



CORRECTIONAL COUNSELING, INC.
PRESENTS CERTIFIED, EVIDENCE-BASED TRAINING

MRT-Moral Reconciliation Therapy®

Breaking the Chains of Trauma Training

Daily Agenda, 1 Day, 6.5 Hour Training

* 0.65 Continuing Education Units will be available from Louisiana State University at Shreveport.
A separate form and fee are required for these CEU certificates.

Lecture, discussion, group work, and individual exercises comprise Trauma Training.

This training is only available to people who have already completed basic MRT or MRT for Domestic Violence Training.

Agenda:

8:30 AM – 9:00 AM	Definition of Trauma
9:00 AM – 9:30 AM	Types of Trauma
9:30 AM – 10:15 AM	Common Responses to Trauma
10:15 AM – 10:30 AM	Break
10:30 AM – 10:45 AM	Assessment Tools
10:45 AM – 12:00 PM	How to Use/Facilitate Breaking the Chains of Trauma Workbook: Session 1: Defining Trauma; Session 2: Trauma Covers Us in Chains
12:00 PM – 1:00 PM	Lunch
1:00 PM – 1:30 PM	Session 3: Acceptance and Seeing Reality-Recovery Process
1:30 PM – 2:00 PM	Session 4: Becoming Truly Aware and Mindful
2:00 PM – 2:15 PM	Break
2:15 PM – 2:45 PM	Session 5: Relationships- The Best Parts of Our World and the Most Difficult
2:45 PM – 3:15 PM	Session 6: Taking Charge- The Courage to be Free
3:15 PM – 3:45 PM	Session 7: The Future, Goals, and Becoming Who You Want to Be
3:45 PM – 4:15 PM	Session 8: Program Ending- Striving to Superiority VS. Just Surviving
4:15 PM – 4:30 PM	How to Begin the Group: Final Questions: Awarding of Certificate of Completion