



CATALOG 2016

PROVEN EVIDENCE-BASED TREATMENT MATERIALS



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MRT
Moral Reconciliation Therapy™



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For informative videos about MRT, please visit
the Moral Reconciliation Therapy™ YouTube channel.

Purchase Products

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(901) 360-1564

*MRT materials may only be ordered for use with a trained MRT facilitator.

*Correctional Counseling, Inc. is the sole distributor of Moral Reconciliation Therapy™ materials.

Moral Reconciliation Therapy™ Materials

For Substance Abuse and Offender Treatment

Moral Reconciliation Therapy or MRT, an NREPP program, is the premiere cognitive-behavioral program for substance abuse treatment and offender populations. Developed in 1985 by Dr. Gregory Little and Dr. Kenneth Robinson, nearly 200 published outcome studies have documented that MRT-treated offenders show significantly lower recidivism for periods over 20 years after treatment. Research consistently shows that, in comparison to appropriate controls, MRT treated offenders have rearrest and reincarceration rates from 25% to 75% lower than expected. MRT treatment also leads to a host of significant beneficial and desirable personality changes. CCI is the sole source for MRT treatment materials.

Definition of MRT

The term “moral” refers to moral reasoning levels based on Kohlberg’s levels of cognitive reasoning. The word reconciliation comes from the psychological terms conative and conation, which refer to the process of making conscious decisions. MRT is a cognitive-behavioral system that leads to enhanced moral reasoning, better decision-making, and more appropriate behavior.

MRT was initially developed as the cognitive-behavioral component in a prison-based therapeutic community. Because of its remarkable success (notably with minority participants), the program was then tested and widely implemented in general inmate populations, with juvenile offenders, in parole and probation settings, in community corrections, in hospital and outpatient programs, in educational settings, and drug courts. Measured objective outcomes were consistent in all settings. The program leads to increased participation rates, increased program completion rates, decreased disciplinary infractions, beneficial changes in personality characteristics, and significantly lower recidivism rates. Unlike other programs’ outcomes, MRT research shows enhanced participation and program completion by minority groups with significantly lower recidivism over the long term—for 20 years after treatment. No other cognitive-behavioral treatment for offenders or substance abuse has shown such results. More information on MRT research can be found on the MRT website and CCI’s websites.

All MRT groups must be operated by MRT-certified facilitators – professional staff, who complete a 32-hour training. Separate trainings exist for basic MRT and the MRT Domestic Violence program for perpetrators of domestic violence. CCI conducts or approves these trainings. Each participant in MRT must have an MRT workbook. There are four basic MRT workbooks plus a separate workbook for domestic violence. Each workbook is described in this catalog along with the target population. In addition, several of CCI’s other treatment workbooks are based on variations of MRT principles.

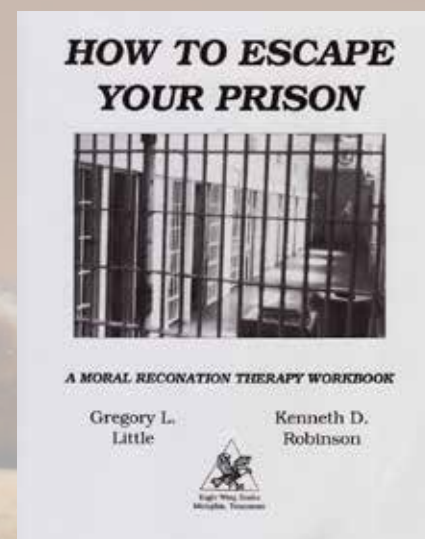
MRT is typically conducted in weekly groups where clients present homework from one of the MRT workbooks. Group facilitators use objective criteria to evaluate the participant’s successful completion of each of the program’s 12 steps. Each step has homework and objective assignments that clients complete prior to group meetings. For more information on MRT call CCI or visit one of our websites ccimrt.com or mrtcenters.com.

NOTE: MRT workbooks are only sold to facilitators who have completed MRT training or to programs that have trained MRT facilitators. To order MRT materials you must list the name of the trained facilitator.

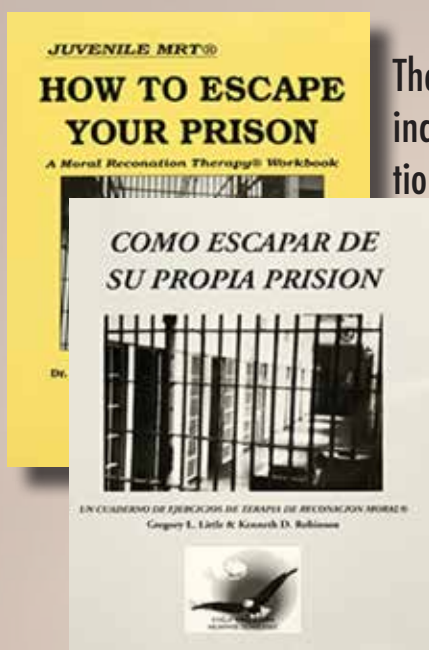
How To Escape Your Prison

MRT-TRAINED ONLY

How to Escape Your Prison is a 152-page workbook used with adults involved in the criminal justice system or in substance abuse treatment. This workbook is also used in programs with multiple DUI offenders. The MRT workbook addresses issues related to criminal thinking and criminal needs, as well as substance abuse.



The workbook is used with all types of offenders including those in jails, prisons, community corrections, therapeutic communities, halfway houses, parole and probation, as well as drug, mental health, and DUI courts. Numerous substance abuse programs, both residential and outpatient, utilize the MRT curriculum. MRT is a proven SAMHSA NREPP program used for substance abuse and general treatment of criminal populations.



This program consists of 16 steps, with 12 of these typically completed in an average of 30 sessions held in accordance with the implementation site's own needs and characteristics. For example, TC's often hold several MRT groups each week, while drug courts and probation sites typically hold one weekly group. Clients complete homework prior to each group session. In the group each client presents his or her homework, and homework is passed or redone, based on criteria, by the facilitator. All MRT groups are open-ended; new clients can enter at any time. Each group session will usually have new clients as well as clients graduating from the program. All MRT facilitators must complete Basic MRT Training. See the following page for supporting materials.

Available Versions include: Adult, Juvenile, and Spanish.

\$25 each

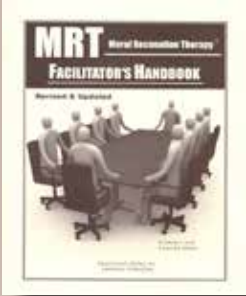
*Please see supportive materials on the following pages for *How to Escape Your Prison*.

MRT-Based Workbooks

How To Escape Your Prison

MRT-TRAINED ONLY

Supportive Materials



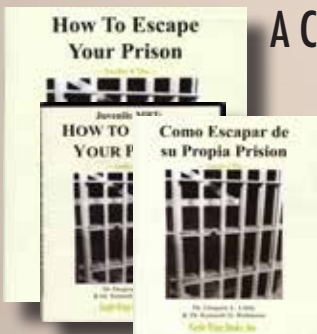
The *MRT Facilitator's Handbook* gives basic instructions as well as the objective criteria that should be used for each Step.

\$10 each



The MRT Journal: Thoughts & Questions About MRT Steps presents ideas and questions about the various aspects of the 12 major steps of MRT. The MRT Journal will be useful to inpatient programs, TCs, substance abuse programs, and agencies using MRT.

\$6 each
(Minimum Order-10)



A CD set is available for clients who do not read. There are both English and Spanish versions of the audio book available. There is also an audio version of the Juvenile program.

