

# COGNITIVE BEHAVIORAL TREATMENT REVIEW

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

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## Cognitive Behavioral Treatment Review

### & Moral Reconciliation Therapy (MRT™) News

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## CREATING BEHAVIOR CHANGE AND TREATING THE SERIOUSLY MENTALLY ILL INMATE: A PRELIMINARY REPORT OF THE BERNALILLO COUNTY METROPOLITAN DETENTION CENTER CORRECTIONAL PROGRAM, ALBUQUERQUE, NEW MEXICO

by Robert A. Kirchner, Ph.D., Glacier Consulting, Inc., Elizabeth Falcon, PsyD, Mental Health VP, Correctional Healthcare Companies, & B. Lance Hurt, Ph.D., Mental Health Director, Bernalillo Metropolitan Detention Center

### Introduction

Treatment of drug offenders, especially those with serious mental health problems in a correctional setting, has been an ongoing struggle for the criminal justice system. Lessons learned during the 1970s and 1980s promoting comprehensive mental health services for the incarcerated population have produced practices which can enhance current services. Research on these modalities confirmed that treatment can make a difference. In the past year, the development of a program to provide these services to the correctional population by Correctional Healthcare Companies, Inc. (CHC) at the Bernalillo County Metropolitan Detention Center (MDC) was a result of these efforts.

In 2013 an evaluation was contracted and designed by Glacier Consulting, Inc. to determine (1) if the MDC could expand its objectives in treating the seriously mentally ill inmates in acute care, RTU, and segregation Units with established therapeutic milieu; and (2) if a recent intervention to meet the needs of participants assessed with and likely concomitant drug abuse problems, produces enhanced results for program retention and completion.

MDC began by establishing an implementation plan, including policies and procedures to direct initial efforts. Through a multi-method approach, CHC conducted assessments to determine eligibility of participants and characteristics of the different groups entering the program. Based on those assessments, all inmates in the program had multidisciplinary individual treatment plans. Preliminary results of this study explain accomplishments to date:

- The program is creating positive impacts on managing mental health issues, with increased compliance to medication treatment and counseling sessions.
- The program is seeing positive behavioral changes among the participants engaged in Moral Reconciliation Therapy (MRT) sessions. MRT is creating an environment for inmates to handle mental health issues, and MRT participants are more compliant in taking prescribed medications.
- Inmates in segregation on a specialized mental health unit, many of whom had been on the acute units and in residential

treatment at the jail, demonstrated remarkable improvement in socialization and their capacity to participate in a therapeutic community after the initiation of MRT on that unit.

- The relationships between Psychiatric Services Unit (PSU) and program participants makes the inmates more successful when attending groups and progressing in their treatment plans.
- The program is effective for both female and male participants.
- Security staff buy-in of specialty housing for the segregated inmates has improved tremendously since the initiation of MRT programming as well as the other group therapies employed on that unit.

Bernalillo County Metropolitan Detention Center of Bernalillo County, in its attempts to meet the needs of a high-risk, mentally-ill group with/or without substance use disorders, has witnessed improvements treating this population which have been impressive. Rehabilitating individuals that abuse drugs and commit criminal activities, along with managing their mental health problems, has resulted in producing more compliant and less oppositional inmates. The hope is they will continue to be useful citizens with increased positive results for public safety. The evaluation presents results from initial implementation of a correctional program, including MRT that is both efficient in its practices and effective in program delivery. We believe that it could be considered a model for other jurisdictions to improve other programs through the lessons learned by CHC efforts.

### Program Success and Accomplishments

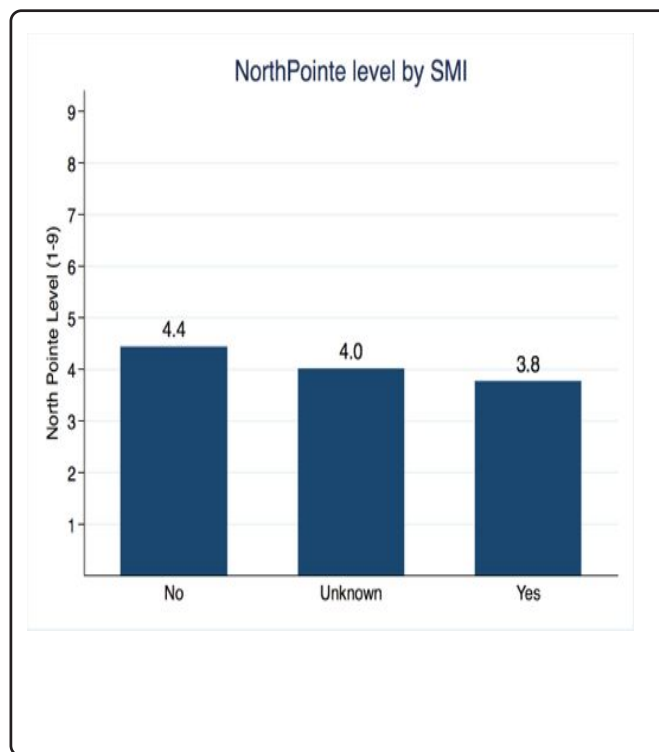
Glacier Consulting, Inc. focused on specific performance indicators to judge the effectiveness of a program, including:

- Units of Service Delivery
- Reduction in recidivism
- Management of mental health issues

For all of these measures, the MDC program exceeds its expectations for the objectives set for each of the critical indicators.

- Graduating clients – 110 graduates as of 9/1/2013.
- Integrated and consolidated approaches to treatment and recovery which substantially reduced the cost of individual service delivery to clients;
- Delivered 41,863 client days – including treatment, supervision, and ancillary services.

The issue of substance abuse is clearly a major problem whether a serious mental illness is diagnosed or not. In prior studies, the MRT intervention has shown to reduce drug dependency through behavior change and replacing it with developing purposeful lives.



NorthPoint assessment determines the risk level of those entering the program; level 1 are the highest security risks and level 9 is the lowest level of risk. The average risk level for those assessed with serious mental illness is slightly lower than the rest of the participants. Only thirty-five clients have a risk level of 5 or higher out of 157. Those with risk levels of 4 and below account for the large majority of clients, including: Level 4 = 23; Level 3 = 65; Level 2 = 32; Level 1 = 2.

As outlined in the evaluation of the Moral Reconciliation Therapy (MRT) program at MDC (October 2013) by Glacier Consulting, Inc., the following questions regarding the effectiveness of the program were posed:

1. Has the MDC program been implemented as planned, and are services being delivered to program participants?
2. Does MDC reduce substance abuse and aid in the management of mental health problems?
3. Does MDC reduce recidivism compared to existing practices?

Following the completion of the evaluation and its enumeration of the successes of the MDC MRT program, MDC decided to look at the behavior of inmates participating (as defined by their attendance at a minimum of six group sessions) in the MRT program as measured by the number of reported incidents and posed the following questions:

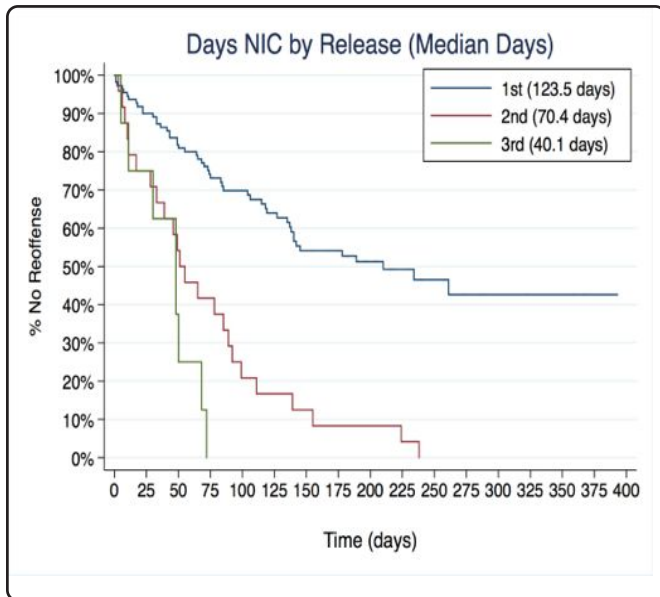
1. Did the behavior of inmates participating in the MRT program change during and after their participation?

