



## Moral Reconciliation Therapy-MRT® Domestic Violence Program

Judges report two main reasons to order DV offenders to treatment:

- To hold offenders accountable for the crime for which they were convicted; and
- To reduce the likelihood of future crime through the anticipated rehabilitative effects of DV treatment

(Labriola, M., Rempel, M., O'Sullivan, C. & Frank, P.B. (2007). Court Responses to batterer's program noncompliance: A national perspective. New York: Center for Court Innovation)

The MRT model is a cognitive –behavioral program designed to change how batterers think (belief systems) therefore leading to changing the batterers' behaviors from any types of abuse whether it is physical, emotional, or financial to behaviors which include equality and acceptance.

One of the major goals of the program is to increase the moral reasoning levels of participants based on Lawrence Kohlberg's theory of moral development. Conation is closely associated with the use of will or the freedom to make choices about what to do. It is critical if an individual is to successfully engage in self-direction, self-regulation, and possess intentionality in behavior.

### **The Moral Reconciliation Therapy Batterer Program, *Bringing Peace to Relationships*:**

- is a power and control program designed to conform to the required minimum state standards
- is operationalized in an open-ended group and workbook driven format which can be formatted to be completed in 26 or 52 sessions
- all groups are facilitated by a trained facilitator (all Facilitators attend a required 32 hour training in the model)
- the workbook, *Bringing Peace to Relationships*, contains cognitive-behavioral exercises which have a specific format and purpose
- all exercises are prepared by the participant prior to the group and then presented and processed during the group in compliance with the underlying issue of the exercise by a trained facilitator
- is psycho-educational
- confronts power & control tactics such as male privilege, coercion, minimizing behavior, and isolation
- defines domestic violence
- assists the batterer in taking responsibility
- challenges role expectations
- teaches stress management skills
- teaches about the cycle of violence and requires the participant to identify any cycles within their relationships
- teaches the participant tools to interrupt any violence such as learning to take a time-out
- explores the socio-cultural basis for domestic violence