

Eagle Wing Books, Inc.

EVIDENCE-BASED TREATMENT MATERIALS CATALOG 2017

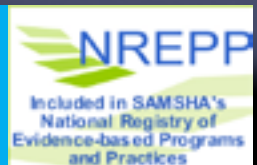
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MRT
Moral Reconciliation Therapy®



Includes ATA & Archetype Books products

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Ordering Products

Products may be purchased through Correctional Counseling, Inc., in one of the following ways:

www.ccimrt.com
email: ccimrt@ccimrt.com
or
(901) 360-1564

*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, over 120 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 level based on Kohlberg's levels of cognitive reasoning. The word reconciliation comes from the psychological terms conative and cognition, 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's research shows enhanced participation and program completion by minority groups and 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 website.

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 program used on 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 www.ccimrt.com.

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

MRT-TRAINED ONLY

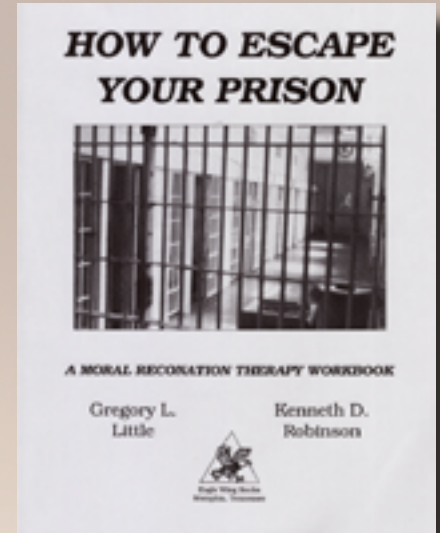
How To Escape Your Prison

MRT-TRAINED ONLY

How to Escape Your Prison is the primary MRT workbook used for adult offenders and adults in substance abuse treatment. The 152-page workbook is also used in programs for multiple DUI offenders. The workbook addresses issues related to criminal thinking and criminal needs, as well as Substance Abuse.



The book is used with all types of offenders including those in jails, prisons, community corrections, therapeutic communities, halfway houses, parole and probation, and drug/mental health/DUI courts. Numerous substance abuse programs, both residential and outpatient, utilize the workbook. MRT is a 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 a weekly group.

Clients complete homework for each group prior to coming to a session. In the group each client presents their homework and the facilitator passes the client to the next step or has the client redo the homework, based on objective criteria. All MRT groups are open-ended, meaning that new clients can enter an ongoing group at any time. Each group session will usually have new clients, as well as clients graduating from the program. All MRT facilitators must complete the 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-TRAINED ONLY

How To Escape Your Prison

MRT-TRAINED ONLY

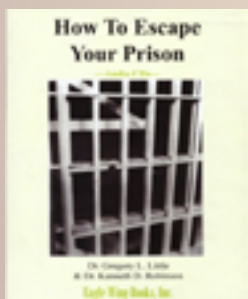
Supportive Materials



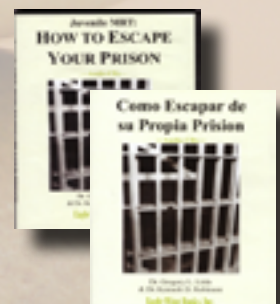
The MRT Facilitator's Guide gives basic instructions as well as the objective criteria that should be used for each Step.

\$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 with higher functioning clients.

\$6 each
(Minimum Order-10)

A CD set of the book 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 can be utilized by the client which is: *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

MRT-TRAINED ONLY

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 their personality. It is a visual tool that demonstrates a transition from two-dimensional decision-making to a deeper, three-dimensional process.

Visit the Moral Reconnection 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.

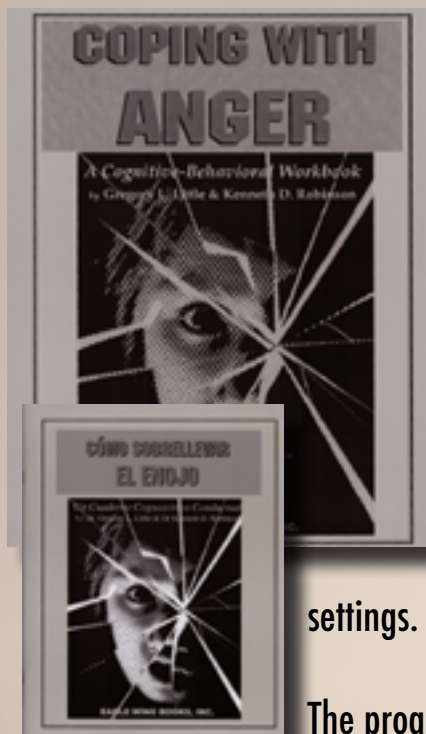
1-49 = **\$6 each**

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

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



Coping With Anger



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.