\$60 each



A combination CD for client use is available: *5-Minute Stress Manager and Imaginary Future*. (please see Audio Resources page for a description of these CD's)

\$16.95 each

MRT Program Materials

How To Escape Your Prison

MRT-TRAINED ONLY

Supportive Materials



The "Pop-Up" is a tool that can be used to allow the client to see how the program creates a transformation in his or her personality. It is a visual tool that demonstrates a transition from two-dimensional decision-making to a deeper, three-dimensional process.

Visit the Moral Reconciliation Therapy™ YouTube channel to see a short video describing the Pop-Up.

The Pop-Up describes personality transformation by presenting the essence of each MRT step. The Pop-Up is given out during MRT training.

\$6 each



The Step 3 Coin is given to clients who successfully pass Step 3. The coin is tangible and represents the accomplishment of passing one of the most important parts of the program.

\$30

per roll of 25 coins



The Graduate Coin is given to clients who successfully complete the MRT Program. The coin is tangible and represents the accomplishment of completing the program.

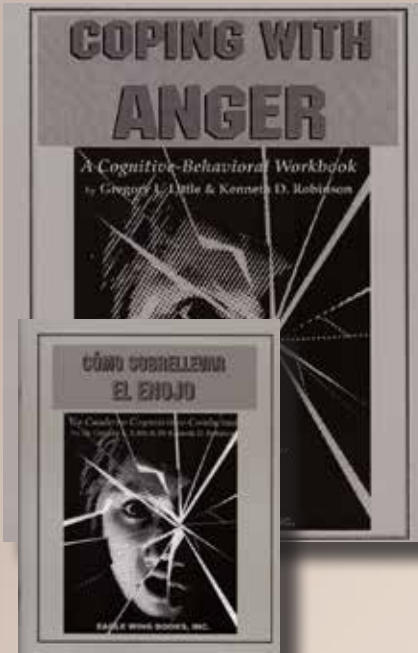
1-49 coins = **\$6 each**

50-99 coins = **\$5 each**

100 coins and up = **\$4 each**

Coping With Anger

MRT-TRAINED ONLY



Coping with Anger is a 49-page client workbook designed for 8 group sessions focusing on teaching and practicing anger management skills.

Coping With Anger is targeted to adults and juveniles who have problems with managing feelings of anger and frustration in an appropriate way. It is used with violent offenders, argumentative or oppositional clients, as a supplemental program with domestic violence perpetrators, with road rage, substance abuse, and drug courts.

The program is in use in corrections, probation and parole, community corrections, diversion programs, all juvenile programs, and in private treatment settings.

Coping with Anger has 8 modules completed in 8 group sessions supplemented by several sessions with a counselor or facilitator. Clients complete homework for each module prior to attending a group. In the group each client presents his or her homework, and homework is passed or redone, based on criteria, by the facilitator. The groups are open-ended: new clients can enter at any time. Each group session will usually have new clients as well as some finishing the program. A typical group will have a client present Module 1, another client completes Module 2, and so on. The workbook is individualized to specific client needs by requiring the client to meet with the facilitator or counselor at several modules. An audio CD of the book is available.

Available Versions include: Adult and Spanish.

\$10 each

(minimum order of 10)



Anger Management Group Starter Kit contains: 15 *Coping With Anger* workbooks, 2 *Coping With Anger Facilitator's Guides*, 2 *5-Minute Stress Manager* CDs, 1 *Anger Management Training* DVD, and 1 *Coping With Anger* (book on CD).

\$245 per kit

Coping With Anger

MRT-TRAINED ONLY

Supportive Materials



The *Coping With Anger Facilitator's Guide* gives basic instructions as well as the objective criteria that should be used for each module.

\$5 each



An *Anger Management Training DVD* (1.5 hours) demonstrates how clients are admitted to the group, and how groups are conducted.
(not to be viewed by clients)

\$100 each



A 2-disc audio version of *Coping with Anger* is available. It can be used to allow group facilitators several alternative methods to operate an anger management program.

\$50 each

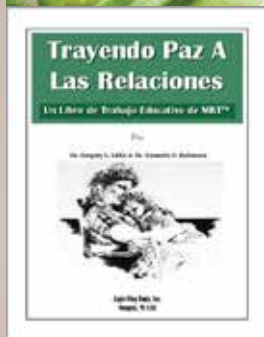
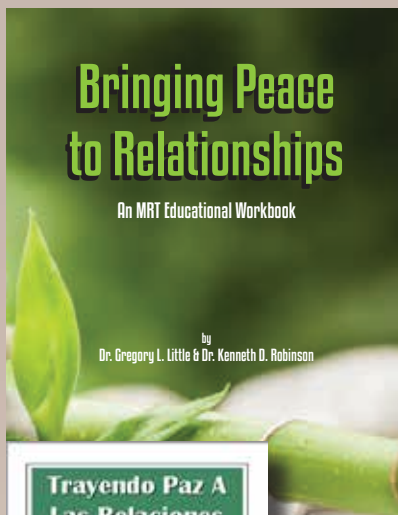


There are three CDs that can be used in conjunction with the *Coping with Anger* program. These CDs can be utilized both in and out of group: the *5-Minute Stress Manager*, *Basic Relaxation*, and *Progressive Muscle Relaxation*. A description of each CD can be found on the Audio Resources page.

\$12 each

Bringing Peace to Relationships

MRT-TRAINED ONLY



Bringing Peace to Relationships - This 119-page MRT workbook is used exclusively with batterers—perpetrators of domestic violence. The workbook follows the MRT Steps and also has sections covering the issues of power and control.

This workbook is used in many batterers' programs as the primary treatment method. MRT meets most state requirements for batterer treatment programs and is approved by most states for use with batterer programs. MRT is an NREPP program.

The program is divided into 24 modules with each module completed in a group session. Clients complete homework for each module prior to attending a group. In the group each client presents his or her homework, and homework is passed or redone, based on criteria, by the facilitator. All MRT groups are open-ended; new clients can enter at any time. Each group session will usually have new clients as well as some finishing the program. All MRT domestic violence facilitators must complete domestic violence MRT training.

Available versions include: Adult, Spanish, and a specialized version used in Australia and New Zealand.

\$25 each

Supportive Materials



The MRT Counselor's Handbook for Domestic Violence gives basic instructions as well as the objective criteria for each Step.

\$10 each

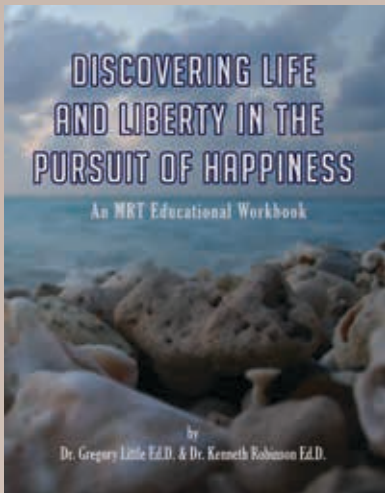


This combination CD can be used in anger management: *5-Minute Stress Manager and Imaginary Time-Out*. (Please see Audio Resources page for a description of these CDs.)

\$16.95 each

Discovering Life & Liberty In the Pursuit of Happiness

MRT-TRAINED ONLY



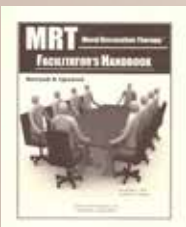
This 109-page workbook is based on the core principles of the evidence-based cognitive behavioral treatment modality MRT. This workbook can benefit those individuals challenged by mental health and substance use disorders.

