



*It Works!*

30 YEARS OF INSPIRING HOPE AND HEALING

## COGNITIVE-BEHAVIORAL PRODUCT CATALOG

**Client Workbooks, Program Materials  
And Professional Training**



**MENTAL HEALTH**



**CRIMINAL JUSTICE**



**TRAUMA**



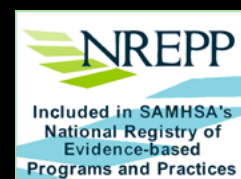
**SUBSTANCE ABUSE**



**EDUCATION**

**Correctional Counseling, Inc.**  
**901.360.1564**

**cci@ccimrt.com**  
**www.ccimrt.com**

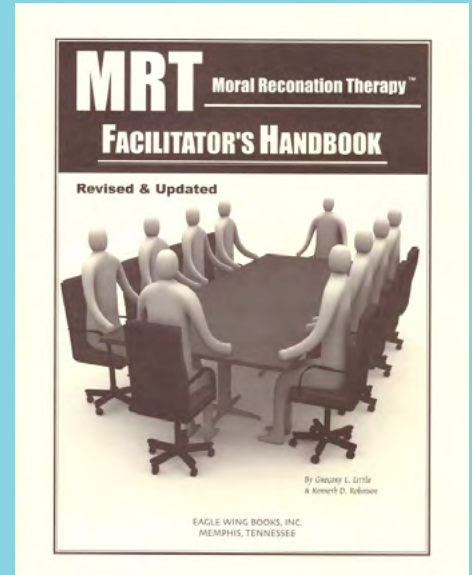


# MRT Training<sup>SM</sup> & Fidelity Services

## Basic MRT Training

On-site training consists of four (4) days of instruction provided for participants to learn Moral Reconciliation Therapy–MRT® and the use of MRT with “treatment resistant” clients. It is an intensive training program that uses lecture, discussion, and experiential exercises to explore the dynamics and basic personality traits of clients who are antisocial or who have other personality disorders. Basic outcome research on the effectiveness of treating antisocial clients is presented. In addition, the primary characteristics, evolution, and application of cognitive-behavioral techniques are explained and demonstrated. The cognitive-behavioral method of Moral Reconciliation Therapy is reviewed in detail and attendees also participate in the program’s structured cognitive-behavioral exercises.

Each participant receives approximately 32 hours of training that includes up to four hours of “homework” assigned to trainees in preparation to facilitate MRT groups. During the training, each facilitator will receive a copy of the following: How To Escape Your Prison (the MRT workbook), the MRT Facilitators Handbook (contains information on the group process, specific objective criteria and guidelines for all exercises and tasks in MRT, and specific “how to” instructions), Antisocial Personality Disorder and Criminal Justice, reprints of 10 journal articles on outcome data on MRT programs, Effective Counseling Approaches (contains a description of cognitive behavioral approaches, cognitive restructuring, and cognitive skills programs), 1 compact disc containing two exercises: 5-Minute Stress Manager and Imaginary Future (used in training facilitators how to get clients to set appropriate long-term goals).



CCI is the sole-source provider of MRT training, materials, and facilitator certification. All staff completing the basic MRT training receive a certificate of completion from CCI authorizing them to facilitate MRT groups. Those completing MRT are also eligible for CEU's issued by Louisiana State University at Shreveport (LSU-S). Training costs are \$600.00 for one person and \$500.00 for any additional staff from the same agency in attendance at the same training (travel expenses not included).

## One-Day MRT Basic Review Training

Correctional Counseling, Inc. offers a one-day Basic Review Training for participants to review and enhance their MRT facilitation skills. This program is designed to ensure fidelity to the MRT model and is available only to those who have previously completed basic MRT training.

The one-day MRT review training consists of an eight-hour practical, hands-on workshop (CEU approved) that assists participants to enhance their basic skills to more effectively facilitate MRT groups. MRT procedures are reviewed in detail. Attendees also participate in the program’s structured cognitive-behavioral exercises. Participants are encouraged to bring their own example problems and research questions to be reviewed during training. This training is only available to people who have already completed basic MRT training. All participants will receive a certificate of attendance/completion and CEUs will be available from LSU-S. The cost is \$150 per person (travel expenses not included).

Topics for this workshop include:

- Overview of the Purpose of Each MRT Step
- Review of Objective Criteria for Steps
- Solutions to Step-Related Problem Areas
- Implementation Issues with MRT
- Review of Research Issues

## Two-Day Advanced MRT Training

Advanced MRT is a two-day, 16-hour practical, hands-on workshop that assists participants to enhance their basic group facilitation skills and effectively evaluate and critique the MRT group process. All participants who attend this training will receive a certificate of attendance/completion and CEUs are available from LSU-S. The cost is \$300.00 per person (travel expenses not included).