The program 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 coming to group. In group each client presents his or her homework to the group and the facilitator passes the client to the next module or has the client redo the homework based on objective criteria. The groups are open-ended meaning that new clients can enter an ongoing group 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 requirements to meet with the facilitator or counselor at several modules. An audio CD of the book is available.

Available Versions include: Adult, Juvenile and Spanish.

\$10 each
(minimum order of 10)



Anger Management Group Starter Kit contains: 15 *Coping With Anger* workbooks, 2 *Coping With Anger* Facilitator Guides, 2 5-Minute Stress Manager CDs, 1 Anger Management Training DVD, and 1 *Coping With Anger* (book on CD). For a limited time, the Starter Kit is specially-priced at \$245.00

Coping With Anger

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) is available showing 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

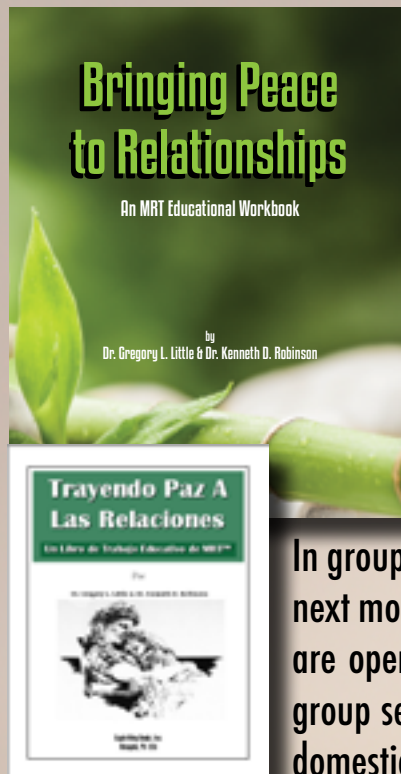


There are three CD's that can be used in conjunction with the *Coping with Anger* program. These CDs can be utilized both in and out of group: the *Five-Minute Stress Manager*, *Basic Relaxation*, and *Progressive Muscle Relaxation*. A description of these CD's can be found on the Audio Resources page.

\$12 each

DOMESTIC VIOLENCE
MRT-TRAINED ONLY

Bringing Peace to Relationships

DOMESTIC VIOLENCE
MRT-TRAINED ONLY

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

The book 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 in 24 modules with each module completed in a group session. Clients complete homework for each module prior to coming to a session. In group each client presents his or her homework and the facilitator passes the client to the next module or has the client redo the homework based on objective criteria. All MRT groups are open-ended meaning that new clients can enter an ongoing group 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 that should be used for each Step.

\$10 each

A 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

MRT-TRAINED ONLY

Discovering Life & Liberty In the Pursuit of Happiness

MRT-TRAINED ONLY



Discovering Life and Liberty in the Pursuit of Happiness - This 109-page workbook is a educational adaptation of basic MRT. The book is used in numerous educational settings, welfare-to-work programs, and in settings focusing on helping individuals set goals, work on relationships, and become more focused.

The book is used with all types of nonoffender populations especially in educational settings. High schools, community colleges, residential programs, and churches utilize this version of MRT. MRT is an NREPP program.

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 group each client presents his or her homework and the facilitator passes the client to the next step or has the client redo the homework based on objective criteria. All MRT groups are open-ended meaning that new clients can enter an ongoing group 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 *Discovering Life and Liberty in the Pursuit of Happiness* Facilitator's Guide gives basic instructions as well as the objective criteria that should be used for each Step.

\$10 each



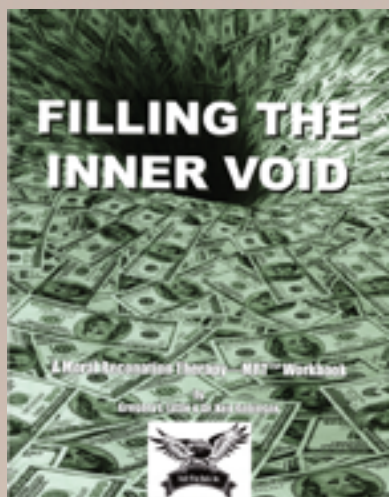
A combination CD can be used in the program: *5 Minute Stress Manager and Imaginary Future*. (Please see Audio Resources page for a description of these CDs.)

\$16.95 each

MRT-TRAINED ONLY

Filling the Inner Void

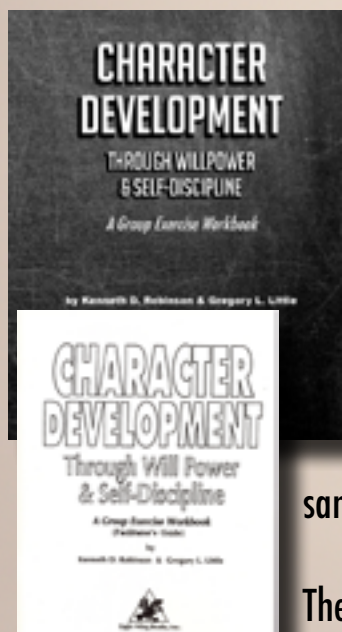
MRT-TRAINED ONLY



Filling the Inner Void-This 120-page workbook is an adaptation of basic MRT that was initially designed for hospital based programs and clients in private practice. This workbook goes into several much deeper concepts than the offender or juvenile-based versions. The Jungian idea of the "shadow" is presented along with ideas about understanding why many people accumulate so many material objects. This allows the provider and/or program to deliver an evidence-based substance abuse environment with proven outcomes.

