



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

MRT-Moral Reconciliation Therapy® Breaking the Chains of Trauma Training

Daily Agenda, 2 Day, 13 Hour Training

* 1.6 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, homework, and individual exercises comprise Trauma Training.

Day One:

8:30 AM – 9:00 AM	Introductions: Training Agreements
9:00 AM – 10:15 AM	Definition of Trauma; Autonomic Nervous System; Types of Trauma; Erik Erikson’s Theory of Ego Development
10:15 AM – 10:30 AM	Break
10:30 AM – 12:00 PM	Common Responses to Trauma: Men’s versus Women’s Trauma: Trauma Informed Care: Assessment Instruments
12:00 PM – 1:00 PM	Lunch
1:00 PM – 2:30 PM	Breaking the Chains of Trauma Workbook: Session 1: Defining Trauma; Session 2: Trauma Covers Us In Chains
2:30 PM – 2:45 PM	Break
2:45 PM – 4:30 PM	Session 2 Continues; Inner Self Lecture: Homework Assigned

Day Two:

8:30 AM- 10:15 PM	Session 3: Acceptance and Seeing Reality; Session 4: Becoming Truly Aware and Mindful
10:15 AM- 10:30 AM	Break
10:30 AM- 12:00 PM	Session 4 Continues; Session 5: Relationships- The Best Part of our World and the Most Difficult; Bag of secrets Lecture
12:00 PM- 1:00 PM	Lunch
1:00 PM- 2:30 PM	Session 6: Taking Charge- The Courage to be Free; Session 7: The Future, Goals, and Becoming Who You Want to Be
2:30 PM- 2:45 PM	Break
2:45 PM-4:30 PM	Session 7 Continues; Session 8: Striving for Superiority versus Just Surviving; Wrap-Up: Awarding of Certificate of Completion

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