

COGNITIVE BEHAVIORAL TREATMENT REVIEW

& Moral Reconciliation Therapy® (MRT) News
Correctional Counseling, Inc.

CORRECTIONAL COUNSELING INC. • GERMANTOWN, TENNESSEE • VOLUME 26, #3&4 • THIRD & FOURTH QUARTER 2017



Included in SAMHSA's
National Registry of
Evidence-based
Programs and Practices

Table of Contents

<i>The GEO Group Reports Reductions in Criminal Thinking Using MRT</i>	1
<i>Article #2</i>	5

Cognitive Behavioral Treatment Review

& Moral Reconciliation Therapy® (MRT) News

2028 Exeter Road
Germantown, TN 38138
(901) 360-1564 • FAX (901) 757-1995
ccimrt@ccimrt.com
www.ccimrt.com
www.mrtcenters.com
www.moral-reconciliation-therapy.com

Kenneth D. Robinson, Ed.D.
Executive Editor

E. Stephen Swan, M.Ed.
Editor

Katherine D. Burnette, M.S.
Associate Editor

Jedidiah L. Smith
Design/Layout

Copyright © 2017 by Correctional Counseling, Inc.
All rights reserved.

The GEO Group Reports Reductions in Criminal Thinking Using MRT

Introduction

GEO Reentry Services has recently released two program updates that report positive changes in criminal thinking measures for 501 program treatment participants at two North Carolina CRV centers. The North Carolina Department of Public Safety website states that Confinement in Response to Violation (CRV) centers house and provide intensive behavior modification programs for those who have committed technical violations of probation. CRV centers incarcerate violators for 90-day periods in response to violations of probation, parole or post-release supervision as provided in the Justice Reinvestment Act of 2011. These centers utilize dormitory style housing similar to a minimum-security prison and offer intensive programming designed to modify behavior of probation violators. Probation officers and case managers work closely with offenders as they progress through treatment and programming including cognitive behavioral therapy, substance

abuse interventions, employment readiness and life skills training.

Why is a Reduction in Criminal Thinking Important?

Criminal thinking domains, such as antisocial cognitions and antisocial attitudes, are frequent targets for change in correctional treatment, and are described in current theories of criminal behavior¹. The research on "What Works" to reduce recidivism indicates that antisocial cognition and antisocial attitudes (criminal thinking) are among the top three risk factors as drivers of recidivism. The Texas Christian University Criminal Thinking Scales (CTS), a reliable and validated instrument, measures the effect of GEO's programming on antisocial cognition and attitudes. The results of this report indicate that GEO's programs reduce criminal thinking patterns as measured by the CTS, and therefore lower the potential for future recidivism.

Summary of Results for Lumberton CRV

The evaluators located the pre-test

and post-test CTS scores for 281 participants from the Lumberton CRV. The participants were discharged between September 2016 and May 2017. The average treatment episode for the participants was 69 days. The participants completed an average of six Moral Reconciliation Therapy® (MRT) steps. The average CTS score reduction was 7%

(2 points) across the six domains.

The results indicated that the programming at the Lumberton CRV facility significantly reduced criminal thinking for participants in the sample as evidenced by the changes in their CTS scores from pre-test to post-test (see *Figure 1*).