Discovering Life and Liberty in the Pursuit of Happiness is used in all treatment settings including: substance abuse offices, mental health centers, day treatment, intensive outpatient, residential psychiatric hospitals, educational settings, welfare-to-work programs, criminal-justice settings, and in settings focusing on helping individuals set goals, work on relationships, and become more focused.

The program has 16 Steps with 12 of these typically completed in 30 group sessions held in accordance with the implementation site's own needs and characteristics. Clients complete homework for each group prior to coming to a session. In the group each client presents his or her homework, and homework is passed or re-done, based on criteria, by the facilitator. All MRT groups are open-ended; new clients can enter at any time. Each group session will usually have new clients as well as some finishing the program. All MRT facilitators must complete basic MRT training.

\$25 each

Supportive Materials



The MRT Facilitator's Handbook gives basic instructions as well as the objective criteria that should be used for each Step.

\$10 each

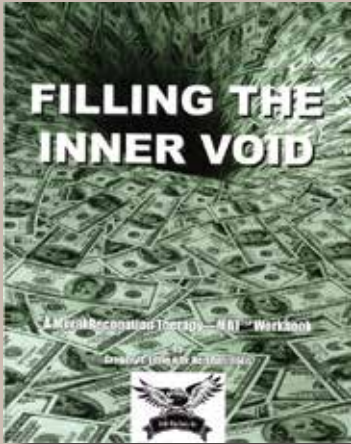


A combination CD can be used in the program: *5-Minute Stress Manager and Imaginary Future*. (Please see Audio Resources page for a description of these CDs.)

\$16.95 each

Filling the Inner Void

MRT-TRAINED ONLY

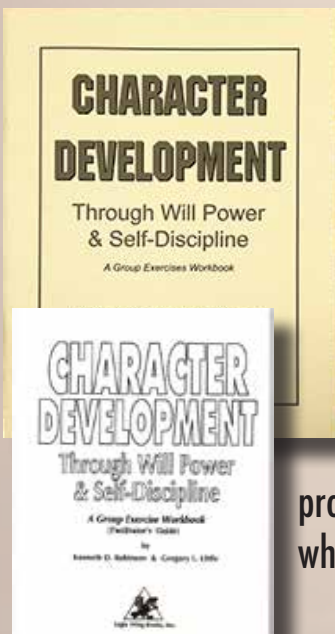


This 120 page workbook is a cognitive behavioral based modality intended for individuals who can benefit from a substance abuse intervention. The curriculum is based on the core principles of MRT, which allows the provider to deliver an evidence-based substance abuse program with proven outcomes.

The workbook includes 16 steps with 12 of these steps typically completed in 24-30 group sessions held in accordance with the implementation site's own needs and characteristics. In the group each client presents his or her homework, and homework is passed or redone, based on criteria, by the facilitator. The groups are open-ended; new clients can enter at any time.

\$25 each

Character Development



This 54-page workbook focuses on methods and motivations of building will power, self-discipline, and how to set goals. It can be used in many settings with both juveniles and adults. The program is used in therapeutic communities, boot camps, in parole and probation, and specialized educational youth programs. It is typically used in conjunction with other MRT-based programs.

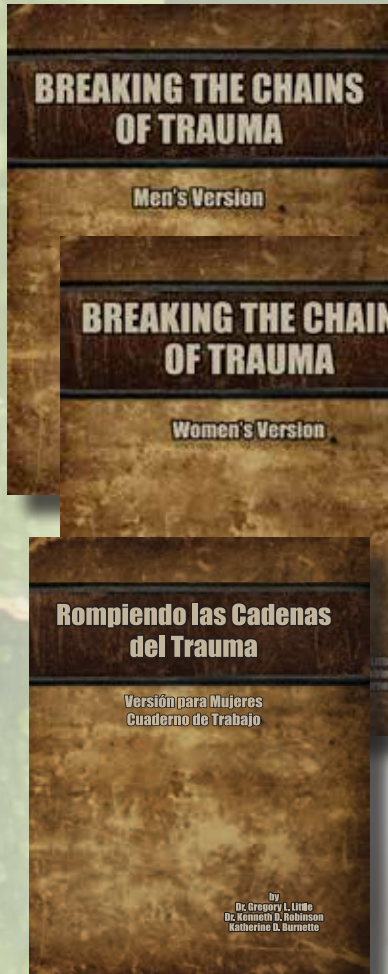
The program is designed for 16 group sessions. Participants complete each session's homework prior to coming to group. In the group each client presents his or her homework, and homework is passed or redone, based on criteria, by the facilitator. The program is typically conducted as a class where all clients complete at the same time. Staff who utilize this program workbook love it!

An extensive Facilitator's Guide to *Character Development* is available.

\$20 each

Breaking the Chains of Trauma

MRT-TRAINED ONLY



These 67-page workbooks are based on the MRT approach and incorporate all of the key issues identified in SAMHSA's Trauma-Informed Treatment Protocol. The program is designed to be used in an 8-session group that can be implemented in an open-ended manner, meaning that new participants can enter at any time, or as an 8-session psychoeducational class. There are separate workbooks for male and female participants. The workbooks are only available to those programs with MRT trained staff who have completed CCI's specialized one-day Trauma-Focused Training. Staff who are not MRT trained can utilize the workbooks after completing CCI's specialized two-day Trauma-Focused Training. There is also a journal that can be used as a supplement to the program.

\$15 each
(Bulk discounts available.)

A Spanish version of the workbook is available,
which contains journaling sections.

\$18 each
(includes journal pages)

A Facilitator's Guide is available.

\$5 each

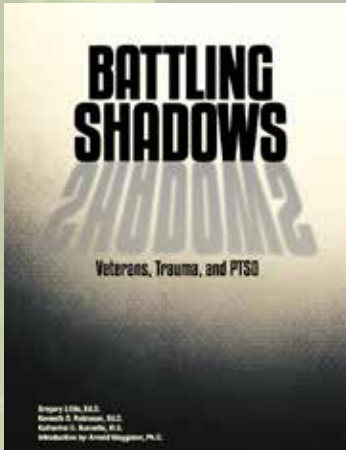
Program Journal for *Breaking the Chains of Trauma*



Journaling can be a powerful tool to use as a supplement for many types of treatment. This program journal (65 pages) focuses on recovery from trauma-related symptoms and can be used with Trauma-Focused MRT workbooks, or on its own. The journal may be purchased by anyone.

\$10 each
(Minimum Order-10)

Battling Shadows-Veterans, Trauma, & PTSD MRT-TRAINED ONLY



Battling Shadows is a new and totally unique cognitive-behavioral workbook that directly confronts trauma issues typically encountered in Veteran populations. This workbook was made to confront the types of trauma that are specific to the Veteran population. This 150-page workbook is designed to be implemented in eight group sessions, facilitated by trained staff. The program utilizes specialized techniques that are intended to be used only with Veteran focused groups.

A specialized two-day training is conducted by CCI and is required before program implementation. Several audio CDs, used as adjuncts in trauma treatment, are available. See the Trauma Audio Resources page for more information.

\$30 each



The *Battling Shadows* facilitator's guide is a 16-page overview of the topics and issues relevant to treating Veteran's trauma as well as basic procedures for each exercise in the workbook.

\$20 each

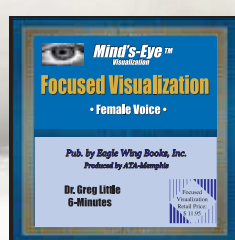
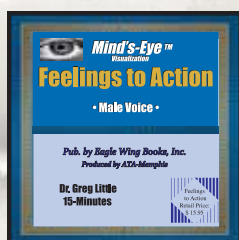
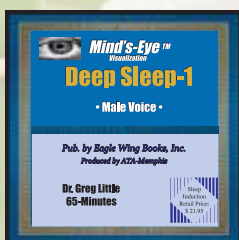
Supportive Materials



Journaling can be a powerful tool used as a supplement for many types of treatment. This program journal is a 65-page workbook that focuses on recovery from trauma-related symptoms and can be used with MRT-based Trauma workbooks, or on its own. The Journal may be purchased by anyone.