Participants receive a copy of The Advanced MRT Facilitator's Handbook, Crisis Intervention Strategies for Chemical Abusers & Offenders by Drs. Little and Robinson with Kathy Burnette, sample exercises, and quality assurance forms. Participants have the opportunity to dialogue with the MRT trainers as well as other MRT practitioners. Participants are encouraged to bring their own examples, problems, and research questions to be reviewed in detail during training.

Topics covered in the training include:

- Overview of the Purpose of Each MRT Step
- Solutions to Step-Related Problem Areas
- Review of the Role of Quality Assurance
- Q.A. Report Examples
- Review of Objective Criteria for Steps
- Implementation Issues with MRT
- Discussion/Role Play of Q.A. Strategies
- Review of Research Issues

## Trauma Program Training

One-Day Training: CCI's one-day trauma program training is a 6.5-hour intensive lecture, discussion, and hands-on workshop to explore the dynamics of trauma. The workshop is designed for MRT-trained facilitators and MRT for Domestic Violence facilitators to effectively implement the cognitive-behavioral Breaking the Chains of Trauma program. The key issues identified by SAMHSA's Trauma-Informed Treatment Protocol will be explained and several assessment instruments will be identified. The cost is \$250.00 per person (travel expenses not included). Each participant in both the one-day and two-day trauma training programs will receive a copy of the following: Breaking the Chains of Trauma Workbook-Male Version, Breaking the Chains of Trauma-Female Version, Breaking the Chains of Trauma Program Journal, and Breaking the Chains of Trauma Facilitator's Guide. All participants will receive a certificate of attendance/completion and CEUs will be available from LSU-S.

Two-Day Training: CCI's two-day trauma training is 13 hours of intensive lecture, discussion, and hands-on workshop to explore the dynamics of trauma. The workshop is designed for people who have not received basic MRT training or the MRT for Domestic Violence training. The key issues identified by SAMHSA's Trauma-Informed Treatment Protocol will be explained and several assessment instruments will be identified. The cost is \$400.00 per person (travel expenses not included). Each participant in both the one-day and two-day trauma training programs will receive a copy of the following: Breaking the Chains of Trauma Workbook-Male Version, Breaking the Chains of Trauma-Female Version, Breaking the Chains of Trauma Program Journal, and Breaking the Chains of Trauma Facilitator's Guide. All participants will receive a certificate of attendance/completion and CEUs will be available from LSU-S.

## On-Site Quality Assurance Group Visits by an MRT Trainer

Since Program fidelity is one of the most critical elements in the successful implementation of any program, CCI offers Quality Assurance group visits by a certified MRT Trainer. This service includes:

- MRT Trainer will observe up to 6 MRT groups per day.
- MRT Trainer will give verbal feedback to facilitators at the conclusion of group
- MRT Trainer will prepare a written summary of the observation visit which will include suggestions and recommendations.

The cost for on-site Q.A. is \$750.00 per day plus travel expenses for the MRT Trainer, which includes flight, hotel, car, fuel, and meals.

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## Ordering Products

Products may be purchased through Correctional Counseling, Inc., in one of the following ways:

[www.ccimrt.com](http://www.ccimrt.com)  
email: [ccimrt@ccimrt.com](mailto:ccimrt@ccimrt.com)  
or  
(901) 360-1564

\*Correctional Counseling, Inc. is the sole distributor of Moral Reconciliation Therapy® materials.

For more information visit: [www.moral-reconciliation-therapy.com](http://www.moral-reconciliation-therapy.com)

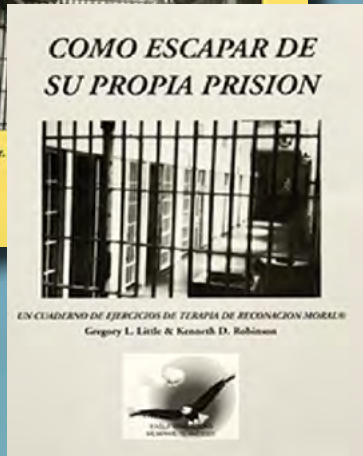


MRT-TRAINED ONLY

## How To Escape Your Prison

MRT-TRAINED ONLY

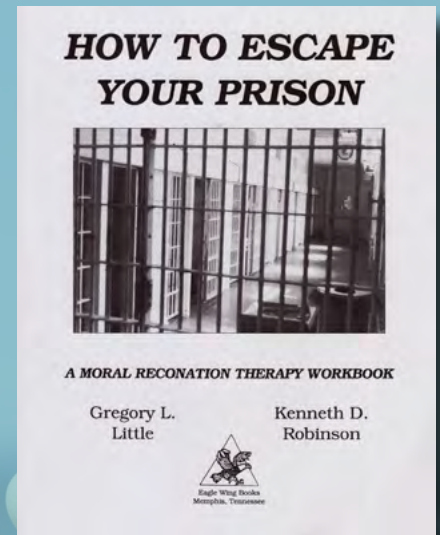
*How to Escape Your Prison* is the primary MRT workbook used for adult offenders and adults in substance abuse treatment. The 152-page workbook is also used in programs for multiple DUI offenders. The workbook addresses issues related to criminal thinking and criminal needs, as well as Substance Abuse.