\$25 each

Character Development



Character Development (54 pages) 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 group each participant shares his or her homework. The program is typically conducted as a class where all clients complete at the same time. Staff who utilize this program workbook love it!

The program has 8 sections with homework designed to be completed prior to group and then 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 pace.

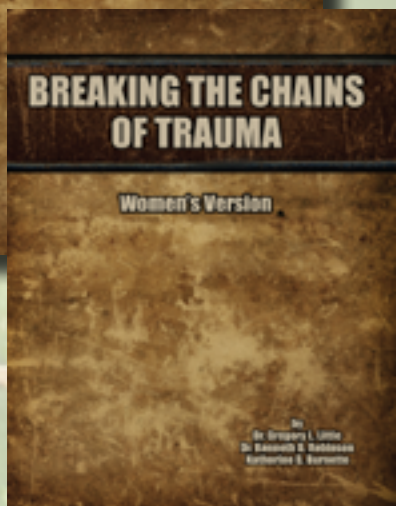
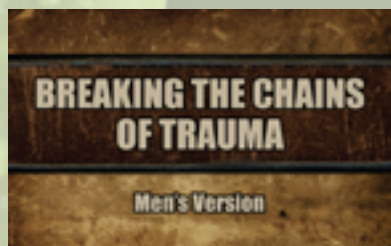
\$20 each

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

TRAUMA TRAINING REQUIRED

Breaking the Chains of Trauma

TRAUMA TRAINING REQUIRED



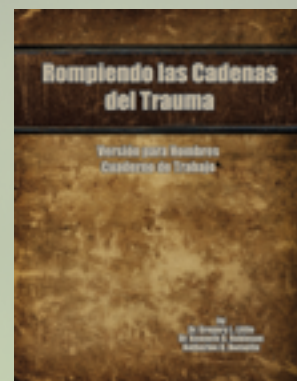
Trauma related symptoms pose some of the greatest stumbling blocks to recovery for offenders, mental health clients, substance abusers, and individuals struggling with day-to-day responsibilities. These workbooks (67 pages) are based on the MRT approach and incorporate all of the key issues identified in SAMHSA's Trauma-Informed Treatment Protocol. They are 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, or staff who have completed CCI's specialized Trauma Training. There is also a journal that can be used as a supplement to the program.

A Facilitator's Guide is available for \$5 each

\$15 each
(Bulk discounts available.)

A Spanish version of the workbook is available for

\$18 each
(includes journal pages)



Program Journal for *Breaking the Chains of Trauma*

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-10)



Cognitive
Behavioral

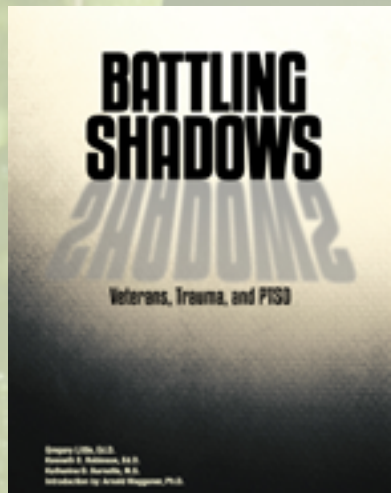
MRT Based Trauma Workbooks

Veteran's
Trauma

TRAUMA TRAINING
REQUIRED

Battling Shadows-Veterans, Trauma, & PTSD

TRAUMA TRAINING
REQUIRED



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 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.

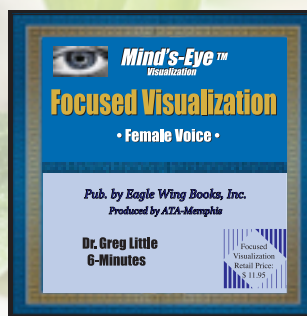
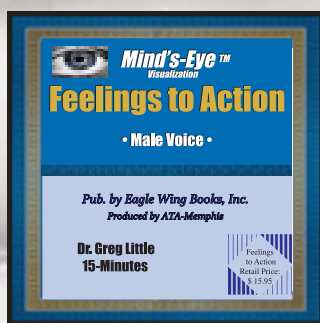
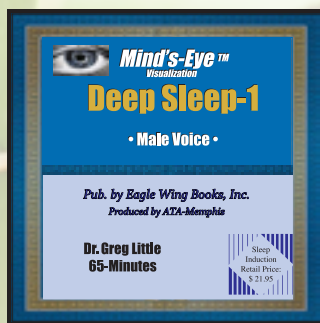
An extensive Facilitator's Guide is also available for \$20.