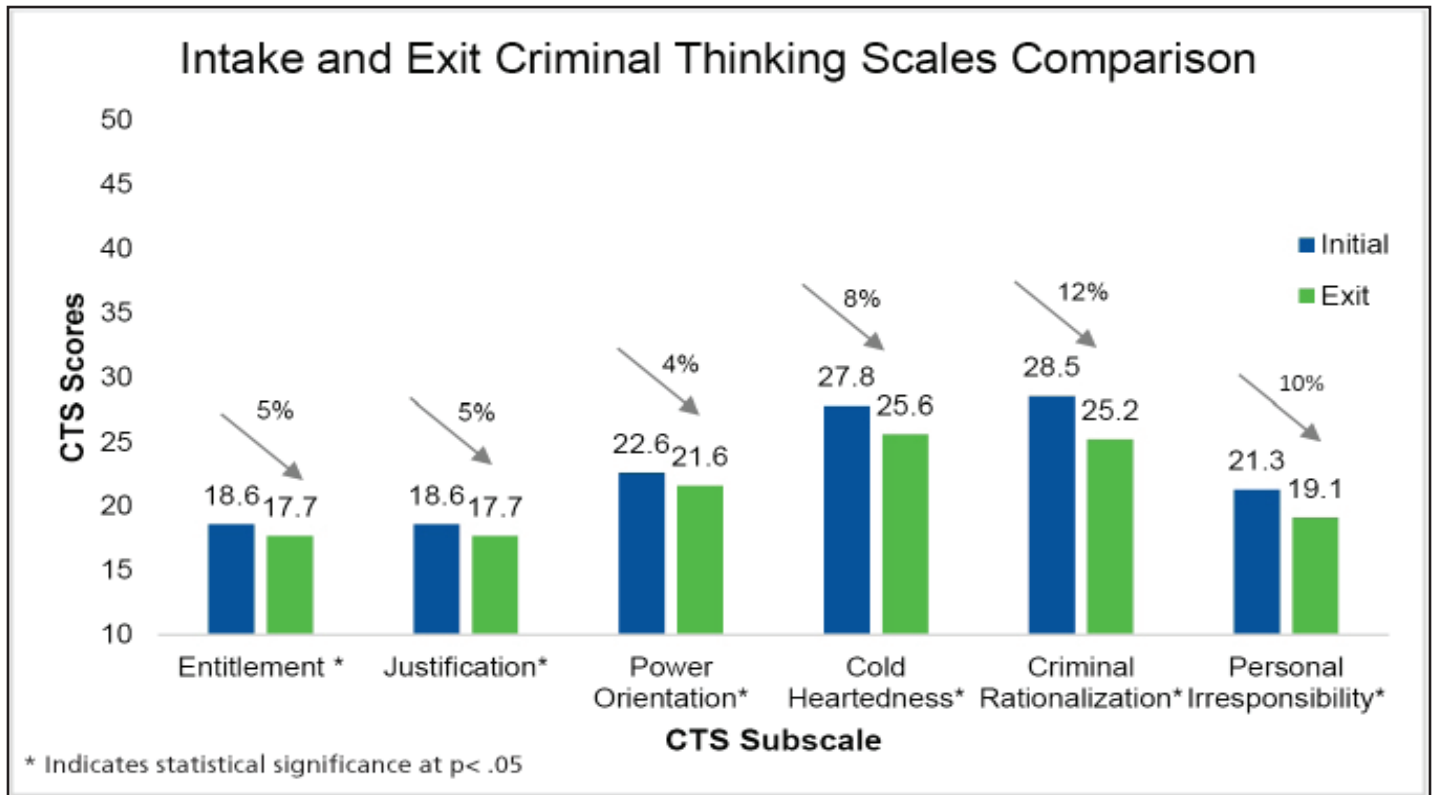


Figure 1. CTS Score Comparison - Lumberton CRV

Other findings included the following:

- Individuals who completed more MRT steps had a greater reduction in their criminal thinking than those who did not.
- Additionally, even controlling for the length of stay in the program, the number of MRT steps completed significantly lowered the CTS scores.
- There was a statistically significant reduction in CTS scores for all participants.

MRT Impact on CTS Reduction

- *Figure 2* shows those individuals who completed seven or more MRT steps, while at the Lumberton CRV facility, had a greater reduction in their CTS scores than those who did not.
- Additional analyses found that the number of completed MRT steps significantly decreased CTS scores for all subscales except Cold Heartedness - even controlling for the length of stay in the program.

Summary of Results for Morganton CRV

The evaluators located the pre-test and post-test CTS scores for 221 participants from the Morganton CRV. Participants were discharged from the facility between September 2016 and February 2017. The average treatment episode for the participants was 65 days. The participants completed an average of five Moral Reconciliation Therapy® (MRT) steps. The average CTS score reduction was 9% (2 points) across the six domains.

The results indicated that the programming at the Morganton CRV facility significantly reduced criminal thinking in the participants in the sample as evidenced by the changes in their CTS scores from pre-test to post-test.