The book is used with all types of offenders including those in jails, prisons, community corrections, therapeutic communities, halfway houses, parole and probation, and drug/mental health/DUI courts. Numerous substance abuse programs, both residential and outpatient, utilize the workbook. MRT is a SAMHSA NREPP program used for substance abuse and general treatment of criminal populations.

This program consists of 16 steps, with 12 of these typically completed in an average of 30 sessions held in accordance with the implementation site's own needs and characteristics. For example, TC's often hold several MRT groups each week, while drug courts and probation sites typically hold a weekly group.

Clients complete homework for each group prior to coming to a session. In the group each client presents their homework and the facilitator passes the client to the next step or has the client redo the homework, based on objective criteria. All MRT groups are open-ended, meaning that new clients can enter an ongoing group at any time. Each group session will usually have new clients, as well as clients graduating from the program. All MRT facilitators must complete the Basic MRT Training. See the following page for supporting materials.



Available Versions include: Adult, Juvenile, and Spanish.

# \$25 each

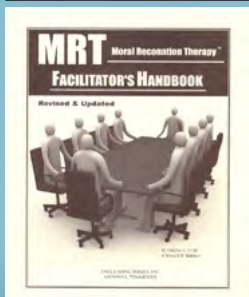
\*Please see supportive materials on the following pages for *How to Escape Your Prison*.

MRT-TRAINED ONLY

## How To Escape Your Prison

MRT-TRAINED ONLY

## Supportive Materials

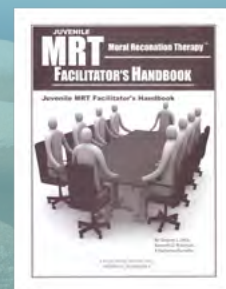


The MRT Facilitator's Guide gives basic instructions as well as the objective criteria that should be used for each Step.

**\$35 each**

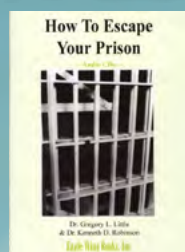
The Juvenile MRT Facilitator's Guide gives basic instructions as well as the objective criteria that should be used for each Step.

**\$10 each**



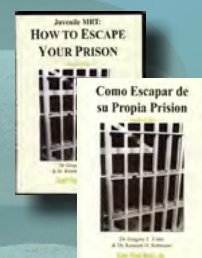
*The MRT Journal: Thoughts & Questions About MRT Steps* presents ideas and questions about the various aspects of the 12 major steps of MRT. The MRT Journal will be useful to inpatient programs, TCs, substance abuse programs, and agencies using MRT with higher functioning clients.

**\$6 each**



A CD set of the book is available for clients who do not read. There are both English and Spanish versions of the "audio book" available. There is also an audio version of the Juvenile program.

**\$60 each**



A combination CD can be utilized by the client which is: *5 Minute Stress Manager and Imaginary Future*. (please see Audio Resources page for a description of these CD's)

**\$16.95 each**



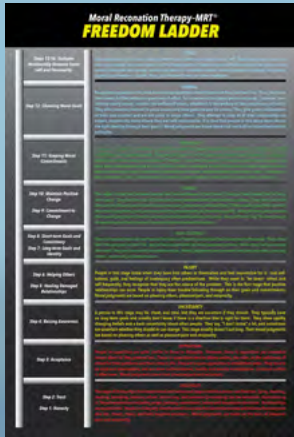
# MRT Program Materials

MRT-TRAINED ONLY

## How To Escape Your Prison

MRT-TRAINED ONLY

### Supportive Materials



*Freedom Ladder Poster* – Large 24" x 36" full color poster. Describes the MRT personality stages associated with each step. A black and white version is also available.

**\$26.95 ea. (color)    \$10 ea. (b/w)**



The Step 3 Coin is given to clients who successfully pass Step 3. The coin is tangible and represents the accomplishment of passing one of the most important parts of the program.

**\$30** per roll of 25 coins

The Graduate Coin is given to clients who successfully complete the MRT Program. The coin is tangible and represents the accomplishment of completing the program.

**1-49 = \$6 ea.    50-99 = \$5 ea.    100+ = \$4 ea.**



The "Pop-Up" is a tool that can be used to allow the client to see how the program creates a transformation in their personality. It is a visual tool that demonstrates a transition from two-dimensional decision-making to a deeper, three-dimensional process. Visit the Moral Reconciliation Therapy® YouTube channel to see a short video describing the Pop-Up.

**\$6 each**

Reward your clients as they complete the 16 steps of MRT with an official CCI-MRT certificate. Customizable certificate can be printed with the client name and date. Print your agency logo on the bottom in the middle if desired.

**\$25 per pack**

Prepack quantity: 24 per package





## Coping With Anger



*Coping with Anger* is a 49-page client workbook designed for 8 group sessions focusing on teaching and practicing anger management skills.