\$30 each

Supportive Materials

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-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 for 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. Virtually all of these methods 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. Here are the audio tools CCI offers:

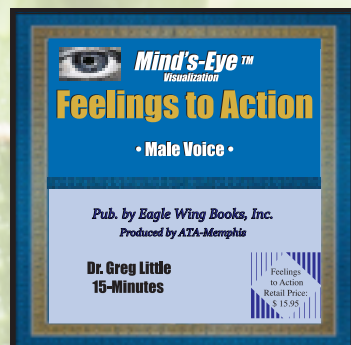
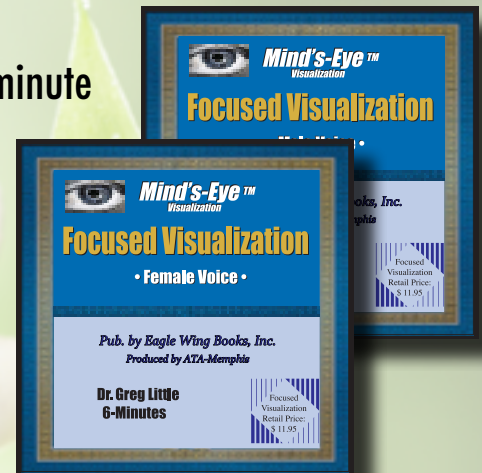


Mind's Eye Visualization™: Deep Sleep – This 65-minute audio is used as an aid to clients who have trouble falling asleep. It contains sleep enhancing music and visualizations that include nature. (Male & Female Voice versions available.)

\$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 the client is stuck in a situation where he or she can't seem to shake unwanted feelings. (Male voice version only.)

Mind's Eye
Visualization™
Produced by ATA.

\$15.95 each

Audio Resources

for 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



An ATA Product.



An ATA Product.

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 to see themselves coping with issues and moving toward a positive future. [English (male voice) and Spanish (female voice) versions available.]

\$12 each



Audio Resources

for the Counselor's Toolbox

Continued



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



An ATA Product.



An ATA Product.

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

Cognitive
Behavioral

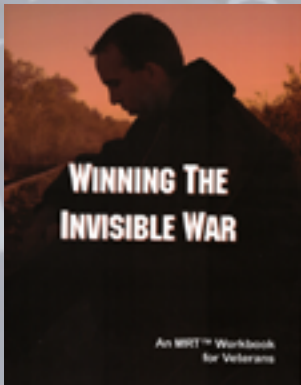
MRT Based Veterans' Programs

Veteran's Courts
Veteran's Trauma

MRT-TRAINED ONLY

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 via 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.

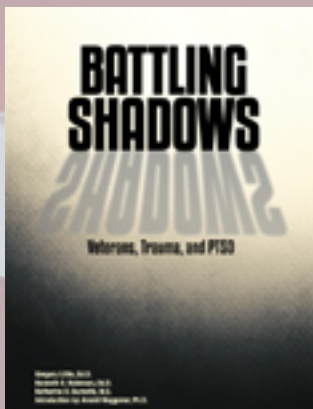
This program can be paired with the Veteran's trauma treatment workbook *Battling Shadows*, described below, which directly addresses the trauma issues frequently encountered in Veteran populations.

\$25 each

TRAUMA TRAINING
REQUIRED

Battling Shadows-Veterans, Trauma, & PTSD

TRAUMA TRAINING
REQUIRED



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 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.

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

\$30 each

Shoplifting

Something for Nothing



Something For Nothing (17-pages) is a 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. Then participants complete written material and share their responses with the group. This is done so that everyone in the group completes the program at the same pace. 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 meaning that new participants can enter the group at any time. Each participant presents the exercises from the specific one that participant is currently working on.

Workbook is also available in Spanish.

An ATA Product.

\$10 each
(minimum order of 10)

Supportive Materials



An ATA Product.

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

\$35 each

Criminal Thinking

Thinking for Good



Thinking for Good (70 pages) 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; That 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 in that new clients can enter an ongoing group at any time. The program is designed for 10 group sessions.

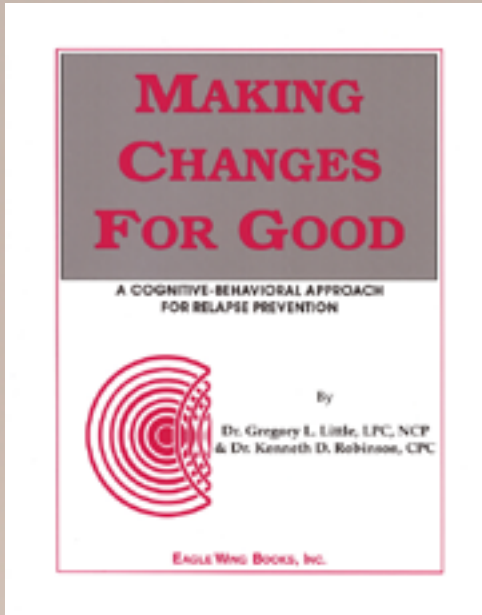
The workbook is also available in Spanish.