MRT Impact on CTS Reduction

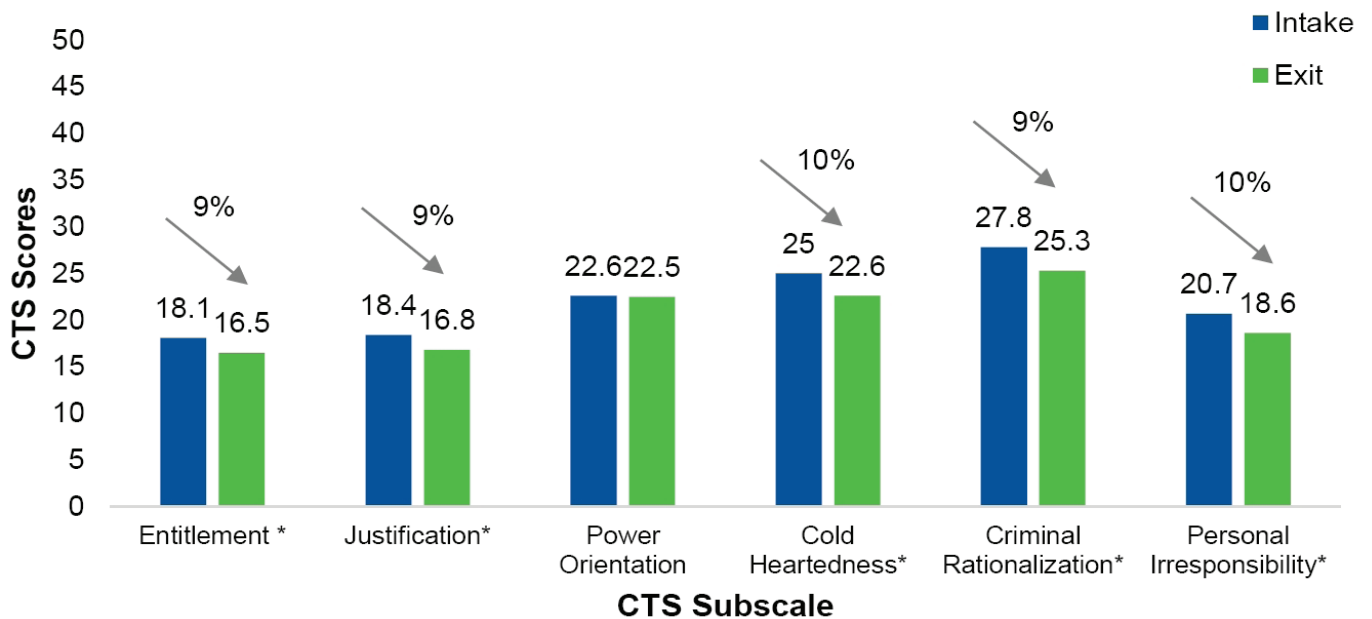
- *Figure 4* shows those individuals who completed five or more MRT steps, while at the Morganton CRV facility, had

MRT Step Completion Comparison

CTS SCALES	0-6 MRT STEPS COMPLETED AVG. LOS = 63 DAYS		7-12 MRT STEPS COMPLETED AVG. LOS = 77 DAYS	
	Initial CTS Scores	Exit CTS Scores	Initial CTS Scores	Exit CTS Scores
Entitlement	18.9	18.4	18.3	16.6
Justification	18.9	18.5	18.3	16.7
Power Orientation	23.2	22.7	21.8	20.3
Cold Heartedness	28.8	26.1	26.7	24.9
Criminal Rationalization	28.3	26.0	28.6	24.0
Personal Irresponsibility	21.2	19.9	21.4	18.1

*Scores in Green are Significantly Different

Figure 2. MRT Step Completion Comparison - Lumberton CRV

Intake and Exit Criminal Thinking Scales Comparison

* Indicates statistical significance at $\alpha < .01$

Figure 3. CTS Score Comparison - Morganton CRV

a greater reduction in their CTS scores than those who did not.

- Additional analyses found that the number of completed MRT steps significantly decreased CTS scores for all subscales except Power Orientation

¹Knight, K., Garner, B.R., Simpson D.W. Morey, J.T., & Flynn, P.M. (2006). "An assessment for criminal thinking" *Crime & Delinquency*, Vol. 52, No. 1, 159-177

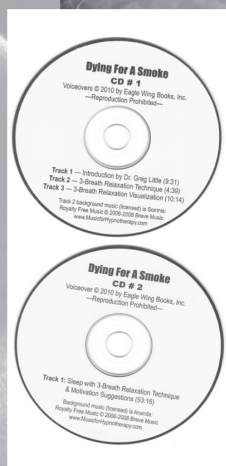
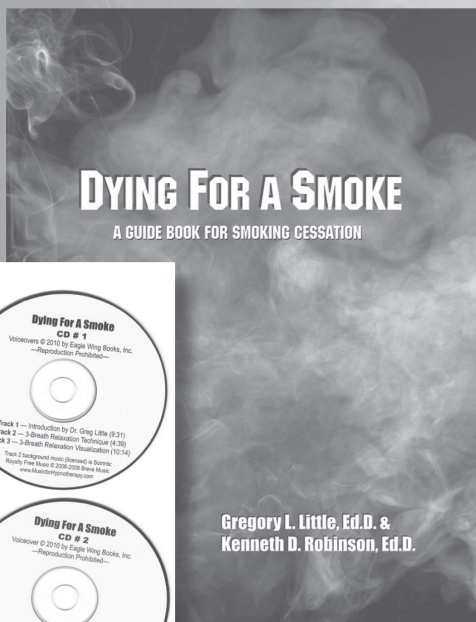
MRT Step Completion Comparison				
CTS SCALES	0-6 MRT STEPS COMPLETED AVG. LOS = 63 DAYS		7-12 MRT STEPS COMPLETED AVG. LOS = 77 DAYS	
	Initial CTS Scores	Exit CTS Scores	Initial CTS Scores	Exit CTS Scores
Entitlement	18.6	17.1	17.0	15.3
Justification	18.6	17.2	18.2	16.0
Power Orientation	22.7	22.5	22.4	22.5
Cold Heartedness	26.0	22.9	23.1	22.0
Criminal Rationalization	28.0	25.5	27.5	25.0
Personal Irresponsibility	20.8	18.5	20.7	18.9