*Coping With Anger* is targeted to adults and juveniles who have problems with managing feelings of anger and frustration in an appropriate way. It is used with violent offenders, argumentative or oppositional clients, as a supplemental program with domestic violence perpetrators, with road rage, substance abuse, and drug courts.

The program is in use in corrections, probation and parole, community corrections, diversion programs, all juvenile programs, and in private treatment settings.

The program has 8 modules completed in 8 group sessions supplemented by several sessions with a counselor or facilitator. Clients complete homework for each module prior to coming to group. In group each client presents his or her homework to the group and the facilitator passes the client to the next module or has the client redo the homework based on objective criteria. The groups are open-ended meaning that new clients can enter an ongoing group at any time. Each group session will usually have new clients as well as some finishing the program. A typical group will have a client present Module 1, another client completes Module 2, and so on. The workbook is individualized to specific client needs by requirements to meet with the facilitator or counselor at several modules. An audio CD of the book is available.

Available Versions include: Adult, Juvenile, and Spanish.

**\$10 each**  
(minimum order of 10)



Anger Management Group Starter Kit contains: 15 *Coping With Anger* workbooks, 2 *Coping With Anger* Facilitator Guides, 2 5-Minute Stress Manager CDs, 1 Anger Management Training DVD, and 1 *Coping With Anger* (book on CD). For a limited time, the Starter Kit is specially-priced at \$245.00

## Coping With Anger

## Supportive Materials



The Coping With Anger Facilitator's Guide gives basic instructions as well as the objective criteria that should be used for each module.

**\$5 each**



An Anger Management Training DVD (1.5 hours) is available showing how clients are admitted to the group, and how groups are conducted.  
(Not to be viewed by clients.)

**\$100 each**



A 2-disc audio version of *Coping with Anger* is available. It can be used to allow group facilitators several alternative methods to operate an anger management program.

**\$50 each**



There are three CD's that can be used in conjunction with the *Coping with Anger* program. These CDs can be utilized both in and out of group: the *Five-Minute Stress Manager*, *Basic Relaxation*, and *Progressive Muscle Relaxation*. A description of these CD's can be found on the Audio Resources page.

**\$12 each**



DOMESTIC VIOLENCE  
MRT-TRAINED ONLY

## Bringing Peace to Relationships

DOMESTIC VIOLENCE  
MRT-TRAINED ONLY

*Bringing Peace to Relationships* - This 119-page MRT workbook is used exclusively with batterers—perpetrators of domestic violence. The book follows the MRT Steps and also has sections covering the issues of power and control.

The book is used in many batterers' programs as the primary treatment method. MRT meets most state requirements for batterer treatment programs and is approved by most states for use with batterer programs. MRT is an NREPP program.

The program is divided in 24 modules with each module completed in a group session. Clients complete homework for each module prior to coming to a session. In group each client presents his or her homework and the facilitator passes the client to the next module or has the client redo the homework based on objective criteria. All MRT groups are open-ended meaning that new clients can enter an ongoing group at any time. Each group session will usually have new clients as well as some finishing the program. All MRT domestic violence facilitators must complete domestic violence MRT training.

Available versions include: Adult, Spanish and a specialized version used in Australia and New Zealand.

**\$25 each**

## Supportive Materials



The MRT Counselor's Handbook for Domestic Violence gives basic instructions as well as the objective criteria that should be used for each step.

**\$10 each**

*Bringing Peace to Relationships* CD Set (5 discs)—Audio of the Australian Version of the workbook spoken in a British accent.

**\$60 each**

A combination CD can be used for anger management: *5 Minute Stress Manager and Imaginary Time-Out*. (Please see Audio Resources page for a description of these CDs.)

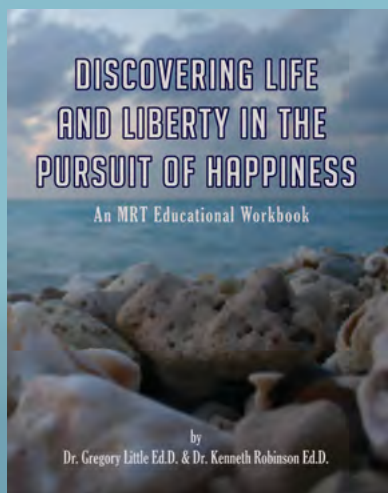
**\$16.95 each**



MRT-TRAINED ONLY

## Discovering Life & Liberty In the Pursuit of Happiness

MRT-TRAINED ONLY



*Discovering Life and Liberty in the Pursuit of Happiness* - This 109-page workbook is a educational adaptation of basic MRT. The book is used in numerous educational settings, welfare-to-work programs, and in settings focusing on helping individuals set goals, work on relationships, and become more focused.

The book is used with all types of nonoffender populations especially in educational settings. High schools, community colleges, residential programs, and churches utilize this version of MRT. MRT is an NREPP program.