- How did the behavior of inmates participating in the MRT program compare to a similar group of inmates on the same units over a comparable period of time?

As indicated in the data below:

- The average number of incident reports for inmates prior to their participation in the program (2.73) decreased to 0.66 (a 76% decrease) during and after their participation in MRT.
- The average number of incident reports for inmates on the same units over a comparable period of time who did not participate in MRT was 3.06 or a 78% difference compared to inmates who participated in MRT.

### Survival Analysis

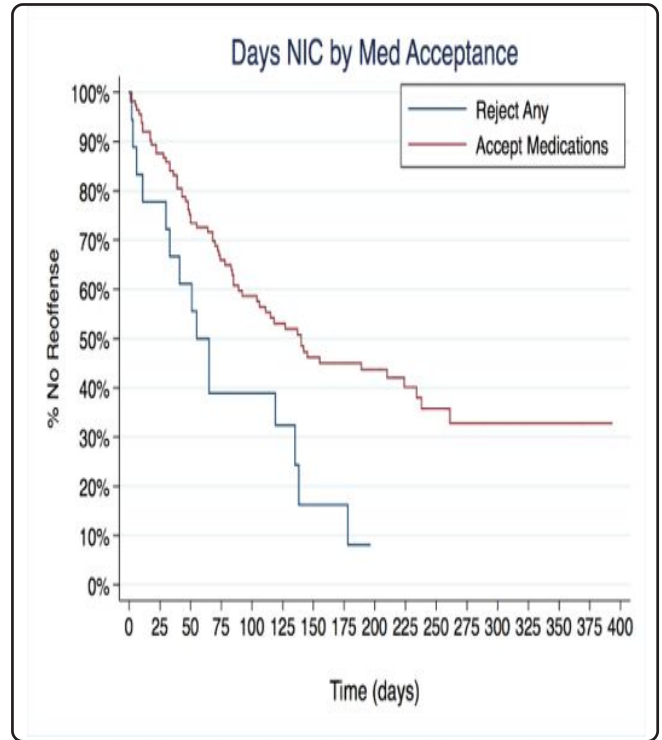


### Days NIC (Not In Custody) by Release -Median Days

GCI conducted survival analyses to determine the sustained effects of participating in the program. It is important to note that at this early stage of implementation the results represent trends and patterns in the outcomes which should be confirmed over time. For the overall analysis, three distinct groups appear indicating that some recidivate early, but that over time participants sustain their success into the future.

### Days NIC by Medication Acceptance

Then we identified the most important indicator of success among this population to date; whether or not they accept the prescribed medications for their illness. A dramatic difference appears between those who accept their medications and those that do not in terms of sustained success.



### Conclusion

The commitment and the delivery of services at the Bernalillo Metropolitan Detention Center for participants in the Moral Reconnection Therapy program is promising. This first independent study of the program being implemented has shown signs of major change in the delivery of services to inmates that could not only help them but improve public safety after inmates are released into the community.

## CCI PROGRAMMING IS NOW AVAILABLE ONLINE

Online education allows clients of all circumstance to participate and complete cognitive behavioral programs. These online education materials are all adapted from CCI workbooks and focus on core program issues. The online programs are available 24 hours a day, 7 days a week. Participant exercises are monitored daily by trained facilitators, require no special software, and are easy to use.

### Programs available online:

Escaping A Bottomless Pit  
Something for Nothing

Learn more about these programs at  
[eprogramsonline.com](http://eprogramsonline.com)



## Escaping A Bottomless Pit

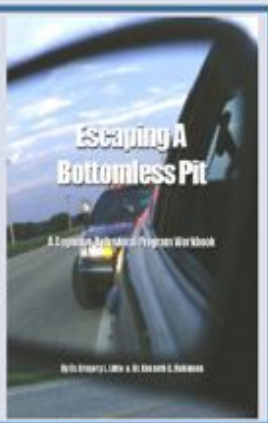
A New Group Counseling Approach For  
Driving on a Revoked or Suspended License



A Cognitive-Behavioral Program Developed  
from the Evidence-Based MRT™ approach.

By Dr. Gregory L. Little & Dr. Kenneth D. Robinson

- Uses workbook exercises—36 pages
- 8 hour group program
- Completed in one-day or weekly sessions
- Open-ended—clients can enter at any time
- Targeted to DRL /DSL arrestees
- Explains choices and consequences
- Dissolves excuses
- Makes future behavior a conscious choice
- Shows effects on others
- Focuses on how to eventually drive legally
- Addresses personal honesty, trust, & acceptance
- Addresses control issues
- Forces participants to make a plan of action
- Can be used in all states & DC
- Websites of all appropriate state agencies listed



Background: There are more arrests each year for driving on a revoked, suspended, or with no license than all other arrests combined. Many courts consider this the most costly and time-consuming of all "crime"—yet there are few options available to courts. This program directly addresses the key issues and gives supervising agencies a valuable treatment option. The 36-page workbook-based program can be performed in a one-day intensive or (ideally) in a series of weekly sessions. A brief Facilitator's Guide outlining procedures is available.

**Cost: \$10.00 per Workbook.**

**Facilitator's Guide: \$5.00.**

**Also available in Spanish.**

## Moral Reconciliation Therapy® Increases Community Corrections Treatment Effectiveness

A 2005 meta-analysis<sup>1</sup> of nine published outcome studies detailing the results of MRT® treatment on the six-month to three-year recidivism of parolees and probationers showed that MRT cut expected recidivism by nearly two-thirds. These studies included 2,460 MRT-treated individuals and 7,679 controls.

A 2001 meta-analysis<sup>1</sup> of seven published outcome studies on the results of MRT treatment on one-year recidivism in community-based corrections showed that MRT cut expected recidivism by one-half. These studies included 3,306 MRT-treated individuals and 10,538 controls.

- Over 100 outcome studies have documented MRT
- MRT is the premiere cognitive-behavioral program
- MRT is easy-to-implement
- MRT enhances staff attitudes
- MRT is cost-effective
- MRT enhances offender compliance
- MRT significantly reduces recidivism
- MRT is a "Best Practice"
- MRT is an "Evidence-Based Practice"

For information on MRT and other specific cognitive-behavioral programs:

**Anger Management — Relapse Prevention — Shoplifting**  
**— Underage Drinking & False IDs — Parenting —**  
**Criminal Thinking — Codependence — Sex Offenders —**  
**Domestic Violence — Juvenile — CBT Training**

call **Correctional Counseling, Inc.**

**901-360-1564**

or visit our websites

[www.ccimrt.com](http://www.ccimrt.com)

<sup>1</sup> [www.moral-reconciliation-therapy.com](http://www.moral-reconciliation-therapy.com)

Is your relapse prevention component too complicated for your clients? Is it hard for them to understand or difficult to complete a 300 page "brief relapse prevention" workbook?