\$10 each

(Minimum Order-10)



Several audio CDs are used in trauma treatment. These are used to enhance sleep, control feelings, and cope with intrusive thoughts. See the Audio Resources page for more information

Audio Resources

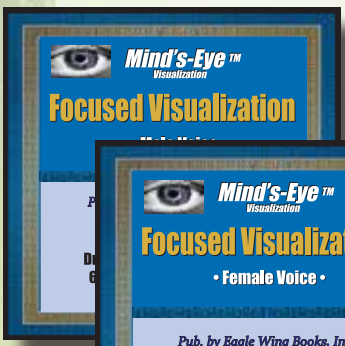
The Counselor's Toolbox

Counselors and therapists often overlook one of the most effective methods that assists clients who have experienced trauma and are engaged in a trauma treatment regimen. Using relaxation and visualization audios has shown to be helpful and is one of the best tools that counselors have at their disposal. These CDs utilize controlled breathing and mindfulness exercises combined with visualizations designed to move the thoughts and feelings of the client in an appropriate direction. Allowing clients to borrow the audio CDs enables them to utilize effective strategies when they most need them.



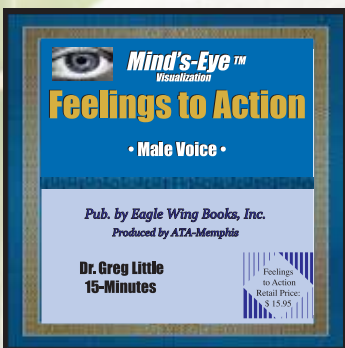
Mind's Eye Visualization™: Deep Sleep – This 65-minute audio is used as an aid to clients who have trouble falling asleep. It contains sleep enhancing music and visualizations that include nature. (Male & Female Voice versions available.)

\$21.95 each



Mind's Eye Visualization™: Focused Visualization – This 6-minute audio is used to help clients deal with intrusive thoughts when they occur. (Male & Female Voice versions available.)

\$11.95 each



Mind's Eye Visualization™: Feelings to Action – A 15-minute audio used to motivate a client to perform an action when stuck in a situation where he or she can't seem to shake unwanted feelings. (Male voice version only.)

\$15.95 each

Audio Resources

The Counselor's Toolbox

Continued



5-Minute Stress Manager – A 15-minute relaxation technique broken into three 5-minute segments teaching the basics of controlled breathing. English (male voice) and Spanish (female voice) versions available.

\$12 each



Basic Relaxation – This 15-minute basic relaxation technique is a variation on the 5-Minute Stress Manager. English (male voice) and Spanish (female voice) versions available.

\$12 each



Progressive Muscle Relaxation – A 15-minute audio that uses both breathing and the progressive method of tensing and releasing muscle groups. English (male voice) and Spanish (female voice) versions available.

\$12 each



Imaginary Future – A 15-minute audio that uses visualizations to assist clients with seeing themselves coping with issues and moving toward a positive future. English (male voice) and Spanish (female voice) versions available.

\$12 each



Imaginary Time-Out – A 15-minute audio that assists clients in visualizing how to take a time-out at times they are angry or stressed. English (male voice) and Spanish (female voice) versions available.

\$12 each



Clean & Sober Visualization – This 20-minute audio is unique and assists clients to visualize a future where they can live a happy and positive life without the use of drugs or alcohol. English (male voice) and Spanish (female voice) versions available.

\$12 each

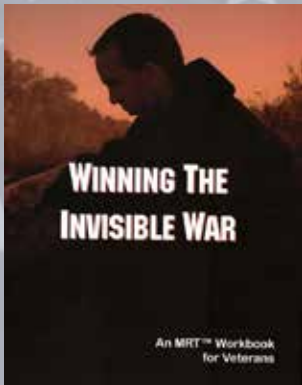


Systematic Desensitization – Few counselors use systematic desensitization but it remains the most effective technique to help clients learn to cope with unwanted feelings that emerge in anxiety-producing situations (25 minutes). English (male voice) and Spanish (female voice) versions available.

\$12 each

Winning the Invisible War

MRT-TRAINED ONLY



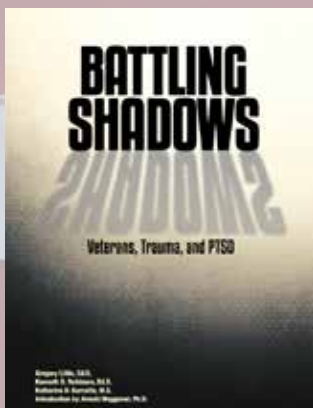
Winning the Invisible War is a 134-page MRT-based workbook that specifically addresses the specialized needs of veterans who have been assigned to treatment through the justice system or the VA. This program uses the Steps of MRT as its foundation. MRT is an evidence based cognitive-behavioral program that is designed to systematically address clients' decision making and skill building.

The program is used with Veterans who enter drug courts, family courts, or other specialized veteran treatment courts. Because Veterans have experiences and issues that are unique, it has been recognized that they participate best in treatment programs designed for veterans engaged in the same group process.

This program can be paired with the Veteran's trauma treatment workbook *Battling Shadows*, described below, which directly addresses the trauma issues frequently encountered in Veteran populations.

\$25 each

Battling Shadows-Veterans, Trauma, & PTSD MRT-TRAINED ONLY



This workbook confronts trauma issues typically encountered in Veteran populations. This workbook was made to confront the unique types of trauma that are specific to the Veteran population. This 150-page workbook is designed to be implemented in eight group sessions, facilitated by trained staff. The program utilizes unique techniques that are intended to be used only with Veteran focused groups.

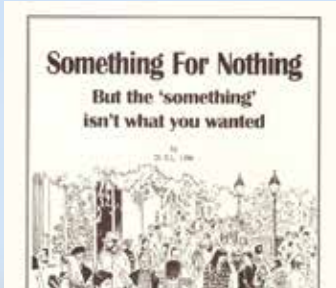
A specialized training is conducted by CCI. Several audio CDs, used as adjuncts in trauma treatment, are available. See the Trauma Audio Resources page for more information.

\$30 each

An extensive Facilitator's Guide is also available for \$20.

Shoplifting

Something for Nothing



Something For Nothing is a 17-page workbook that focuses on shoplifting and is designed to be utilized in 8 group hours. The group meetings can be weekly for parole/probation settings or completed over a weekend. This program directly confronts and exposes the thinking and behaviors underlying shoplifting.

Something For Nothing is directly targeted to shoplifters who are placed on probation, diversion programs, or ordered to undergo a shoplifting treatment program. The program is in use in corrections, probation and parole, community corrections, diversion programs, and in private treatment settings.



The program has 6 exercises completed in 8 group hours. In programs that implement the program over weekends, the audio version (on CD) of each exercise in the book is typically played to the group. Participants complete written material and share his or her responses with the group. This is done so that everyone in the group completes the program at the same time. These one or two-day groups are

not open-ended. In weekly groups, clients read each exercise and complete the written material before group and then present their work to the group. Weekly groups can be open-ended; new participants can enter at any time.

The workbook is also available in Spanish.

\$10 each
(minimum order of 10)

Supportive Materials



An audio CD of the workbook is available to assist with the implementation of the program as a psychoeducational group.