The program has 16 Steps with 12 of these typically completed in 30 group sessions held in accordance with the implementation site's own needs and characteristics. Clients complete homework for each group prior to coming to a session. In group each client presents his or her homework and the facilitator passes the client to the next step or has the client redo the homework based on objective criteria. All MRT groups are open-ended meaning that new clients can enter an ongoing group at any time. Each group session will usually have new clients as well as some finishing the program. All MRT facilitators must complete basic MRT training.

# \$25 each

### Supportive Materials



The *Discovering Life and Liberty in the Pursuit of Happiness* Facilitator's Guide gives basic instructions as well as the objective criteria that should be used for each Step.

# \$10 each



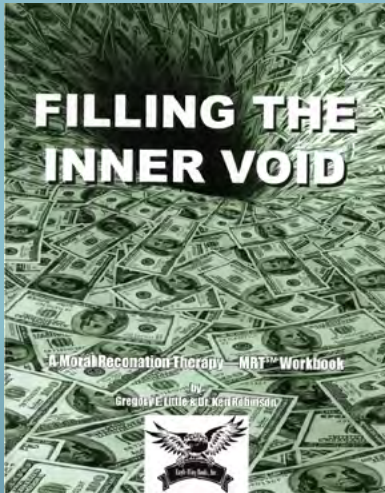
An audio CD set of *Discovering Life and Liberty in the Pursuit of Happiness* is available for the visually impaired.

# \$65 each

MRT-TRAINED ONLY

## Filling the Inner Void

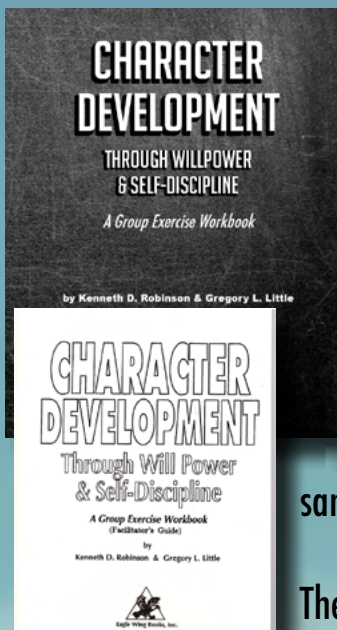
MRT-TRAINED ONLY



*Filling the Inner Void*-This 120-page workbook is an adaptation of basic MRT that was initially designed for hospital based programs and clients in private practice. This workbook goes into several much deeper concepts than the offender or juvenile-based versions. The Jungian idea of the “shadow” is presented along with ideas about understanding why many people accumulate so many material objects. This allows the provider and/or program to deliver an evidence-based substance abuse environment with proven outcomes.

# \$25 each

## Character Development



*Character Development* (54 pages) focuses on methods and motivations of building will power, self-discipline, and how to set goals. It can be used in many settings with both juveniles and adults. The program is used in therapeutic communities, boot camps, in parole and probation, and specialized educational youth programs. It is typically used in conjunction with other MRT-based programs.

The program is designed for 16 group sessions. Participants complete each session's homework prior to coming to group. In group each participant shares his or her homework. The program is typically conducted as a class where all clients complete at the same time. Staff who utilize this program workbook love it!

The program has 8 sections with homework designed to be completed prior to group and then presented in 8 group meetings. The program is either open-ended and conducted in ongoing groups where new members enter when assigned or as an educational program where all members proceed at the same pace.

# \$20 each

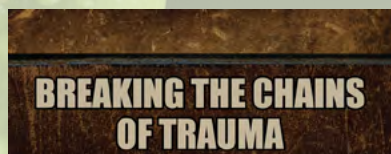
An extensive Facilitator's Guide to *Character Development* is available.



TRAUMA TRAINING REQUIRED

## Breaking the Chains of Trauma

TRAUMA TRAINING REQUIRED



Men's Version

### BREAKING THE CHAINS OF TRAUMA

Women's Version

By  
Dr. Gregory L. Little  
Dr. Kenneth D. Rablason  
Katherine D. Burnette

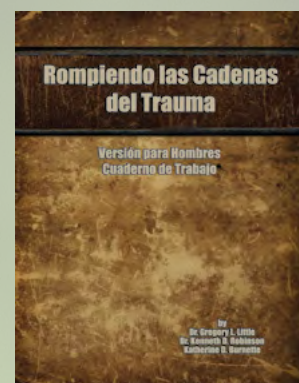
**\$15 each**  
(Bulk discounts available.)

Trauma related symptoms pose some of the greatest stumbling blocks to recovery for offenders, mental health clients, substance abusers, and individuals struggling with day-to-day responsibilities. These workbooks (67 pages) are based on the MRT approach and incorporate all of the key issues identified in SAMHSA's Trauma-Informed Treatment Protocol. They are designed to be used in an 8-session group that can be implemented in an open-ended manner, meaning that new participants can enter at any time, or as an 8-session psychoeducational class. There are separate workbooks for male and female participants. The workbooks are only available to those programs whose staff have completed CCI's specialized Two-Day Trauma Training, or have been trained in MRT plus the One-Day Trauma Training.