## RELAPSE PREVENTION THAT WORKS STAYING QUIT:

### ***A Cognitive-Behavioral Approach To Relapse Prevention***

40-page client workbook based on principles of cognitive-behavioral relapse prevention—designed for eight group sessions. Focuses on risky situations, scripting changes, coping with urges and cravings, being around users, understanding support issues, and taking charge of life. *Recent research (Burnette, et. al., 2004; Little, 2002) shows that the addition of the Staying Quit relapse prevention program significantly increases Life Purpose, significantly shifts Locus of Control to a more internal locus, increases moral reasoning, and enhances several measures of social support.*

The *Staying Quit* client workbook is \$10. A simple-to-follow *Facilitator's Guide* is available for \$5. The *Staying Quit Audio Set* (boxed, \$35.00) contains the entire workbook text on CD, a 15 min. relaxation exercise, a 15 min. progressive muscle relaxation exercise, a 20 min. clean & sober visualization, and a 25 min. desensitization CD. A Group Starter Kit is available and contains 11 workbooks, 1 Facilitator's Guide, review article, and a complete Audio CD Set. **The Starter Kit is \$140.00 (discounted from \$170).**

Call (901) 360-1564

### **Staying Quit Starter Kit—Contents**

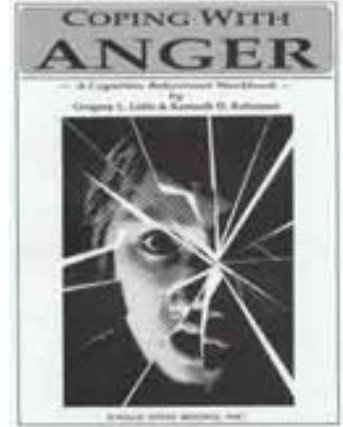
- 11 *Staying Quit* workbooks
- 1 *Facilitator's Guide*
- Workbook on CD
- 15-minute *Basic Relaxation* CD
- 15-minute *Progressive Relaxation* CD
- 20-minute *Clean and Sober Visualization* CD
- 25-minute *Desensitization* CD

# ANGER MANAGEMENT Group Starter Kit with Training DVD & Book on CD

## ***COPING WITH ANGER***

### **A Cognitive-Behavioral Workbook**

*Coping With Anger* is a 49 page cognitive-behavioral MRT™ workbook designed for eight (8) group sessions and is one of CCI's most popular programs. Used in probation & parole, prisons, community corrections, and other treatment sites, *Coping With Anger* is ideal for use with violent offenders, argumentative or oppositional clients, and with those who have trouble expressing feelings of anger.



Training DVD Now Available! A 1.5 hour DVD has been created to assist programs and counselors who want to observe how the anger management program is conducted. The DVD shows how clients should complete homework for each of the program's 8 modules and how the homework in each module is presented in group. It is available in a newly packaged, discounted Group Starter Kit or can be purchased individually. A FREE CD with the training on a Quicktime file is included in the Group Starter Kit (for use on computers).

### ***Coping With Anger, on CD, also included in Starter Kit!***

The entire *Coping With Anger* workbook is now available on audio CDs for use with clients who have problems reading. The CD has Dr. Greg Little reading the text and explaining the exercises.

**Group Starter Kit, a \$345 value, is only \$245!  
A 29% Discount**

**Anger Management  
Group Starter Kit contains:**

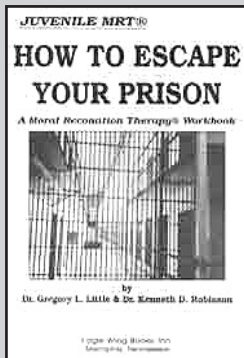
- 15 *Coping With Anger* workbooks
- 2 *Facilitator Guides*
- 2 *5-Minute Stress Manager* CDs
- 2 *Relaxation/Progressive Muscle Relaxation* CDs
- 1 *Anger Management Training DVD*
- 1 *FREE Anger Management Training Quicktime*

### **ITEM PRICES**

- Group Starter Kit— \$245*
- Training DVD— \$100*
- Book on CD —\$50*
- Coping With Anger  
workbook— \$10*
- Facilitator's Guide— \$5*
- 5-Minute Stress Manager  
CD — \$8.95*
- Basic Relaxation/Muscle  
Relaxation CD —\$8.95*

**Call  
901-360-1564  
to order**

## Juvenile MRT™ Workbooks



A juvenile version of *How To Escape Your Prison* is available. Programs and institutions with trained MRT facilitators may order copies of this 122 page workbook. *Juvenile MRT* is written on a lower reading level but retains the basic flow of MRT concepts and exercises **and is very user-friendly**. The book is appropriate for delinquents and juveniles in chemical abuse/conduct disorder programs as well as those in offender programs. Order online or call CCI at 901-360-1564.

## One-Day MRT™ Basic Review Training for Trained & Certified MRT Facilitators

MRT Review Training is a one-day (8-hour) workshop designed to enhance MRT facilitators' knowledge of MRT, develop additional group facilitation skills, and review the objective criteria for operating MRT groups. This workshop is a refresher course available to only those individuals who have already completed basic MRT training. A certificate of completion is awarded to all participants. CEUs are also available from Louisiana State University- Shreveport.

The One-Day MRT Review Training is held periodically in Germantown and can also be scheduled at other sites. The basic cost is \$150 per person. For more information or to schedule a training, call Sharron Johnson at 901-360-1564.

## GLACIER CONSULTING, INC.

### EVALUATION & RESEARCH SERVICES AVAILABLE FOR STATE CRIMINAL JUSTICE PLANNING AGENCIES & DRUG COURTS

GCI offers practical, cost-effective evaluation and research services for drug courts, treatment programs, facilities, and departments within the criminal justice and corrections system. GCI will design data collection systems for your agency and interpret the data for evaluation. GCI's research team has many years of research experience evaluating program effectiveness. Contact Robert Kirchner, Ph.D., Research Director, at [bobkirchner@gmail.com](mailto:bobkirchner@gmail.com) for additional information.

### MRT® Program Participant Coins

Numerous agencies have requested that we make tokens available for MRT Program Graduates and also for program participants who complete Step 3. After considerable design work, CCI now offers these coins to programs and agencies that provide MRC. Graduate coins are heavy brass and of the highest quality. The Step 3 coin is silver colored metal. Pricing for the coins can be found at the bottom of this page.

#### MRT Graduate Coin

#### MRT Step 3 Completion Coin



Front



Back

MRT Program Graduate: 1-49: \$6.00 ea.; 50-100: \$5.00 ea.; 100+: \$4.00 ea.

MRT Step 3 Completion: 1 Roll (25 coins) - \$30.00, (Individual coins N/A)

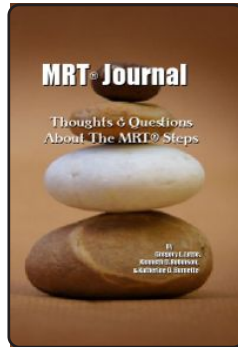
To Order, call CCI: 901-360-1564 or visit [www.ccimrt.com](http://www.ccimrt.com)



## MRT™ Journal: Thoughts & Questions About the MRT™ Steps

### MRT™ Supplemental Treatment Materials

*The MRT™ Journal* is a 72-page book designed as a program resource to be used by participants as they work through the steps of MRT™. Clients make comments in a journal style as they progress through MRT™. The Journal is an adjunct to the client's regular MRT™ workbook- all participants must have a copy of the MRT™ workbook.