\$10 each
(minimum order of 10)



A Facilitator's Guide is available for \$5.00.

Making Changes for Good



Making Changes for Good (56-pages) is a 10-session 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 parole & probation, and community corrections. It has been successfully used within numerous sex offender programs and in specialized sex-offender probation/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 in that new clients can enter ongoing groups at any time and work at their own pace.

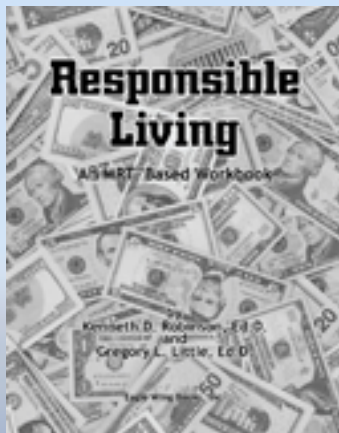
\$18 each
(minimum order of 10)

A Facilitator's Guide is available for \$10.00.



Petty Crime/Misdemeanors

Responsible Living

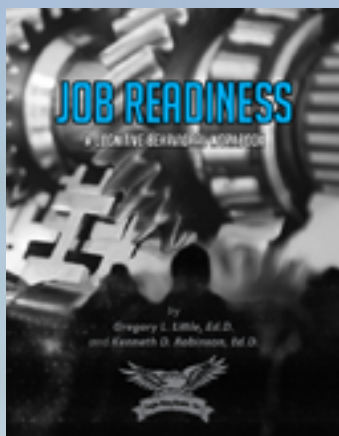


Responsible Living (26 pages) focuses on rules, relationships, feelings for others, values, goals, and making commitments. It can be used in many settings with both juveniles and adults. The program can be used for repeat offenders of petty crime including vandalism, bad checks, repeat traffic offenders, 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 (26-pages) is a workbook designed to present what a "good employee" is, and 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 for use in correctional programs, probation & parole, drug courts, community corrections, diversion programs, educational institutions, and in private settings.

The program has 6 sections with homework designed to be completed prior to group and then 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 pace.

\$9 each
(minimum order of 10)

Codependency

Untangling Relationships



Untangling Relationships (28 pages) is a 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.

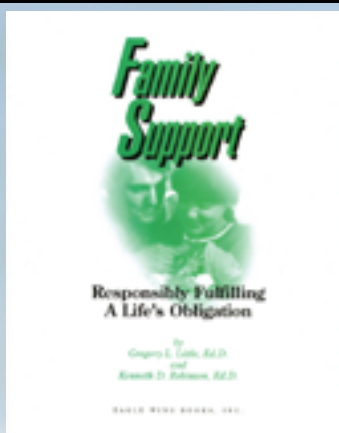
This program is for use in correctional programs, probation & parole, drug courts, community corrections, diversion programs, educational institutions, and in private settings. Groups can be open-ended. This program directly confronts the key issues of codependency including manipulation and dependent relationships. The program has 12 sections with homework designed to be completed prior to group and then 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 (26 pages) is a 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.

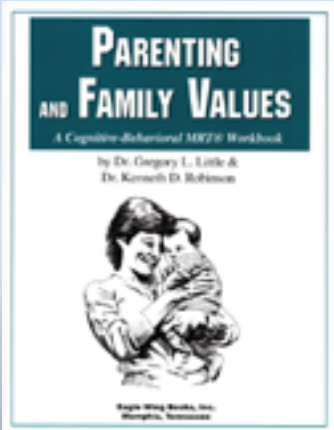
The program has 8 sections with homework designed to be completed prior to group and then presented in 8 group meetings. The program is either open-ended and conducted

in ongoing groups where new members enter when assigned or as an educational program where all members proceed at the same pace.

\$9 each
(minimum order of 10)

Parenting

Parenting and Family Values



Parenting and Family Values (75-pages) is a 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 type of treatment—but especially with female offenders and others in need of parenting skills. The program is for use in correctional settings at all levels as well as in 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 (min. 10)

Underage Drinking & Fake IDs

Rules Are Made to be Followed

Rules Are Made to be Followed (16-pages) is a 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)



An ATA Product.

DUI/DWI Offender Program

Driving the Right Way



Driving the Right Way (33-pages) is a workbook aimed at changing thinking and decision-making in first time DUI offenders. The program is incorporated into DUI programs in accordance with a 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*.