\$35 each

Criminal Thinking

Thinking for Good



Thinking for Good is a 70-page workbook that focuses on typical criminal thinking issues such as: everyone lies, cheats, and steals; no one can be trusted; the rules don't apply to them; and all relationships are manipulative.

Thinking For Good is used with resistant offender populations in groups. The program prepares the most resistant clients for more treatment. Typically this program is used prior to participating in a more long-term program such as MRT. The program is predominantly used in corrections, community corrections, and in probation and parole settings.

The workbook is also utilized in repeat DUI/DWI offender programs. It is usually in conjunction with the *Driving the Right Way* and *Escaping a Bottomless Pit* workbooks.

Participants complete each of the program's 10 modules before group sessions and share their homework in the group. Groups are open-ended so new clients can enter an ongoing group at any time. The program is designed for 10 group sessions.

The workbook is also available in Spanish.

\$10 each
(minimum order of 10)

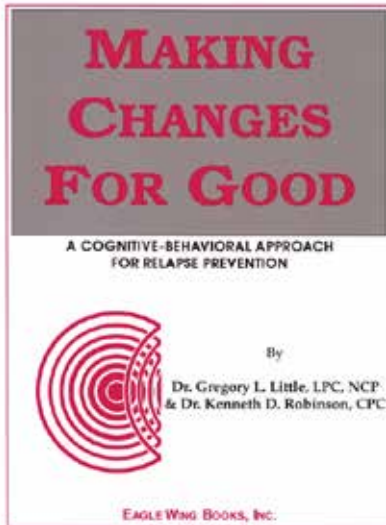


A Facilitator's Guide is available.

\$5 each

Sex Offender Relapse Prevention

Making Changes for Good



Making Changes for Good is a 56-page workbook designed specifically for sex offender relapse prevention. Sex offenders are not only one of the most likely types of offenders to relapse, but the problems they cause in others are long-lasting and profound. The program is designed to be used in concert with any sex offender treatment program or with sex offenders who have been released on probation or parole.

The program is in use in many correctional settings, in probation and parole, and community corrections. It has been successfully used within numerous sex offender programs and in specialized sex-offender probation and parole supervision agencies since 1998. There are few other options available for this specialized treatment and even fewer that have shown effectiveness.

The workbook has 10 modules. In group, each client presents the completed homework and the counselor utilizes objective criteria to ensure that the homework is satisfactory and meets objective criteria outlined in a Facilitator's Guide. The exercises focus on triggers, dangerous situations, feelings and thoughts that facilitate relapse, and specific goals that can help keep offenders from relapsing. Sex offenders will reveal when and where they will relapse—if you know how to ask them.

The specialized groups for sex offenders are open-ended so new clients can enter ongoing groups at any time and work at their own pace.

\$18 each
(minimum order of 10)

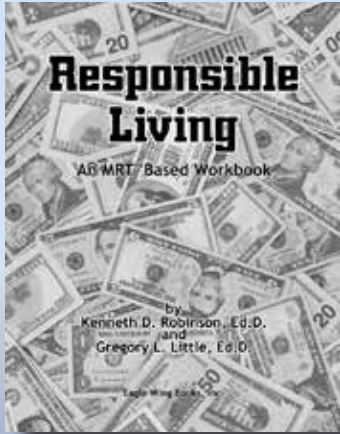


A facilitator's guide is available.

\$5 each

Petty Crime/Misdemeanors

Responsible Living

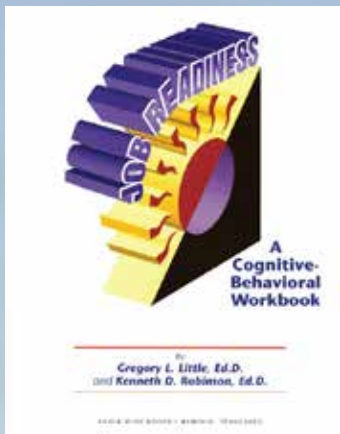


Responsible Living is a 26-page workbook that focuses on rules, relationships, feelings for others, values, goals, and making commitments. It can be used in many settings with both juveniles and adults. The program can be used for repeat offenders of petty crime including vandalism, bad checks, repeat traffic offenders, and restitution.

The program is designed for 8 group sessions. Participants complete each session's homework prior to coming to group. In group each participant shares his or her homework. The group can be open ended or held as a class where all clients complete at the same time.

\$10 each
(minimum order of 10)

Job Readiness



Job Readiness is a 26-page workbook that is designed to present what a "good employee" is, contains a self-assessment, discusses work goals and habits, and explains how to get and keep a job. It also explains how and why people get promoted. This program is targeted to individuals who are about to enter the work world as well as those who have poor work histories. The workbook is utilized by numerous re-entry programs.

Job Readiness is used in correctional programs, probation and parole, drug courts, community corrections, diversion programs, educational institutions, and in private settings.

The program has 6 sections with homework to be completed prior to group and presented in 6 group meetings. The program is either open-ended and conducted in ongoing groups where new members enter when assigned or as an educational program where all members proceed at the same time.

\$9 each
(minimum order of 10)

Codependency

Untangling Relationships



Untangling Relationships is a 28-page codependency workbook designed to be utilized in 12 group sessions. This program is targeted to substance abusers, criminals, and those involved in domestic violence or dysfunctional relationships. Codependency is one of the major issues involved in enabling.

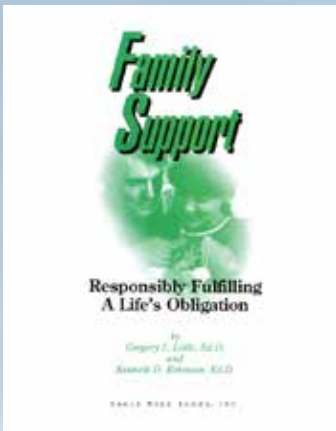
This program is for use in correctional programs, probation and parole, drug courts, community corrections, diversion programs, educational institutions, and in private settings. Groups can be open-ended. This program directly confronts the key issues of codependency including manipulation and dependent relationships. The program has 12 sections with homework completed prior to group and presented in 12 group meetings.

A Spanish version of the workbook is available.

\$10 each
(minimum order of 10)

Failure to Pay Child Support

Family Support



Family Support is a 26-page workbook designed to directly confront failure to pay child or family support and is targeted to individuals who have been ordered to fulfill the obligation.

The program is in use in correctional programs, probation & parole, drug courts, community corrections, diversion programs, educational institutions, and in private settings.

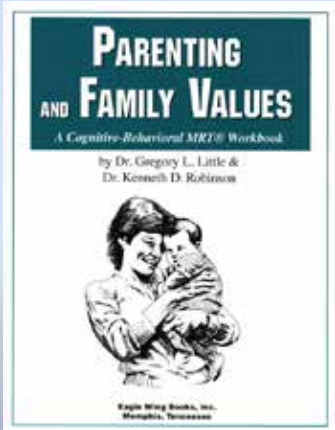
The program has 8 sections with homework completed prior to group and presented in 8 group meetings. The program is either open-ended and conducted in ongoing groups

where new members enter when assigned, or as an educational program where all members proceed at the same time.

\$9 each
(minimum order of 10)

Parenting

Parenting and Family Values



Parenting and Family Values is a 75-page workbook designed to help participants develop parenting skills and assess values related to family issues and relationships. Clients confront their parenting skills and habits, perform a clarification on their values regarding family, and establish appropriate discipline routines.

Parenting and Family Values is used with clients in any treatment setting, but is designed to help participants develop parenting skills and assess values related to family. The program is for use in correctional settings as well as numerous private treatment venues.