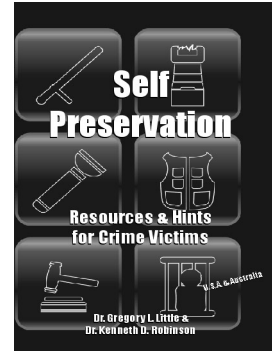


**Journal price: \$4.75**

## Self Preservation: Resources & Hints for Crime Victims

**This 72-page, self-guided manual is a victim's resource book using the principles and concepts of MRT. It is a simple to use guide to the facts about being a crime victim and suggestions that victims could find helpful as they move through the process of being a survivor. Included is an assessment tool and guide to determine the need for more support. Also included are agencies and resources available to each type of crime victim. The types of crime include assault, drunk driving, identity theft, robbery, sexual assault, stalking, and others.**

**Manual price:  
\$4.00**



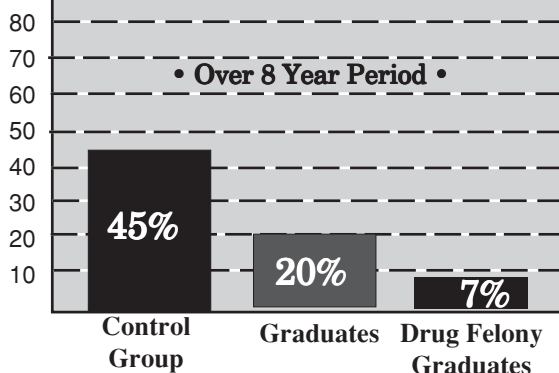
## What Do Drug Court Professionals Know That You Should Know?



## MRT WORKS! Research Shows...

Substantial research has been generated and published from programs utilizing MRT. Recidivism research covering 10 years after participants' treatment with MRT have shown consistently lower recidivism rates (25-60%) for those treated with MRT as compared to appropriate control groups. An evaluation of the Thurston Co. Drug Court utilizing MRT as its primary treatment modality showed only a 7% recidivism rate of drug felony graduates in an 8 year study. Other data analyses have focused on treatment effectiveness (recidivism and re-arrests), effects upon personality variables, effects on moral reasoning, life purpose, sensation seeking, and program completion. MRT has been implemented state-wide in numerous states in various settings including community programs and drug courts. Evaluations have reported that offenders treated with MRT have significantly lower reincarceration rates, less reinvolvement with the criminal justice system, and lessened severity of crime as indicated by subsequent sentences for those who do reoffend.

### Thurston County, Washington Drug Court 55% Lower Recidivism Rate for MRT Graduates



- Nationally recognized cognitive-behavioral counseling approach.

- Open-ended program with flexible client participation and pre-printed materials.

- History of successful corporate performance for over 10 years.

- Record of effective implementation at multiple sites.

- Comprehensive, proven training.

- Competitive costs.

*For information  
on implementing MRT  
in your drug court,  
call Sharron Johnson  
or Lacy Kennedy  
at 901-360-1564*

**MRT cited as Proven to Reduce  
Recidivism in DWI courts.**

Source: National Drug Court Institute  
(2005) *The Ten Guiding Principles of DWI  
Courts.*

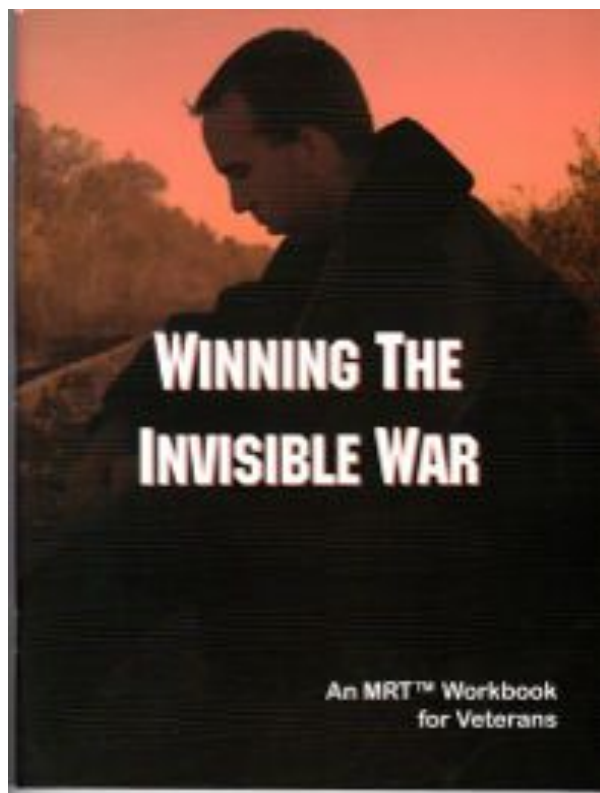


***“Winning the Invisible War”*** is a specialized workbook based on the cognitive-behavioral treatment approach of Moral Reconnection Therapy - MRT. Because Veterans have experiences and issues that are unique, it is recognized that they participate best in treatment programs designed for veterans with other veterans engaged in the same group process. Basic MRT™ Training<sup>SM</sup> is required to purchase this book. The exercises in the 134-page workbook follow the same basic progression as in all MRT programs and are processed in group in the same fashion.

**Utilized in group formats for:**

- **Veterans' Courts**
- **Drug Courts Treating Veterans**
- **Veterans' Substance Abuse Programs**
- **Veterans in Specialized Treatment**

## MRT™ Workbook for Veterans



**Cost per copy: \$25.00**

### MAKING CHANGES FOR GOOD

#### A Cognitive-Behavioral Approach for Sex Offender Relapse Prevention

*Making Changes for Good* is a 58 page, 10 session workbook designed for sex offender relapse prevention. It is designed to be used in open-ended groups where offenders can enter ongoing groups at any time. Clients read each module prior to coming to group and complete structured exercises. Helps clients identify risky behaviors and thoughts and make plans to cope.

***Designed for:***

**Parole/Probation Supervision  
Sex Offender Programs  
Institutional Programs**

*Making Changes for Good* is \$18.00  
The *Facilitator's Guide* is \$10.00

### UNTANGLING RELATIONSHIPS

#### COPING WITH CODEPENDENT RELATIONSHIPS USING THE MRT™ MODEL

Codependency is a controversial concept. But there is no doubt that offenders engage in manipulative and dependent relationships that complicate their many other problem areas. This workbook directly confronts these "codependent" relationships in a systematic, 12-group session format following MRT's model.

28 Pages, 12 Modules

- Easy To Implement
- Addresses All of the Key Issues in Codependence

Also now available in Spanish, *Desenredando Relaciones*.

**Client Workbook \$10.00**

#### UNTANGLING RELATIONSHIPS COPING WITH CODEPENDENT RELATIONSHIPS USING THE MRT™ MODEL



by  
Dr. Gregory L. Little &  
Dr. Kenneth D. Robinson  
EAGLE WING BOOKS, INC.



# THE EFFECT OF MORAL RECONATION THERAPY ON ADOLESCENTS IN A GROUP HOME SETTING

by Ashley Jane Evans, S. S. P.

Editor's Note: This brief extract is excerpted by CBTR with permission from the author's unpublished Thesis, Western Carolina University, 2011.