A Facilitator's Guide is available for \$5 each

A Spanish version of the workbook is available for

**\$18 each**  
(includes journal pages)



A 2-disc audio set of *Breaking the Chains of Trauma* is also available for \$60.

## Program Journal for *Breaking the Chains of Trauma*

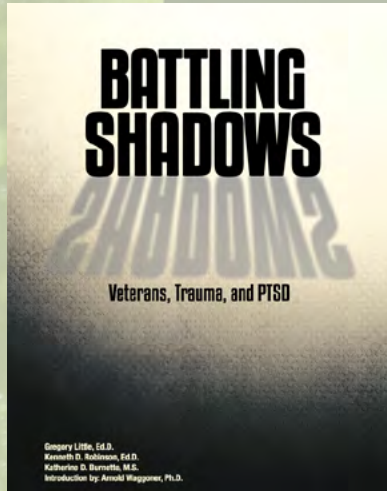
Journaling can be a powerful tool used as a supplement for many types of treatment. This Program Journal (65 pages) focuses on recovery from trauma-related symptoms and can be used with MRT-based Trauma workbooks, or on its own. The Journal may be purchased by anyone.

**\$10 each**





## Battling Shadows-Veterans, Trauma, & PTSD



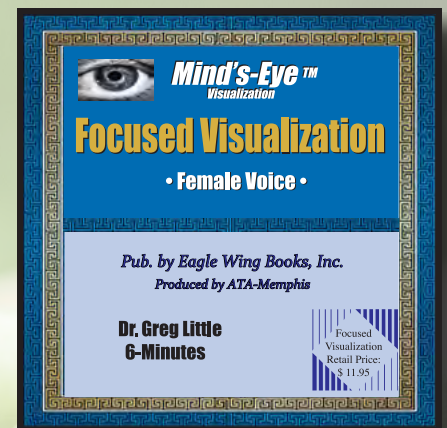
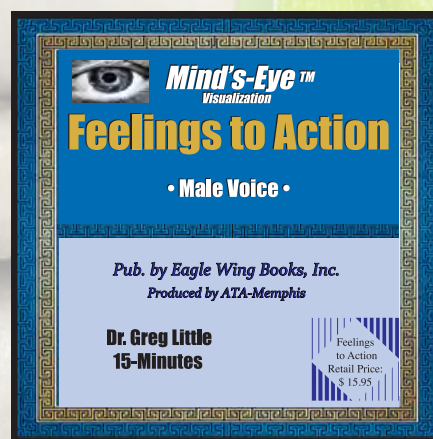
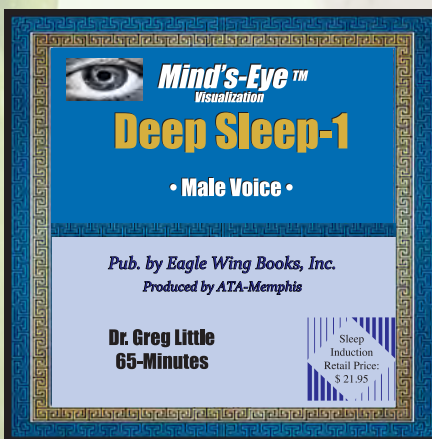
*Battling Shadows* is a new and totally unique cognitive-behavioral workbook that directly confronts trauma issues typically encountered in Veteran populations. This workbook was made to confront the unique types of trauma that are specific to the Veteran population. This 150-page workbook is designed to be implemented in eight group sessions, facilitated by professional staff. The program utilizes unique techniques that are intended to be used only with Veteran focused groups.

A specialized training is available through CCI for those interested, but is not required for VA programs. Several audio CDs used as adjuncts in trauma treatment are available. See the Trauma Audio Resources page for more information.

An extensive Facilitator's Guide is also available for \$20.

# \$30 each

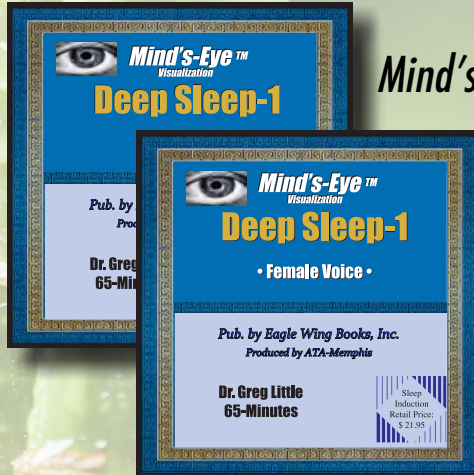
## Supportive Materials for Trauma Treatment



Several audio CDs are used in trauma treatment. These are used to enhance sleep, control feelings, and cope with intrusive thoughts. See the Audio Resources page for more information.

