



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

# MRT-Moral Reconciliation Therapy®

## Battling Shadows Training

### Veterans, Trauma, and PTSD

### 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 Battling Shadows Training.

#### Day One:

8:30 AM – 8:45 AM	Introductions and Housekeeping
8:45 AM – 10:15 AM	Definitions of Trauma: Autonomic Nervous System: Types of Trauma: Common Responses to Trauma
10:15 AM – 10:30 AM	Break
10:30 AM – 12:00 PM	Men’s versus Women’s Trauma: Ways Staff Can Cause Retraumatization: Trauma Informed Care: Tips for Building Resilience: Assessment Instruments: Issues to consider when starting a trauma group
12:00 PM – 1:00 PM	Lunch
1:00 PM – 2:15 PM	Battling Shadows Workbook: Session 1: We Live in an Unpredictable World; Three Breath Technique; Shield and Life Mask explained; My Current Life Situation explained; Journaling exercise explained; Session 2: Shadow Boxing; Military Wheel explained; Questions About Trauma discussed; Your Strong Points explained
2:15 PM – 2:30 PM	Break
2:30 PM – 4:15 PM	Session 3 Reality Bites- Part 1; Walk and Explore technique explained; Questions on Quotes and Ideas –explained/ experiential; Worries/Wants/ Needs –experiential; My Problem Place & Time explained; My Problem Place & Time /2 explained
4:15 PM – 4:30 PM	End and Homework Assigned: Life Wheel on Page 70: Best of Times/ Worst of Times on Page 84

#### Day Two:

8:30 AM- 10:15 PM	Session 4 Reality Bites-Part 2; Questions on Horrible Things explained; Questions on Trauma from Injustice explained; Black Smoke Breath Visualization explained – experiential; Mindfulness Fix or Clean Up explained; Life Wheel explained – experiential; Life Wheel -2 explained; Session 5 The Bag of Secrets; Concept of the Bag of Secrets Lecture; Self-Talk explained;
10:15 AM- 10:30 AM	Break
10:30 AM- 12:00 PM	Session 5 (continued); Best of Times/ Worst of Times explained–experiential; Drawing Your Bag of Secrets explained; Session 6 Empathy & Forgiveness in a Shrinking World; Questions on Techniques & Exercises explained; Someone Who Turned Trauma Around explained
12:00 PM- 1:00 PM	Lunch
1:00 PM- 2:15 PM	Session 6 (continued); Trading Places explained-experiential; Spread Out explained; Take A Walk explained; Redemption Drawing explained: Session 7 Empathy & Forgiveness: Declutter & Simplify; Things in My Life Right Now explained; My Major Life Categories List explained; What is Most Important/ Eliminate explained; Circle of Relationships explained
2:15 PM- 2:30 PM	Break
2:30 PM-4:15 PM	Session 7 Continued; Closure Ritual explained; Session 8 Living in the Present by Finding Your True Self; Things of Qualities I Most Value explained; Five Year and One Year Goals explained; Ideal You explained; Final Exercise explained
4:15 PM-4:30PM	Wrap up questions: Evaluations: Awarding of Certificate of Completion

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