A variety of risk factors have been found to contribute to juvenile delinquency and offending; it is important to consider these factors in prevention and intervention. Rehabilitation and treatment is one approach for addressing the growing concern of juvenile offending. Cognitive-behavioral therapy is a promising treatment approach for offenders. Moral Reconciliation Therapy (MRT) is a cognitive-behavioral group therapy, designed to rehabilitate offenders and reduce recidivism.

The current study explores the effects of Moral Reconciliation Therapy on adolescents in a group home setting. Participants included 15 adolescents between the ages of 13 and 17, residing in a group home in the Southeastern region of the United States. The Behavior Assessment System for Children, Second Edition (BASC-2) was used as a pre-test and post-test measure to assess participants' self-reported changes in Locus of Control, Social Stress, Anxiety, Depression, Sense of Inadequacy, Sensation Seeking, Relations with Parents, Interpersonal Relations, Self-Esteem and Self-Reliance.

Overall results indicated that significant changes existed between pre-test and post-test measures in the areas of Locus of Control, Depression and Relations with Parents. Significant changes were also noted in the areas of Anxiety, Sense of Inadequacy and Self-Reliance, based on factors including the number of MRT Steps completed, type of offense committed, family disagreement factors, length of time spent in the program, and reported family problems. Recidivism data was available on 8 of the 15 participants; rates were found to be significantly below the state average for juvenile recidivism.

## Overall Results

Overall results of this study indicate that participants experienced significant changes between pre-test and post-test scores, in the areas of Locus of Control, Depression and Relations with Parents. Significant changes between pre-test and post-test scores on the Locus of Control scale was seen in individuals who completed Step 7 of MRT or higher; committed both a status and a non-status offense or who did not commit any offense at all; indicated parental divorce, indicated greater family protective factors on

the CPIC, reported no recent family problems and spent between 31 and 60 days in the program, at the group home. Participants who committed a status and non-status offense had the highest pre-test scores on the Locus of Control scale, indicating an external locus of control; post-test scores on the Locus of Control scale were found to be lower than post-test scores from the overall sample.

The research on MRT indicates that individuals experience the most significant changes once Step 7 is complete. However, the current study has found that significant changes existed for participants who completed Step 6 or less, in the areas of Sense of Inadequacy and Self-Reliance. When comparing pre-test scores for participants who completed Step 6 or less to participants who completed Step 7 or more, participants who completed Step 6 or less had more clinical scores on the Sense of Inadequacy and Self-Reliance scales, but demonstrated more positive changes than participants who completed Step 7 or more. Participants who completed Step 7 or more of MRT, demonstrated a significant increase on the Relation with Parents scale; however, both pre-test and post-test scores were lower (less adaptive) than the pre-test scores of participants who completed Step 6 or lower.

Significant changes were seen between pre-test and post-test scores, in the area of Anxiety, for participants who had not committed an offense (status or non-status), prior to intake into the program. For participants with greater protective scores on the CPIC, significant changes were found on the Anxiety scale and the Sense of Inadequacy scale. For participants who spent between 31 and 60 days in the program at the group home, significant pre-test and post-test changes were found on the Anxiety, Depression and Sense of Inadequacy scales.

No statistically significant changes were found between pre-test and post-test scores on the Social Stress scale of the BASC-2. Although a decrease was found between pre-test (52.47) and post-test (47.53) scores, the change was not statistically significant. It should be noted that both pre-test and post-test were within the acceptable level and were not indicated as areas of concern. However, results indicate that participants likely felt slightly less tension or stress in their personal relationships following program completion.

No significant changes were found between pre-test

and post-test scores on the Sensation Seeking scale of the BASC-2; in fact, pre-test and post-test scores were found to be nearly identical. It should be noted that the pre-test (50.47) and post-test (50.67) scores were not rated as areas of concern. Burnette et al. (2004) found significant positive changes in the area of sensation seeking; it is likely that the pre-test scores were rated as areas of concern and that following treatment, the scores were found to be in the acceptable range. The participants in the Burnette et al. (2004) study were reported to have had substance abuse issues, which is often highly associated with maladaptive sensation seeking behaviors. The participants in the current study entered the program with acceptable levels of sensation seeking behaviors, and therefore, maintained appropriate levels of these behaviors throughout their stay in the group home.

No significant changes were found between pre-test and post-test scores on the Interpersonal Relations scale of the BASC-2. Pre-test (49.20) and post-test (50.93) scores were rated in the acceptable range, suggesting no concern. There was a slight increase from pre-test to post-test; however, the change was not found to be statistically significant. No significant changes were found between pre-test and post-test scores on the Self-Esteem scale of the BASC-2. Pre-test (44.07) and post-test (50.20) scores were rated in the acceptable range, suggesting no concern. Pre-test and post-test scores indicate that the participants in this study entered the program with healthy levels of interpersonal skills and feelings of self-esteem. Participants left the program with more adaptive levels in each of these areas; however, these changes were not found to be statistically significant.

Overall, it does appear that many of the participants in this study experienced positive changes, as indicated by pre-test and post-test scores on the BASC-2. The most significant change seen was in the area of Locus of Control. This change can be beneficial in reducing recidivism, as participants are more aware of how the choices they make, impact the outcomes of situations. The change in Locus of Control appears to be highly correlated with the principles taught in Moral Reconciliation Therapy (MRT). Participants who completed Step 7 or higher of MRT showed more significant changes on the Locus of Control scale; significant changes were also seen on the Relations with Parents scale. Significant changes were also noted on other BASC-2 scales, including: Anxiety, Depression, Sense of Inadequacy, Relations with Parents and Self-Reliance. However, the changes varied

significantly based on several factors, including CPIC scores, parental marital status, length of time spent in the program, type of offense committed and history of family problems. The recidivism data available also indicated a significantly lower rate for program participants, than for juvenile offenders who had committed minor offenses, as reported by the state.

### Recidivism

In the current study, ten participants (66.7%) committed an offense (status, non-status or both) prior to intake into the program. Of the 10 participants, recidivism data was available for 8 participants, with length of time since leaving the group home ranging from 6 months to 14 months.

Of the ten offenders in this study, four committed a status offense prior to intake into the program. Recidivism data was available for all four participants; ten months or more after leaving the program, recidivism data indicates that none of the four participants had reoffended.

Of the ten offenders in this study, six committed a non-status or a non-status and a status offense, prior to intake into the program. Recidivism data was available for four of six of the participants, ranging from 6 months to 10 months. After four months, three out of four participants had not reoffended.

Of the ten offenders in this study, three completed Step 6 or less of MRT and seven completed Step 7 or MRT or higher; participants who completed Step 6 of MRT or less did not reoffend. One individual who completed Step 7 or higher of MRT reoffended.

Recidivism data was available for 80% of individuals with involvement with the Department of Juvenile Justice. The 6 to 14 month recidivism rate for participants was 12.5%. The North Carolina Sentencing and Policy Advisory Committee (2011) reported recidivism rates on juveniles between July 1, 2006 and June 30, 2007. The sample included 6,639 juveniles. 71.1% of the juveniles committed minor offenses, similar to the offenses committed by participants in the current study. The overall recidivism rate for juveniles who had committed a minor offense was found to be 54.5%, with an average of 11 months until the first recidivistic event. The results of a Chi Square Goodness of Fit analysis indicate that the recidivism rates in the current study are significantly lower than those reported by the North Carolina Sentencing and Policy Advisory Committee,  $\chi^2(1, N=8) = 4.50, p = .034$ .