Participants complete homework from the 12-module workbook prior to attending group. In group, each participant shares his or her responses. The program is designed for 12 group sessions. The program can be open-ended or conducted as a class where all participants enter and complete at the same time.

\$15 each
(minimum order of 10)

Underage Drinking & Fake IDs

Rules Are Made to be Followed

Rules Are Made to be Followed is a 16-page workbook that directly confronts the problem of underage drinking and fake IDs. This program is targeted to underage drinkers who are placed on probation, diversion programs, or ordered to undergo brief treatment.

The program is used in probation, community corrections, diversion programs, educational institutions, and in private settings. The program has 4 sets of homework designed to be completed and presented in 8 group hours. The program can be conducted over a weekend or in weekly group meetings.

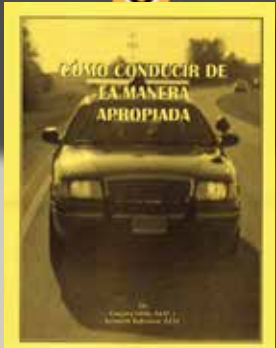
A free Facilitator's Guide is sent upon request to purchasers of the workbook.

\$10 each
(minimum order of 10)



DUI/DWI Offender Program

Driving the Right Way



Driving the Right Way is a 33-page workbook aimed at changing thinking and decision-making in first time DUI offenders. The program is incorporated into DUI programs in accordance with each state's hourly educational/treatment requirements of which the Driving The Right Way component comprises 6 to 8 hours.

The workbook is divided into 4 sessions that are usually presented in one day but can be broken into 4 group meetings. The program is meant to be incorporated into other program activities including the basic DUI education requirements for various states. Participants can read and complete the written material for each session and then share their responses in group. Alternately, some programs have the program facilitator read the beginning of each section to participants and then have them fill out the written material, so that all participants can work at the same pace.

This workbook has been adapted in several jurisdictional programs treating repeat DUI/DWI offenders where it is used in combination with the workbook *Thinking for Good*.

The workbook contains four pages with all fifty states' driver's license information for DUI/DWI offenders as well as individual state statistics.

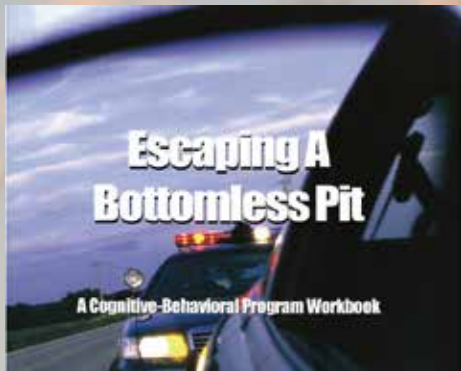
There are specialized versions available for Virginia, Illinois, Louisiana, and limited availability for other states.

A Spanish version of the workbook is also available.

\$9.75 each
(minimum order of 20)

Driving on a Revoked/Suspended License

Escaping a Bottomless Pit



More arrests are made each year for driving on a revoked/suspended license than for any other offense. However, there are few program options available for probation departments or private providers who seek a way to increase offender compliance and reduce rearrests. *Escaping a Bottomless Pit* is a 29-page workbook designed to be implemented in an 8-hour, open-ended group format that can be performed in a single day or in eight weekly one-hour group sessions.



The program's clientele includes both adults and juveniles referred to programming for the offense of driving on a revoked or suspended license. The program is a brief intervention emphasizing the choices and consequences of behavior and forces participants to make a plan of action focused on how to drive legally. The program can be used in virtually any setting including specialized drug/DUI courts, community corrections, probation, and diversion programs.

The workbook is available in both English and Spanish versions.

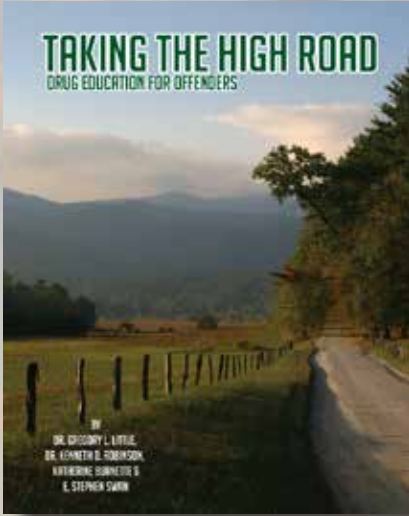
\$10 each
(minimum order of 10)



A brief facilitator's guide is available for free to programs using the workbook.

Drug Education

Taking the High Road



Taking the High Road is a unique 41-page drug education workbook and program for offenders at all levels of criminal justice: drug courts, parole and probation, community corrections, jails and prisons. It utilizes an approach of brutal honesty and openness and has participants share their ideas, thoughts and experiences in a group format.

Taking the High Road is appropriate for individuals who are active in substance abuse programs of any type and setting. It provides basic information about tobacco, alcohol, marijuana, uppers, downers, hallucinogens, and other frequently abused substances.

The program has eight modules that can be completed in eight group sessions. Clients complete homework prior to each group session. In the group each client presents their homework, and homework is passed or redone, based on criteria, by the facilitator. The groups can be open-ended or can be conducted as an educational class with all clients doing the same module at the same time.

\$4.75 each
(minimum order of 20)



The brief facilitator's guide gives basic instructions as well as the objective criteria that should be used for each module.



The Audio CD version of *Taking the High Road* is available as a 6-disc set.

\$150 per set

Relapse Prevention

Staying Quit



This 40-page client workbook is based on the principles of cognitive-behavioral relapse prevention. Most relapse prevention workbooks are so detailed and intricate that the materials are too complicated for typical clients. *Staying Quit* is an 8-session program that focuses on risky situations, scripting changes, coping with urges and cravings, being around users, understanding support issues, and taking charge. Clients will tell you when and where they will relapse—and with whom—if you know how to ask. This enables you to target the most risky situations.

Staying Quit is targeted to individuals who are active in substance abuse programs of any type and any setting. Relapse prevention is actually the primary goal of treatment, but focusing on relapse prevention issues should take place after the client is engaged in treatment and is not actively using substances.

The program is in use in adult and juvenile substance abuse treatment programs in virtually any setting including drug/DUI courts, corrections, probation and parole, community corrections, diversion programs, and in private treatment settings.

The program has 8 modules completed in 8 group sessions supplemented by several sessions with a counselor or facilitator. Clients complete homework prior to each group session. In the group each client presents his or her homework, and homework is passed or redone, based on criteria, by the facilitator. The groups are open-ended; new clients can enter at any time. Each group session will usually have new clients as well as some finishing the program. A typical group will have a client present Module 1, another client complete Module 2, and so on. The workbook is individualized to specific client needs with requirements for the client to meet with the facilitator or counselor at several modules.

Workbook also available in Spanish.

See the next page for more information.

\$10 each
(minimum order of 10)

Relapse Prevention

Staying Quit

Supportive Materials



The *Staying Quit Facilitator's Guide* gives basic instructions as well as the objective criteria that should be used for each module.

\$5 each



The Group Starter Kit contains: 11 workbooks; 1 facilitator's guide; 1 *Basic Relaxation* CD; 1 *Progressive Relaxation* CD; 1 *Clean and Sober Visualization* CD; 1 *Systematic Desensitization* CD; and the audio book on CDs.

\$140 each



A 2 disc audio version of *Staying Quit* is available for clients who are not capable of reading.