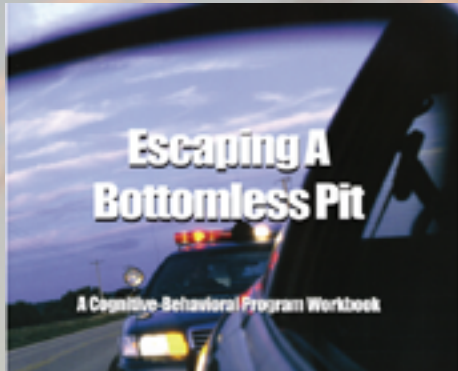
The workbook contains four pages with all fifty states' driver's license information for DUI/DWI offenders as well as individual state statistics.

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 target population includes both adults or 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 their behavior and forces participants to make a plan of action focused on how to eventually 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.

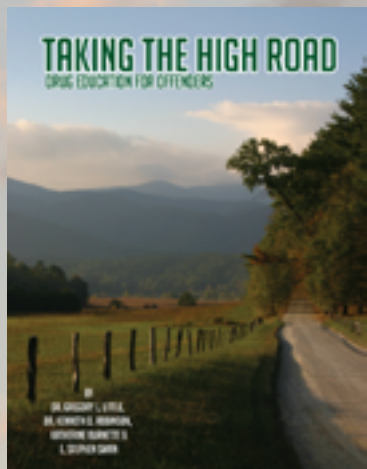
\$10 each
(minimum order of 10)



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 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 for each module prior to coming to group. In group, each client presents his or her homework to the group and the facilitator passes the client to the next module or has the client redo the homework based on objective criteria. 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 Facilitator's Guide gives basic instructions as well as the objective criteria that should be used for each module.

\$10 each

CD audio and DVD video versions of this program are available for clients who are unable to read. In addition, each module of these versions can be played as a Drug Education class.



The Audio CD version of *Taking the High Road* is available as an 8-disc set.

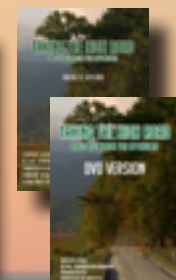
\$150 per set



The DVD video version of *Taking the High Road* is also available as an 8-disc set.

\$200 per set

Group Starter Kit



Take advantage of a 20% savings when you purchase the group starter kit versus purchasing products individually. The starter kit includes: 25 workbooks, 1 facilitator guide, 1 CD set, and 1 DVD set. A \$480 value, now only:

\$380

Relapse Prevention

Staying Quit



A 40-page client workbook 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 actually is the primary goal of treatment, but focusing on relapse prevention issues should take place sometime 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 for each module prior to coming to group. In group each client presents his or her homework to the group and the facilitator passes the client to the next module or has the client redo the homework based on objective criteria. The groups are open-ended meaning that new clients can enter an ongoing group 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 requirements to meet with the facilitator or counselor at several modules.

Workbook also available in Spanish.

See the next page for more information.

An ATA Product.

\$10 each
(minimum order of 10)

Relapse Prevention

Staying Quit

ATA Products

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; 1 Systematic Desensitization CD; and the audio book on CDs.

\$140 each



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

\$35 each

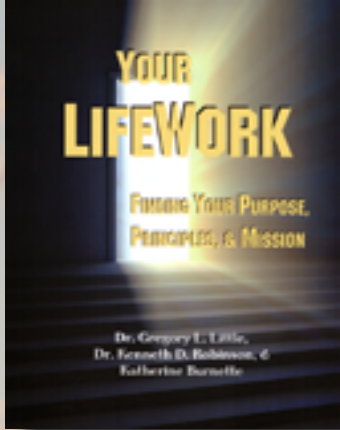


There are four CDs that can be used in conjunction with the *Staying Quit* program. These CDs can be utilized both in and out of group: *Basic Relaxation*; *Clean & Sober Visualization*; *Systematic Desensitization*; and *Progressive Muscle Relaxation*. A description of these CD's can be found on the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

\$12 each

Personal Development

Your LifeWork



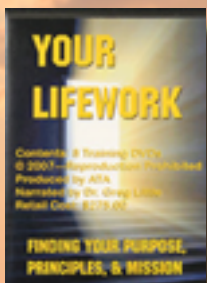
Your Lifework – Finding Your Purpose, Principles, & Mission is typically utilized in a 12-hour workshop designed to lead participants through a deep exploration of their work behavior and career ambitions. It presents traits, behaviors, and attitudes elicited from highly successful people as well as the other extreme. 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 a weekly group meeting for 2 hours per session over 6 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. 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

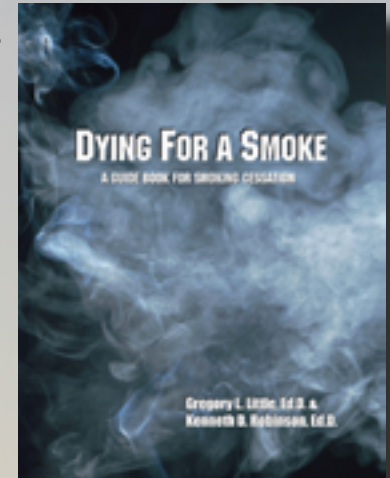
Smoking Cessation Support Materials

Dying for a Smoke



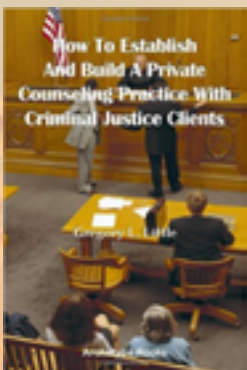
Dying for a Smoke: a smoking cessation workbook for individuals; includes 2 audio CDs. The book includes basic information needed to understand the issues with smoking cessation and health. CD #1 includes the Three-Breath Relaxation Method with both a long and short version. CD #2 is a 54-minute sleep version that begins with the three breath relaxation method.