*Cognitive Behavioral Treatment Review (CBTR)* is a quarterly publication from Correctional Counseling, Inc. © 2014 — All rights reserved. Correctional Counseling, Inc. provides a wide range of services and products and specializes in cognitive-behavioral interventions. Our major service areas are:

**Cognitive-Behavioral Training and Materials**  
**Moral Reconciliation Therapy™ Training and Materials**  
**Domestic Violence Treatment & Materials**  
**Relapse Prevention**  
**Drug Treatment Programming**

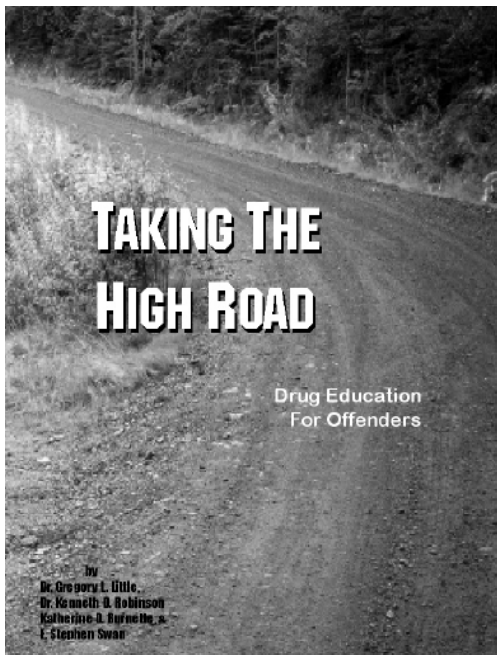
**Drug Court Services • DWI Programming**  
**Mental Health Court Treatment**  
**Specialized Probation/Parole Programs**  
**Criminal Justice Staff Training**  
**Therapeutic Community Programs**

## All New Drug Education for Offenders



### Taking the High Road

*Taking the High Road* is a new and 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. The program can be operated as an educational class or in an open-ended group. The program consists of eight modules that participants first read and then answer questions posed at the conclusion of each module. In group, each participant then shares his or her responses with the group.

#### Areas Covered include:

*Tobacco*

*Alcohol*

*Marijuana*

*Opiates (Heroin, Morphine, Etc.)*

*Uppers (Cocaine, Crack, Meth, Etc.)*

*Depressants & Downers*

*Hallucinogens*

*Drug Dealing, Gangs, Violence, & Disease*



#### Workbook Cost:

**1-49 copies: \$10.00 each , 50+ copies: \$4.75 each**

*Facilitator's Guide:* \$10.00. Modules are also available on an audio CD: \$50.00. Also available in Spanish.



# COGNITIVE-BEHAVIORAL TRAINING IN BASIC MRT™ & MRT™ DOMESTIC VIOLENCE PROGRAMMING

## How MRT™ Is Implemented:

MRT™ is a trademarked and copyrighted cognitive-behavioral treatment system for offenders, juveniles, substance abusers, and others with resistant personalities. The system was developed in the mid-1980s and has had substantial outcome research published in the scientific literature showing that recidivism is significantly lowered for twenty years following treatment. MRT™ is performed in open-ended groups typically meeting once or twice per week. Clients complete tasks and exercises outside of group and present their work in group. The MRT-trained facilitator passes clients' work according to objective guidelines and criteria outlined in training. ***Programs using MRT™ must supply clients with a copy of an MRT™ workbook that are purchased from CCI for \$25 per copy.*** MRT™ formats are in use for general offenders, juveniles, perpetrators of domestic violence, and others. MRT™ trainings are held routinely across the United States and monthly in Memphis. Accredited CEUs for MRT training are offered from Louisiana State University at Shreveport for participants who complete training. Training dates and a registration form can be found below. Please call or email for additional details.

## CCI's DOMESTIC VIOLENCE PROGRAM:

- 24 Sessions
- Printed Formats & Manual
- Objective Cognitive Behavioral Criteria
- Meets State's Requirements on Power & Control Model
- CEUs Offered

## — MRT™ Trainers —

CCI staff conduct each training session. Trainers may include Dr. Ken Robinson (a co-developer of MRT™), Kathy Burnette, M.S. (CCI's Vice President of Clinical & Field Services), Steve Swan, M.Ed., Laura Gilreath, M.S., or a regional CCI trainer. All MRT™ trainers have over 20 years direct criminal justice and substance abuse treatment experience and all have been involved in the implementation of MRT™ in both juvenile and adult settings.

For Information  
call or write CCI:  
Sharron Johnson  
2028 Exeter  
Germantown, TN 38138

(901) 360-1564  
e-mail ccimrt@aol.com

## MRT™ OR DOMESTIC VIOLENCE TRAINING REGISTRATION FORM

Please register the following persons for MRT or Domestic Violence Training:

	<b>COST</b>	
NAME 1 _____	\$600	
NAME 2 _____	\$500	✂
NAME 3 _____	\$500	
NAME 4 _____	\$500	

**CREDIT CARD  
ORDERS  
CALL  
(901) 360-1564**

AGENCY \_\_\_\_\_  
ADDRESS \_\_\_\_\_  
CITY/STATE/ZIP \_\_\_\_\_  
PHONE # \_\_\_\_\_

TRAINING DATES SELECTED: \_\_\_\_\_ TOTAL: \_\_\_\_\_

**Mail form with payment to: CCI • 2028 Exeter Rd. • Germantown, TN 38138**

**Payment Enclosed (please check one):** ☐ Check ☐ Money Order ☐ Purchase Order (attached)

Be sure to check that your training dates correspond to the training for which you are registering (e.g. MRT or Domestic Violence). A \$50 processing fee will be assessed on refunds due to participant cancellation 10 days or less before training. Note that some training dates have limited availability of open slots. CCI reserves the right to cancel training dates if insufficient participants have enrolled.

## Research Brief

# Promising Arizona Program for Treating Domestic Violence: Changing Strategies to Improve Outcomes

by Robert A. Kirchner, Ph.D.  
Glacier Consulting, Inc.

### Introduction

This article reports the results of a secondary analysis of data collected on two separate interventions that are designed to change behaviors and reduce domestic violence instances in the community. The analysis is designed to answer specific questions comparing two different intervention modalities and the effects resulting from completing the programs. Glacier Consulting, Inc. (GCI) was given the data on participants that completed each program and concluded the results presented next.

### Comparative Analysis of the Duluth Model and Moral Reconciliation Therapy (MRT)

First, the analysis produced results for the Duluth Model approach utilized in an eclectic counseling approach in the domestic violence (DV) program. The DV program was based on the theoretical framework of the Duluth Model, encompassing the Amend and Emerge Models of Domestic Violence Treatment and the research of Donald

Dutton, Ph.D. Our analysis reviewed the cases of 175 participants that completed the program, and found that the recidivism rate was 41% over the two year (24 month) period following completion of the program.

Next, we reviewed the cohort of 155 individuals that completed the MRT intervention implemented in July 2011 by the Correctional Healthcare Company, utilizing the MRT Domestic Violence treatment program. The program is divided in 24 modules with each module completed in a group session. Of the 155 program participants that completed the program with an average of one and half years (18 months), the recidivism rate to date is 14%.

### Conclusion

These results confirm that the overall effects for MRT in domestic violence intervention promotes outcomes that protect against recidivism versus the Duluth Model for implementation in the Glendale, Arizona Court System..