\$35 each

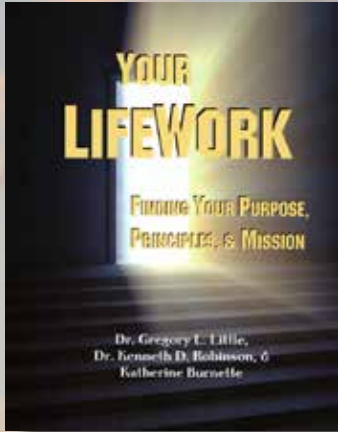


There are four CDs that can be used in conjunction with the *Staying Quit* program. These CDs can be utilized both in and out of group: *Basic Relaxation*; *Clean & Sober Visualization*; *Systematic Desensitization*; and *Progressive Muscle Relaxation*. A description of these CD's can be found on the Audio Resources page.

\$12 each

Personal Development

Your LifeWork



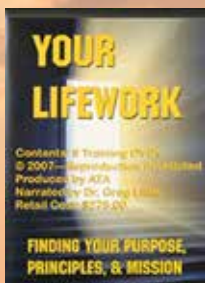
Your Lifework – Finding Your Purpose, Principles, & Mission is typically utilized in a 12-hour workshop designed to lead participants through a deep exploration of their work behavior and career ambitions. It presents traits, behaviors, and attitudes elicited from highly successful people as well as the those who have not been as successful. The unique program allows individuals to make evaluations of their personality and learning style and compare these to their present life.

It is designed to be used in a workshop over two days or as 6 weekly group meetings with 2 hour sessions.

The program consists of a series of structured, written exercises that explore behavior, attitudes, feelings, and goals related to work, career, co-workers, hobbies, interests, family, and day-to-day life. Participants must be willing to engage in self-reflection and share some of their thoughts with others.

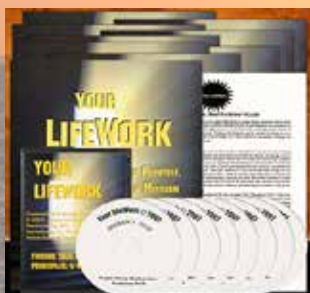
Workbooks are: **\$15 each**

Supportive Materials



The *Your Lifework* 8-DVD set presents each of the workbook's chapters in a documentary format. The films are highlighted by music and narrated by Dr. Greg Little. The DVDs can be viewed on the Moral Reconciliation Therapy™ YouTube channel.

\$150 per set

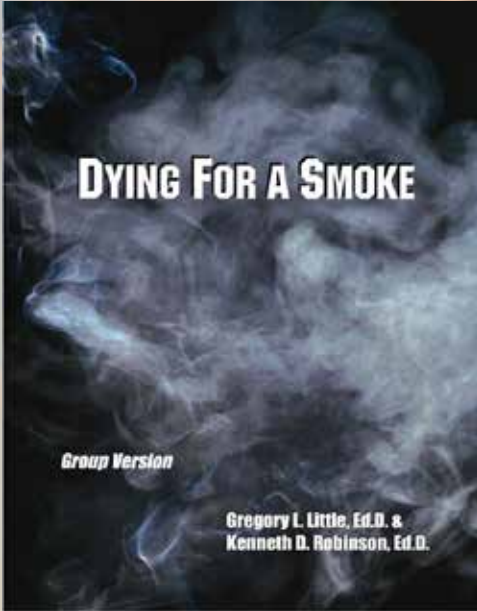


The *Your Lifework* Group Starter Kit contains 11 workbooks, a facilitator's guide and the *Your LifeWork* 8-DVD Set.

\$239 per kit

Smoking Cessation

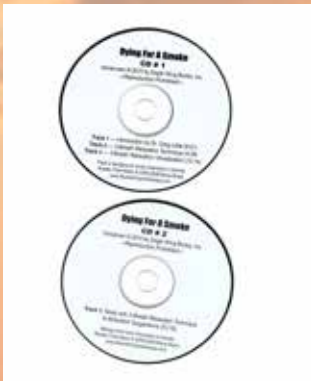
Dying for a Smoke



The *Dying For A Smoke* tobacco cessation workbook is an 8-session, 69-page program designed to assist employees or clients in need of tobacco cessation services. Of all addictions, smoking is often the most difficult to overcome. Nearly all smokers realize the health risks associated with smoking far outweigh the benefits derived from smoking, but are unable to quit. *Dying For a Smoke* helps participants make an effective plan for stopping and is ideally used in group formats. The workbook comes with two audio CDs described below. The CDs are also sold as a set without the workbook.

\$29.95 each

Supportive Materials



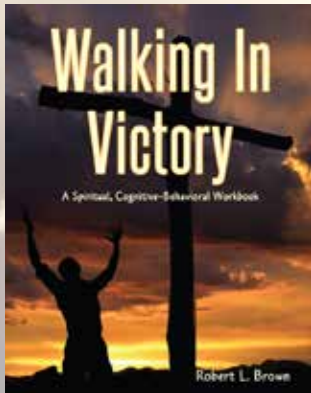
The smoking cessation CDs are also sold separately in a bubble wrap package. CD #1 includes an Introduction and overview of the workbook program. It also includes the Three-Breath Relaxation Method with both a long and short version. These are used to help participants learn and practice an effective method to cope with stress and anxiety, both of which lead to relapse. CD #2 is a 54-minute sleep version that begins with the three breath relaxation method. It includes appropriate music and various motivational suggestions. The CDs can only be used at times when the participants can close their eyes and form mental visualizations.

\$20 per CD set

12-Step & Spiritual Program Workbooks

Walking In Victory: A Spiritual, Cognitive-Behavioral Workbook

by Robert L. Brown

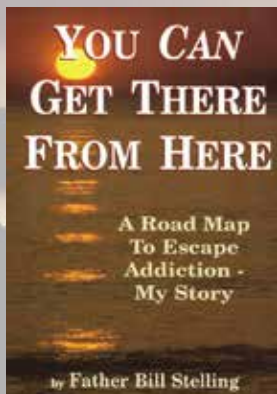


Walking in Victory is a 152-page cognitive-behavioral workbook derived from biblical truth. The book targets those who have lost their way in life as well as others who wish to enrich their lives through Christian principles. An emphasis is placed on addictions, relationships, and day-to-day life. The 12 chapters form a path up a ladder involving trust and honesty, goodness, knowledge, self-control, perseverance, godliness, kindness, love, and grace. Christian-based programs treating substance abusers, the homeless, and offender populations will find it useful. In addition, the workbook is designed to form the basis of a life enrichment group program that can be implemented in church-based groups.

\$29.95 each
(bulk discounts available)
Also available on Amazon

You Can Get There From Here

by Father Bill Stelling



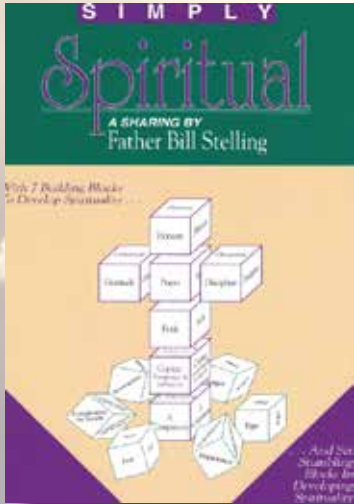
Father Bill Stelling was a Catholic Priest who went through addiction treatment, carefully wrote down his experiences, and took his recovery story to the masses. He became a widely sought-after speaker for recovery groups and a major leader in 12-Step programs during the last 10 years of his life. This 85-page book describes the Bishop's intervention, his entry into alcoholism treatment, and his path through recovery. It is an inspirational story that serves as a beacon for those who struggle with the recovery process.