\$29.95 per Book & CD set



Private Practice

How to Establish and Build a Private Counseling Practice With Criminal Justice Clients



Starting a private practice as a counselor, therapist, social worker, psychologist, or as one of many other professional practitioners in the burgeoning field of the helping professions is difficult. Building and growing it are even more difficult. Making private practice a successful, long-term career can be impossible for some. But there is a way to develop and build a lucrative and successful career in private practice that is nearly always overlooked. It is working with offenders referred from the criminal justice system. This book is a primer outlining and summarizing the basic steps and tasks required to work with offenders assigned by courts and local criminal justice resources. Offenders are a different type of client with very unique needs. The criminal justice system is progressively referring more and more individuals into short-term groups focused on specific topics. The groups are lucrative and lead to a caseload of individuals seeking individual counseling. In this book you'll see how developing and offering specific cognitive behavioral programs can lead to a burgeoning private practice. The programs are workbook-based approaches conducted in ongoing groups that usually meet on a weekly basis. As you gradually become a respected provider for your local criminal justice system, your treatment offerings expand and your caseload grows. In the book you get a step-by-step guide explaining exactly what needs to be done along with various hints and guidelines. The programs described within this book are based on the author's own series of cognitive behavioral workbook formats, but information is given on how to obtain other materials. Some of the key treatment programs discussed inside include: Shoplifting; Underage Drinking; Driving Without a License; Child Support; Petty Theft; Parenting; Codependency; Criminal Thinking; Anger Management; Drug Education; Substance Abuse Treatment; Trauma Treatment; and services for Veterans.

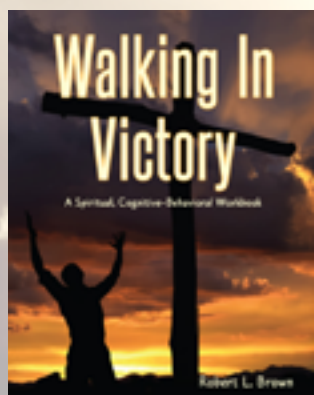
[Order from Amazon.com](http://www.amazon.com)

\$14.95 each

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 is aimed at 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 in the book form a path up a ladder involving trust & 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.

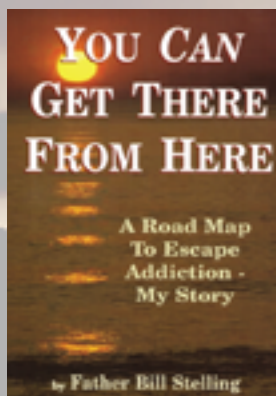
\$29.95 each

(bulk discounts available)

[Also available on Amazon](#)

You Can Get There From Here

by Father Bill Stelling



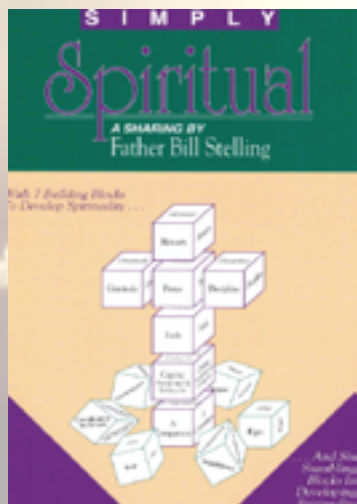
Father Bill Stelling was a Catholic Priest who went through addiction treatment, carefully wrote down his experiences, and then took his recovery story to the masses. He became a widely sought-after speaker for recovery groups and a major leader in 12-Step programs during the last 10 years of his life. This 85-page book describes the Bishop's intervention with him, Father Bill's 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



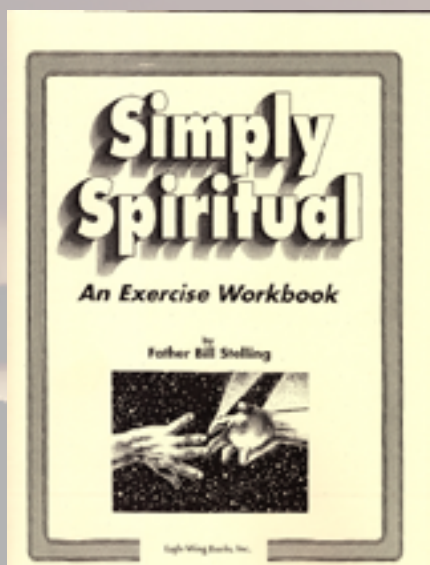
When Father Bill Stelling completed treatment for alcoholism and returned to a parish, he began writing a series of essays that he felt directly addressed the major stumbling blocks and building blocks involved with successful recovery in the 12-Step process. The book is intended to assist those in treatment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

The book is inspiring and stresses hope in its 64-pages.