## Upcoming Trainings In MRT™ & Domestic Violence

### MRT TRAININGS

Irvine, CA	3/24 - 3/27/2014	Los Angeles, CA	6/2 - 6/5/2014
Waxahachie, TX	3/24 - 3/27/2014	Kodiak, AK	6/24 - 6/27/2014
Albuquerque, NM	4/7 - 4/10/2014	Marquette, MI	6/17 - 6/20/2014
Las Vegas, NV	4/28 - 5/1/2014	New York, NY	7/14 - 7/17/2014
Blackfoot, ID	5/6 - 5/9/2014	Germantown, TN	7/28 - 7/31/2014
Germantown, TN	5/12 - 5/15/2014	Germantown, TN	8/18 - 8/21/2014
Auburn, IN	5/12 - 5/15/2014	Germantown, TN	10/13 - 10/16/2014
Lacey, WA	5/19 - 5/22/2014		

### ADVANCED MRT TRAINING

Blackfoot, ID 5/5/14

### MRT DOMESTIC VIOLENCE TRAININGS

Tooele, UT 4/28 - 5/1/2014 Germantown, TN 5/20 - 5/23/2014

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

# COGNITIVE BEHAVIORAL MATERIALS AVAILABLE FROM CCI

To order go online at [www.ccimrt.com](http://www.ccimrt.com), use the coupon on next page, or call 901-360-1564.

**The Punishment Myth**—Understanding the criminal mind and when and why conventional wisdom fails. 8.5 x 11 softcover by Dennis A. Challeen, J. D. and Ken Robinson. \$10.00.

**Antisocial Personality Disorder & Criminal Justice: Evidence-Based Practices** -Updated 169-page softcover text by Drs. Greg Little & Ken Robinson, Katherine Burnette, & Stephen Swan. Details relationships between APD, criminal justice treatment issues, & evidence-based practices. \$18.95

**Crisis Intervention Strategies for Chemical Abusers & Offenders** — 61-page text covering crisis intervention techniques; \$10.00.

**Five-Minute Stress Manager** — CD of three, 5-minute relaxation segments used in MRT™, Domestic Violence, & Anger Management; \$8.95.

**Parenting and Family Values** — 75 page, 12 session MRT™ group workbook designed to be used with parents of children experiencing problems; \$15.00.

**Imaginary Future** — 15 minute CD used in Step 7 of MRT™ to assist clients in visualizing appropriate goals; \$8.95.

**Imaginary Time Out** — 15 minute CD used in MRT™ domestic violence to assist clients in visualizing appropriate time out strategies; \$8.95.

**Family Support** — 26 page (8.5 X 11 softcover) CBT workbook used in groups with clients who fail to pay child and family support. Exercises for group work; \$9.00.

**Job Readiness** — 25 page (8.5 X 11 softcover) CBT workbook designed for use in groups with clients who have faulty beliefs about the work world; \$9.00.

**Something for Nothing** — 17 page (8.5 X 11 softcover) CBT workbook used in groups with offenders who are charged with shoplifting. Exercises for group work; \$10.00.

**Something for Nothing** (Spanish)— \$10.00.

**Something for Nothing** (CD)—\$35.00.

**Dying for a Smoke** — 71-page softcover workbook designed as a smoking & tobacco cessation program. It has 8 sessions & includes two CDs. \$29.95 for workbook and CDs.

**Effective Counseling Approaches for Chemical Abusers & Offenders** — 104-page softcover text by Little, Robinson, & Burnette summarizing 7 major counseling theories used with offenders. Designed to assist counselors preparing for substance abuse counselor certification. \$12.00.

**Rules Are Made to be Followed**— 16-page workbook directly confronts the problem of underage drinking & false IDs. \$10 per workbook, free Facilitator's Guide upon request.

**Coping With Anger**— 49-page anger management cognitive behavioral workbook. Designed for use in 8 group sessions; \$10.00

**Coping With Anger Group Starter Kit**—contains 15 *Coping With Anger* workbooks, 2 Facilitator Guides, 2 5-Minute Stress Manager CD's, 2 Basic Relaxation & Progressive Muscle Relaxation CD, book on CD, Training DVD, plus Quicktime file of training on CD; \$245.00

**Facilitator's Guide for Coping With Anger** — 8 page how-to guide for implementing the *Coping With Anger* anger management groups; \$5.00.

**Coping With Anger Training DVD**— 1.5 hours, shows how to start and operate an ongoing anger management program; \$100.00

**Coping With Anger (book on CD)**—\$50.00

**Making Changes for Good** — 58-page workbook designed for sex offender relapse prevention group program; \$18.00.

**Facilitator's Guide for Making Changes for Good** - 12 page how-to guide for implementing the sex offender relapse prevention program; \$10.00.

**Untangling Relationships: Coping With Codependent Relationships Using The MRT Model** — 28-page workbook for use with those who have codependent issues; Also in Spanish. \$10.00

**Staying Quit: A Cognitive-Behavioral Approach to Relapse Prevention** — 40-pg client workbook for relapse prevention groups. 8 program modules; \$10.00.

**Facilitator's Guide to Staying Quit** — 8 page how-to guide for implementing *Staying Quit* relapse prevention groups; \$5.00.

**CD set for Staying Quit** — CD's with the *Staying Quit* workbook, basic relaxation, progressive muscle relaxation, clean & sober visualization, and desensitization; \$35.00.

**Staying Quit Group Starter Kit** — 11 client workbooks, 1 Facilitator's Guide, review article, and CD set; \$140.00

**Responsible Living** — 26-page client workbook with 8 group sessions designed for "bad check" writers, shoplifters, and petty crime misdemeanants; \$10.00.

**Thinking For Good** — Group workbook addressing criminal thinking, behaviors, and beliefs from MRT personality stages. 10 sessions—criminal thinking is disputed; \$10.00.

**Thinking For Good Facilitator's Guide** — A simple, easy-to-follow facilitator's guide for implementing Thinking For Good; \$5.00.

**Character Development Through Will Power & Self-Discipline** CBT group exercise workbook for use with probationers, parolees, and juveniles. 16 group sessions with scenarios discussed in group; \$20.00.

**Character Development Facilitator's Guide** — 54-page counselor's guide to Character Development; \$20.00.

**Self Preservation: Resources & Hints for Crime Victims**- 73 page book to aid victims of crime in coping with trauma and PTSD symptoms. \$4.00.

**Driving the Right Way**—4-session client workbook for DWI/DUI offenders. Customized DUI statistics for any State. Also in Spanish. \$10.00.

**Facilitator's Guide for Driving the Right Way**—4-page how-to guide ; \$5.00 or free with workbook.

**Escaping A Bottomless Pit**—6-session workbook focused on clients with revoked/suspended license. Can be used for any State. \$10.00 ea. & free Facilitator Guide.

**Taking the High Road** - 41-page drug education workbook for offenders. 1-49: \$10.00 ea. (Order of 50+ books: \$4.75)

**Facilitator's Guide for Taking the High Road**: \$10.00. Workbook modules on audio CD: \$50.00.

**Your Life Work** - 70-page workbook focused on understanding how one's principles relate to a personal life purpose & mission. \$15.00. (DVD & Starter Kit also available)

Only those trained in MRT™ may order the following materials

**MRT™ Facilitator's Handbook** — Bound 8.5 X 11, 21-page book giving the objective criteria for each MRT™ step. Includes sections on group processes, rules, dynamics, hints, and instructions for starting a MRT™ group. **Juvenile MRT™** version is also available. \$10.00.

**MRT™ Freedom Ladder Poster** - Poster of MRT™ stages, steps, and personality descriptions (B/W); \$10.00.

**How To Escape Your Prison CD Set** — The complete text of the MRT™ workbook, *How To Escape Your Prison*, contains brief explanations by Dr. Little of exercises and tasks. \$60.00.