\$9 each

12-Step & Spiritual Program Workbooks

Simply Spiritual

by Father Bill Stelling



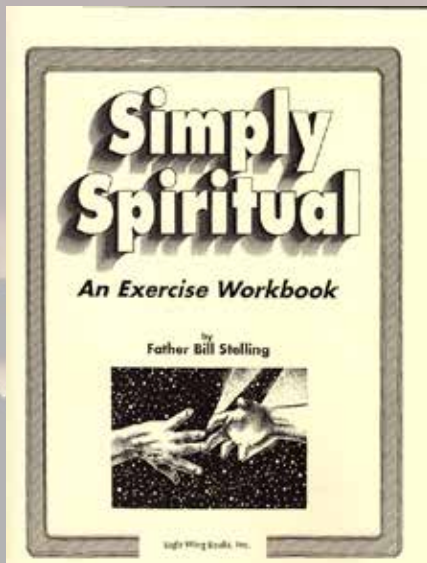
When Father Bill Stelling completed treatment for alcoholism and returned to a parish, he began writing a series of essays that he felt directly addressed the major stumbling blocks and building blocks involved with successful recovery using the 12-Step process. The book is intended to assist those in treatment find a path to a personal sense of spirituality.

This 64-page book is inspiring and stresses hope.

\$9 each

Simply Spiritual Workbook

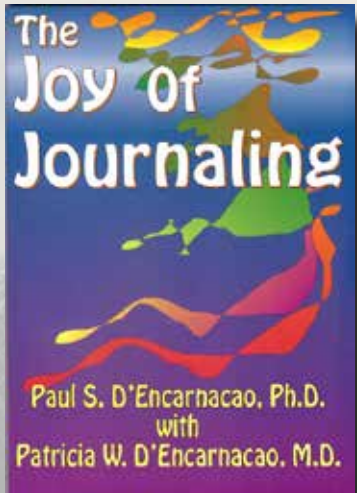
by Father Bill Stelling



This 37-page workbook was designed to follow the text of the stumbling blocks outlined in Simply Spiritual. The workbook is designed to be used in conjunction with the text and presents a series of exercises that focus on each stumbling block. There is a heavy emphasis on 12-Step principles.

\$10 each

Journals

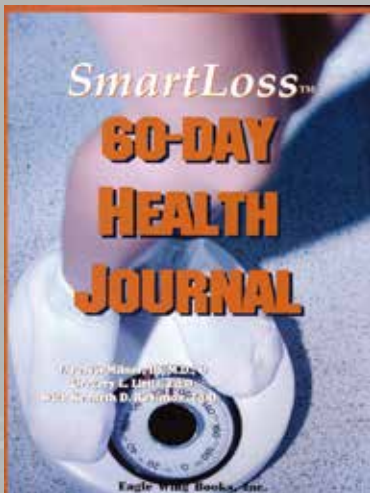


The Joy of Journaling

By Paul S. D'Encarnacao, Ph.D. & Patricia D'Encarnacao, M.D.

This 111-page, 6 x 9 softcover book was published in 1991, at a time when the authors, a husband/wife team of psychologist and psychiatrist, were way ahead of their time in treatment concepts. *The Joy of Journaling* explains why a person should journal, what should be included in it, and how it is used. The authors also explain how drawings are used in the process of journaling as well as how dreams are interpreted. The book also includes a host of actual journal entries from patients.

\$11.95 each



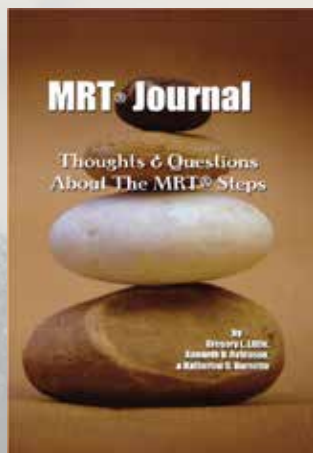
60-Day Health Journal

by Pervis Milnor, M.D., Greg Little, Ed.D., & Ken Robinson, Ed.D.

Research shows that successful weight loss and health recovery regimens are characterized by one key factor - certain routine behaviors and activities are charted on a daily basis. A record of daily activity, food consumed, feelings, and making an actual weight record on a day-to-day basis are the key factors associated with weight loss and weight maintenance. This 8.5 x 11 journal, 81-pages, is designed to establish positive habits and routines. The book has a special section that allows the participant to determine how many calories per day are used for simple weight maintenance, how many calories are expended by various activities, and a means to calculate daily allowances for different levels of weight loss. It also includes a detailed section revealing the calories and nutritional contents of a wide range of foods and fast food offerings from all major restaurants.

\$3 each

Journals



The *MRT Journal: Thoughts & Questions About MRT Steps* presents ideas and questions about the various aspects of the 12 major steps of MRT. The *MRT Journal* will be useful to inpatient programs, TCs, substance abuse programs, and agencies using MRT with higher functioning clients.

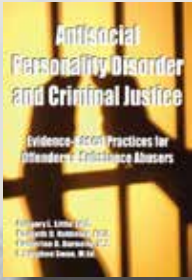
\$6 each
(Minimum Order-10)



Journaling can be a powerful tool used as a supplement for many types of treatment. This *Program Journal* (65 pages) focuses on recovery from trauma-related symptoms and can be used with MRT-based trauma workbooks, or on its own. The Journal may be purchased by anyone.

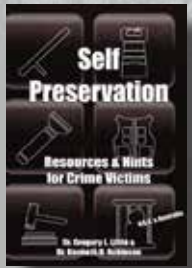
\$10 each
(minimum order of 10)

Textbooks and Other Supportive Materials



Antisocial Personality Disorder and Criminal Justice: Evidence Based Practices for Offenders and Substance Abusers is a 169 page book that details the relationship between APD, criminal justice treatment and evidence-based practices. This book contains sections on recidivism, treatment for women, and juvenile justice.

\$19 each



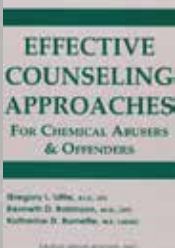
Self Preservation: Resources & Hints for Crime Victims is a 78-page book designed to be a resource for crime victims. It gives hints and guidelines that point victims to appropriate resources. The book is organized by types of crime.

\$4 each



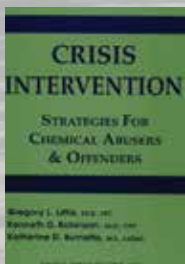
The Punishment Myth discusses the research and outcomes of various criminal justice approaches with PowerPoint presentation pages, letters, and more. This book shows, in detail, how offenders see the world differently than others.

\$10 each



Effective Counseling Approaches for Chemical Abusers and Offenders presents the history of counseling, chemical abuse counseling, and the major theories used with offenders: Client-Centered; Behaviorism; Rational-Emotive; Reality Therapy; Cognitive-Behavioral; Gestalt; and Transactional Analysis.

\$12 each



Crisis-Intervention: Strategies for Chemical Abusers and Offenders outlines simple and reliable procedures for handling typical client crises. This book contains reproducible crisis intervention forms and tests for anxiety and depression.

\$10 each

EFFECTIVE TOOLS FOR PROGRAM PROFESSIONALS

NREPP Evidence-Based Programs for Every Area of Criminal Justice, Mental Health, and Veterans

- Male Offenders
- Female Offenders
- Juvenile Offenders
- Drug Courts
- DUI Treatment
- Mental Health/Substance Abuse
- Domestic Violence
- Family Courts
- Veterans

Proven Cognitive-Behavioral Programming with Benefits

- Increase Program Effectiveness
- Reduce Recidivism
- Increase Program Compliance
- Increase Completion Rates
- Enhance Participant Personality Measures
- Reduce Disciplinary Infractions
- Reduce Relapse Events
- Enhance Employee Satisfaction
- Use Objective Criteria for Participant Success

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