low levels of moral reasoning, counseling them, training them in job skills, and even punishing them will have little long-lasting impact on their behavior.

◆ They must be confronted with the consequences of their behavior and the effect that it has had on their family, friends and community. Poor moral reasoning is common within at-risk populations.

◆ MRT is designed to be provided in the structured, sequential step model that follows the MRT workbook.

## What MRT is NOT...

### ◆ A Processing Group...

◆ *MRT is 'black and white' and is not a place to process or go into deep rooted issues. MRT is assignment based and has specific instructions.*

### ◆ An Independent Study...

◆ *Exercises and materials of MRT are not designed to be provided or used independently or separately from the overall approach.*

## How We Get Results...

- ▶ MRT seeks to move clients from hedonistic (pleasure vs. pain) reasoning levels to where concern for social rules and others becomes important.
  - ▶ MRT systematically focuses on seven basic treatment issues.
    1. Confrontation of beliefs, attitudes and behaviors
    2. Assessment of current relationships
    3. Reinforcement of positive behavior and habits
      4. Positive identity formation
      5. Enhancement of self-concept
    6. Decrease in hedonism and development of frustration tolerance
    7. Development of higher stages of moral reasoning

## Does MRT really work?

- ▶ MRT assists Vets in identifying strengths and challenges.
- ▶ MRT enhances Vets self concept, which can be viewed as they begin to determine their life purpose.
- ▶ MRT also strengthens Vets commitment to their treatment regiment. Once this occurs they are more likely to stay on a positive path in life.

## MRT Steps...

- ▶ Vets who complete 3 steps begin to show a reduction in re-arrest and recidivism as it demonstrates an acknowledgement that rules are important and apply to everyone.
- ▶ The big gains occur after steps 7 and 8. These steps assist the participants to form a positive identity and a plan to continue on the path of change
- ▶ At step 12 graduation from the program may occur. They have now identified a positive path to 'happiness' that includes goals and relationships that will assist them through life.
- ▶ The last steps, 13 thru 16, allow the participants to demonstrate what they have learned by supporting others and developing the long term goal to assist others in their search for significance.

## Who is a good referral to MRT?

- ▶ The Veteran must be able to read and write without assistance
- ▶ The Veteran must have a legal background of some kind (can be old charges or jail/prison time)
- ▶ The Veteran may have a substance abuse or mental health diagnosis, however one is NOT required
- ▶ Veterans who have been in treatment multiple times without long term success
  - ▶ Veterans who have had multiple interactions with law enforcement
  - ▶ A treatment resistant client, perhaps diagnosed with antisocial, where other treatments have not been successful

# Questions???

## THANK YOU!!!