# Audio Resources for the Counselor's Toolbox

Counselors and therapists often overlook one of the most effective methods that assists clients who have experienced trauma and are engaged in a trauma treatment regimen. Using relaxation and visualization audios has shown to be helpful and is one of the best tools that counselors have at their disposal. Virtually all of these methods utilize controlled breathing and mindfulness exercises combined with visualizations designed to move the thoughts and feelings of the client in an appropriate direction. Allowing clients to borrow the audio CDs enables them to utilize effective strategies when they most need them. Here are the audio tools CCI offers:

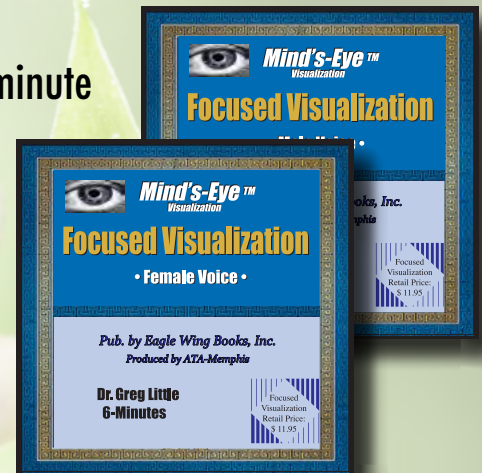


*Mind's Eye Visualization™: Deep Sleep* – This 65-minute audio is used as an aid to clients who have trouble falling asleep. It contains sleep enhancing music and visualizations that include nature. (Male & Female Voice versions available.)

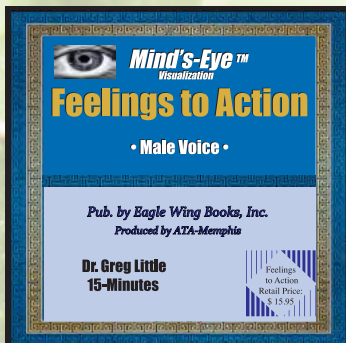
**\$21.95 each**

*Mind's Eye Visualization™: Focused Visualization* – This 6-minute audio is used to help clients deal with intrusive thoughts when they occur. (Male & Female Voice versions available.)

**\$11.95 each**



*Mind's Eye Visualization™: Feelings to Action* – A 15-minute audio used to motivate a client to perform an action when the client is stuck in a situation where he or she can't seem to shake unwanted feelings. (Male voice version only.)



Mind's Eye  
Visualization™  
Produced by ATA.

**\$15.95 each**



# Audio Resources

## for the Counselor's Toolbox

### Continued



**5-Minute Stress Manager** – A 15-minute relaxation technique broken into three 5-minute segments teaching the basics of controlled breathing. [English (male voice) and Spanish (female voice) versions available.]

**\$12 each**

**Basic Relaxation** – This 15-minute basic relaxation technique is a variation on the 5-Minute Stress Manager. [English (male voice) and Spanish (female voice) versions available.]

**\$12 each**



An ATA Product.



An ATA Product.

**Progressive Muscle Relaxation** – A 15-minute audio that uses both breathing and the progressive method of tensing and releasing muscle groups. [English (male voice) and Spanish (female voice) versions available.]

**\$12 each**

**Imaginary Future** – A 15-minute audio that uses visualizations to assist clients to see themselves coping with issues and moving toward a positive future. [English (male voice) and Spanish (female voice) versions available.]

**\$12 each**





# Audio Resources

## for the Counselor's Toolbox

### Continued



***Imaginary Time-Out***— A 15-minute audio that assists clients in visualizing how to take a time-out at times they are angry or stressed. [English (male voice) and Spanish (female voice) versions available.]

**\$12 each**

***Clean & Sober Visualization***— This 20-minute audio is unique and assists clients to visualize a future where they can live a happy and positive life without the use of drugs or alcohol. [English (male voice) and Spanish (female voice) versions available.]

**\$12 each**



An ATA Product.



An ATA Product.

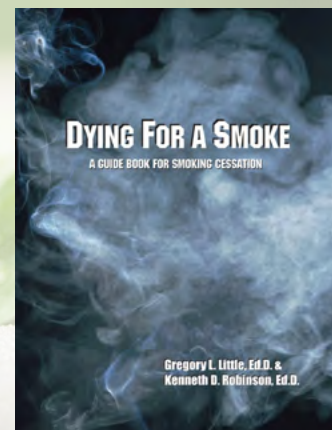
***Systematic Desensitization***— Few counselors use systematic desensitization but it remains the most effective technique to help clients learn to cope with unwanted feelings that emerge in anxiety-producing situations (25-minutes). [English (male voice) and Spanish (female voice) versions available.]

**\$12 each**



***Dying for a Smoke***: a smoking cessation workbook for individuals; includes 2 audio CDs. The book includes basic information needed to understand the issues with smoking cessation and health. CD #1 includes the Three-Breath Relaxation Method with both a long and short version. CD #2 is a 54-minute sleep version that begins with the three breath relaxation method.