**MRT™ Journal: Thoughts & Questions about MRT Steps**— Clients make comments & observations in journal style. \$4.75.

**How To Escape Your Prison** — The MRT™ workbook used in criminal justice, 152 pages, 8.5 X 11 perfect bound format, with all relevant exercises — by Drs. Greg Little & Ken Robinson; \$25.00.

**How To Escape Your Prison in Spanish** — The Spanish MRT™ workbook used in criminal justice, 138 pages, 8.5 X 11 perfect bound format, identical to English version — by Drs. Greg Little & Ken Robinson; \$25.00.

**How To Escape Your Prison CD Set in Spanish** — The Spanish MRT™ workbook on CD - boxed.; \$60.00.

**Juvenile MRT™ How To Escape Your Prison** — MRT™ workbook for juvenile offenders, 8.5 X 11 perfect bound format, with all exercises.; \$25.00.

**Winning the Invisible War** — MRT™ specialized workbook for veterans in treatment; \$25.00.

**Domestic Violence Workbook** — 119 pages in 8.5 X 11 format, titled, *Bringing Peace To Relationships*, for use with domestic violence perpetrators. The MRT™ format contains exercises designed to focus on CBT issues of faulty beliefs, attitudes, and behaviors leading to violence; \$25.00. (Must be trained in MRT's Domestic Violence program)

**Domestic Violence Facilitator's Guide** — 21 pg. how-to facilitator's guide to *Bringing Peace To Relationships* domestic violence groups; \$10.00.

**Filling The Inner Void** — MRT™ workbook, 120-page spiral bound, used with juveniles, in schools - by Drs. Little & Robinson. Discusses the "Inner Enemy" (the Shadow in Jungian psychology), projection, and how we try to fill basic needs; \$25.00.

**Discovering Life & Liberty in the Pursuit of Happiness** — MRT™ workbook for youth and others not in criminal justice; \$25.00.

**MRT™ Program Participant Coins** — The Step 3 Completion Coin is silver metal, the MRT™ Graduate coin heavy brass. Step 3 Coins- 1 Roll (25 coins) - \$30.00. MRT graduate coins: 1-49: \$6 ea., 50-100: \$5 ea., 100+: \$4 ea.



# CBT Materials Order Form

Item	Price Each	# Ordered	Subtotal
Something for Nothing (Eng. or Span. Workbook)	\$10.00		
Escaping A Bottomless Pit (Revoked/Susp. License)	\$10.00		
Something for Nothing (book on CD)	\$35.00		
APD & Criminal Justice	\$18.95		
Effective Counseling Approaches text	\$12.00		
Crisis Intervention text	\$10.00		
5-Minute Stress Manager (CD) (Eng. or Span.)	\$8.95		
Parenting and Family Values	\$15.00		
Imaginary Future (CD) (Eng. or Span.)	\$8.95		
Imaginary Time Out (CD) (Eng. or Span.)	\$8.95		
Family Support (CBT workbook)	\$9.00		
Job Readiness (CBT workbook)	\$9.00		
Rules Are Made to be Followed	\$10.00		
Coping With Anger (workbook)	\$10.00		
Coping With Anger Facilitator Guide	\$5.00		
Coping With Anger Group Starter Kit	\$245.00		
Coping With Anger Training DVD	\$100.00		
Coping With Anger (book on CD)	\$50.00		
Making Changes Sex Offender Workbook	\$18.00		
Making Changes Facilitator Guide	\$10.00		
Untangling Relationships Wkbk Eng./Span.	\$10.00		
Staying Quit (workbook)	\$10.00		
Staying Quit Facilitator Guide	\$ 5.00		
Staying Quit Group Starter Kit	\$140.00		
Responsible Living workbook	\$10.00		
Thinking For Good workbook	\$10.00		
Thinking For Good Facilitator Guide	\$ 5.00		
Character Development/Facilitator Guide: Each	\$ 20.00		
Driving the Right Way Workbook Eng./Span.	\$10.00		
Driving the Right Way Facilitator Guide	Free		
Your LifeWork	\$15.00		
Self Preservation	\$ 4.00		
Taking the High Road. (1-49: \$10.00 ea., Order of 50+ books: \$4.75)			
Taking the High Road Facilitator Guide	\$10.00		
<b>-MRT Materials below can only be ordered by trained MRT facilitators</b>			
MRT Facilitator's Handbook	\$10.00		
MRT Poster (Freedom Ladder)	\$10.00		
How To Escape Your Prison (cds) (Eng. or Span.)	\$60.00		
How To Escape Your Prison (Eng. or Span.)	\$25.00		
Juvenile MRT™ - How To Escape Your Prison	\$25.00		
Juv. MRT Facilitator's Handbook	\$10.00		
Juv. How To Escape Your Prison Audio CD	\$60.00		
Domestic Violence (Must take DV training)	\$25.00		
Domestic Violence <i>Facilitator's Guide</i>	\$10.00		
Winning the Invisible War (Veterans)	\$25.00		
Filling The Inner Void	\$25.00		
Discovering Life & Liberty...	\$25.00		
MRT™ Journal	\$ 4.75		
MRT™ Coins: Step 3 or Step 12	Please specify # & cost		



You can now order online! Go to our web site at [www.ccimrt.com](http://www.ccimrt.com) and click on the Store link.

## Ordering Instructions

To order materials, clip or copy coupon and send with check, money order, or purchase order. All orders are shipped by UPS — no post office box delivery. Call CCI at (901) 360-1564 for shipping, insurance, and handling charges. Orders are typically shipped within 5 working days of receipt.

Materials below the line stating "MRT Materials..." can only be ordered by persons or agencies with trained MRT™ facilitators. Call for details if you have any questions.

**CREDIT CARD ORDERS:**  
**(901) 360-1564**

### ORDER COUPON

**Your Name and Shipping Address:**

Name: \_\_\_\_\_

Agency: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Send form and payment to:  
Correctional Counseling, Inc.  
2028 Exeter Rd.  
Germantown, TN 38138

\_\_\_\_\_ = TOTAL ORDER

\_\_\_\_\_ 9.75% Sales Tax (TN only)

\_\_\_\_\_ (call for Shipping/

Handling)

\_\_\_\_\_ = Grand Total

## 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.

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>
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 treatment 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 completion certificates.

## Upcoming Trainings

### MRT TRAININGS

Irvine, CA	3/24 - 3/27/2014
Waxahachie, TX	3/24 - 3/27/2014
Albuquerque, NM	4/7 - 4/10/2014
Las Vegas, NV	4/28 - 5/1/2014
Blackfoot, ID	5/6 - 5/9/2014
Germantown, TN	5/12 - 5/15/2014
Auburn, IN	5/12 - 5/15/2014
Lacey, WA	5/19 - 5/22/2014
Los Angeles, CA	6/2 - 6/5/2014
Kodiak, AK	6/24 - 6/27/2014
Marquette, MI	6/17 - 6/20/2014
New York, NY	7/14 - 7/17/2014
Germantown, TN	7/28 - 7/31/2014
Germantown, TN	8/18 - 8/21/2014
Germantown, TN	10/13 - 10/16/2014

### ADVANCED MRT TRAINING

Blackfoot, ID	5/5/14
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### MRT DOMESTIC VIOLENCE TRAINING

Tooele, UT	4/28 - 5/1/2014
Germantown, TN	5/20 - 5/23/2014

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