*Scores in Green are Significantly Different

Figure 4. MRT Step Completion Comparison - Morganton CRV

Criminal Thinking Scales	
ELEMENTS	DESCRIPTION
Entitlement	Focuses on a sense of ownership and privilege. High scores are associated with the offender's belief that the world "owes them" and they deserve special consideration.
Justification	Refers to patterns of thought that minimize the seriousness of antisocial acts and by justifying actions based on external circumstances. High scores may be associated with perceived social injustice.
Personal Irresponsibility	Assesses the degree to which an offender is willing to accept ownership for criminal actions. Therefore, high scores are associated with non-acceptance of criminal actions and often blaming others.
Power Orientation	Measures the need of power and control. High scores are associated with higher levels of aggression and controlling behaviors.
Cold Heartedness	High scores reflect a lack of emotional involvement.
Criminal Rationalization	High scores on this scale are associated with negative attitude towards the law and authority figures.

Figure 5. Criminal Thinking Scales



DYING FOR A SMOKE

A new 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**

To order please call Correctional Counseling, Inc. @ (901) 360-1564 or visit www.ccimrt.com

Article #2

By

COGNITIVE BEHAVIORAL TREATMENT REVIEW

2028 Exeter Road
Germantown, TN 38138

MRT Training Daily Agenda

This schedule is for MRT trainings. Regional times and costs may vary. Lunch served in Memphis only.
Lecture, discussion, group work, and individual exercises comprise MRT training. MRT training is typically conducted Monday to Thursday or Tuesday to Friday. Please check for exact schedule.

Monday	Tuesday	Wednesday	Thursday
8:30 a.m. to 4:00 p.m. (Lunch-provided in Memphis)	8:30 a.m. to 4:00 p.m. (Lunch - on your own)	8:30 a.m. to 4:00 p.m. (Lunch - on your own)	8:30 a.m. to 3:00 p.m. (Lunch-provided in Memphis)
Introduction to MRT. Treating & understanding APD & treatment-resistant clients. Introduction to CBT. 2 hours of homework is assigned	MRT Personality theory. Systematic treat- ment approaches. MRT Steps 1 - 2. 2 hours of homework is assigned.	MRT Steps 3 - 7. 2 hours of homework is assigned.	MRT Steps 8 - 16. How to implement MRT. Questions & answers. Awarding comple- tion certificates.

MRT or Domestic Violence MRT For Your Program

Training and other consulting services can be arranged for your location.
For more information please call 901-360-1564.

Upcoming Training Sessions

MRT TRAINING

8/7-8/10	Germantown, TN
8/7-8/10	Cape Girardeau, MO
8/7-8/10	Concord, NH
8/7-8/10	Yreka, CA
8/14-8/17	San Jose, CA
8/21-8/24	Phoenix, AZ
8/28-8/31	Boise, ID
8/29-9/1	Albuquerque, NM
9/18-9/21	Germantown, TN
10/16-10/19	Germantown, TN
12/4-12/7	Germantown, TN
12/11-12/14	San Antonio, TX

ONE-DAY BASIC MRT REVIEW

8/25	Coos Bay, OR
10/13	Coos Bay, OR

DOMESTIC VIOLENCE TRAINING

11/13-11/16	Germantown, TN
-------------	----------------

TWO-DAY ADVANCED MRT TRAINING

8/10-8/11	Phoenix, AZ
10/11-10/12	Rapid City, SD

ONE-DAY TRAUMA TRAINING

8/11	Concord, NH
8/11	Yreka, CA
8/18	San Jose, CA
8/22	Coos Bay, OR
9/20	Gonzales, TX
10/12	Germantown, TN
12/15	San Antonio, TX

TWO-DAY VETERAN TRAUMA TRAINING

8/23-8/24	Coos Bay, OR
10/10-10/11	Germantown, TN

Note: Additional trainings will be scheduled in various locations in the US. See our website at www.ccimrt.com or call CCI concerning specific trainings. CCI can also arrange a training in your area. Call 901-360-1564 for details.