\$9 each

Simply Spiritual Workbook

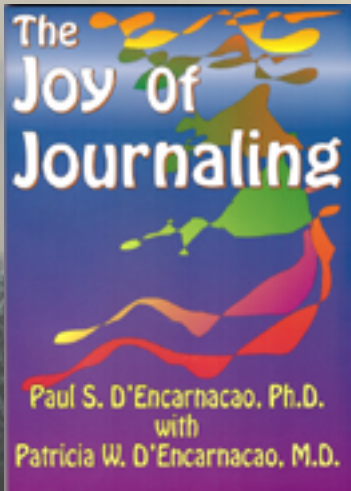
by Father Bill Stelling



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.

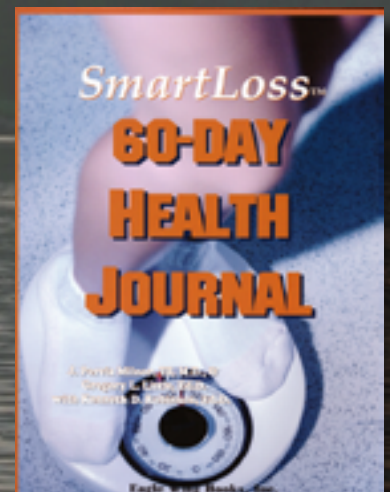
This 111-page, 6 x 9 softcover book was published in 1991, at a time when the authors, a husband/wife team of psychologist and psychiatrist, were way ahead of their time in treatment concepts. *The Joy of Journaling* explains why a person should journal, what should be included in it, and how it is used. 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.

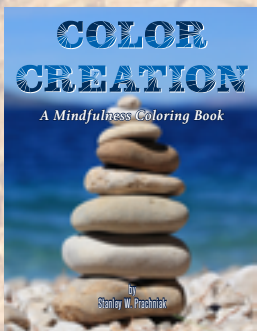
\$6 each
(Minimum Order-10)

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-10)



Coloring Books

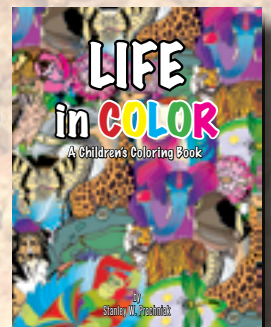


Color Creation: A Mindfulness Coloring Book (16 pages) is designed to reinforce what clients are learning or have learned while working their way through the trauma programs. This book can also be used by clients who are dealing with domestic violence or codependency issues.

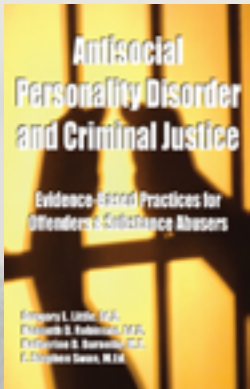
\$3.50 each
(Minimum Order-10)

Life in Color: A Children's Coloring Book (16 pages) is designed to help begin the healing process of a broken or breaking bond between a parent and a child.

\$3.50 each (Minimum Order-10)



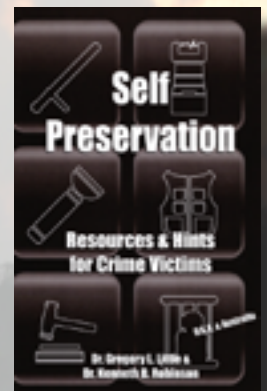
Textbooks and Other Supportive Materials



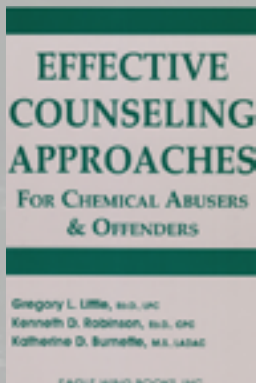
Antisocial Personality Disorder and Criminal Justice: Evidence Based Practices for Offenders and Substance Abusers is a 169 page book that details the relationship between APD, criminal justice treatment and evidence-based practices. This book contains sections on recidivism, treatment for women, and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



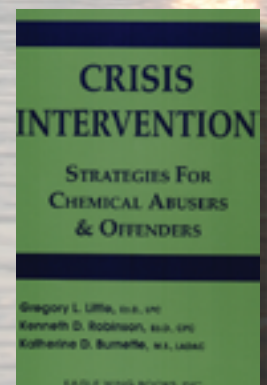
\$4 each



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

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- Reduce Relapse Events
- Enhance Employee Satisfaction
- Use Objective Criteria for Participant Success

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