**\$29.95 per Book & CD set**





MRT-TRAINED ONLY

## Winning the Invisible War

MRT-TRAINED ONLY



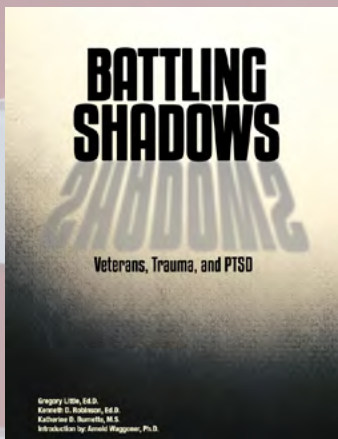
*Winning the Invisible War* is a 134-page MRT-based workbook that specifically addresses the specialized needs of veterans who have been assigned to treatment via the justice system or the VA. This program uses the Steps of MRT as its foundation. MRT is an evidence based cognitive-behavioral program that is designed to systematically address clients' decision making and skill building.

The program is used with Veterans who enter drug courts, family courts, or other specialized veteran treatment courts. Because Veterans have experiences and issues that are unique, it has been recognized that they participate best in treatment programs designed for veterans engaged in the same group process.

This program can be paired with the Veteran's trauma treatment workbook *Battling Shadows*, described below, which directly addresses the trauma issues frequently encountered in Veteran populations.

## \$25 each

## Battling Shadows-Veterans, Trauma, & PTSD



*Battling Shadows* is a new and totally unique cognitive-behavioral workbook that directly confronts trauma issues typically encountered in Veteran populations. This workbook was made to confront the unique types of trauma that are specific to the Veteran population. This 150-page workbook is designed to be implemented in eight group sessions, facilitated by professional staff. The program utilizes unique techniques that are intended to be used only with Veteran focused groups.

A specialized training is available through CCI for those interested, but is not required for VA programs. Several audio CDs used as adjuncts in trauma treatment are available. See the Trauma Audio Resources page for more information.

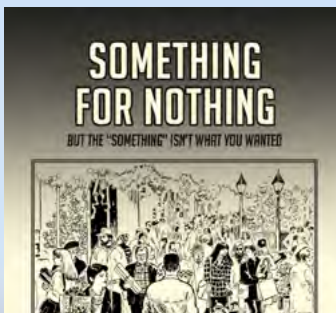
An extensive Facilitator's Guide is also available for \$20.

## \$30 each



# Shoplifting

## Something for Nothing



*Something For Nothing* (17-pages) is a workbook that focuses on shoplifting and is designed to be utilized in 8 group hours. The group meetings can be weekly for parole/probation settings or completed over a weekend. This program directly confronts and exposes the thinking and behaviors underlying shoplifting.

*Something For Nothing* is directly targeted to shoplifters who are placed on probation, diversion programs, or ordered to undergo a shoplifting treatment program. The program is in use in corrections, probation and parole, community corrections, diversion programs, and in private treatment settings.

The program has 6 exercises completed in 8 group hours. In programs that implement the program over weekends, the audio version (on CD) of each exercise in the book is typically played to the group. Then participants complete written material and share their responses with the group. This is done so that everyone in the group completes the program at the same pace. These one or two-day groups are not

open-ended. In weekly groups, clients read each exercise and complete the written material before group and then present their work to the group. Weekly groups can be open-ended meaning that new participants can enter the group at any time. Each participant presents the exercises from the specific one that participant is currently working on.

Workbook is also available in Spanish.

An ATA Product.

**\$10 each**  
(minimum order of 10)

## Supportive Materials



An ATA Product.

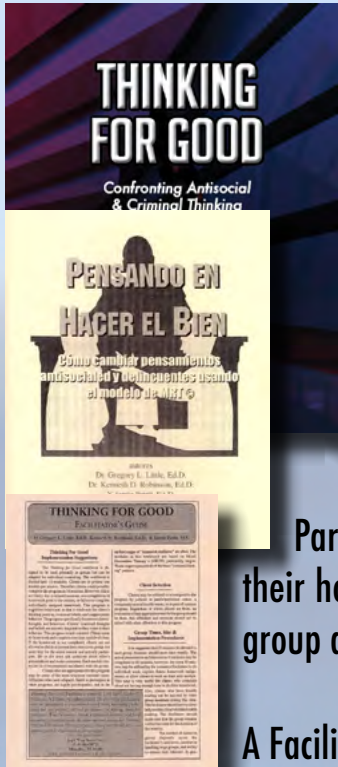
An audio CD of the workbook is available to assist in implementing the program as a psychoeducational group.

**\$35 each**



# Criminal Thinking

## Thinking for Good



*Thinking for Good* (70 pages), also available in Spanish, focuses on typical criminal thinking issues such as: Everyone lies, cheats, and steals; No one can be trusted; The rules don't apply to them; That all relationships are manipulative.

*Thinking For Good* is used with resistant offender populations in groups. The program prepares the most resistant clients for more treatment. Typically this program is used prior to participating in a more long-term program such as MRT. The program is predominantly used in corrections, community corrections, and in probation and parole settings. The workbook is also utilized in repeat DUI/DWI offender programs.

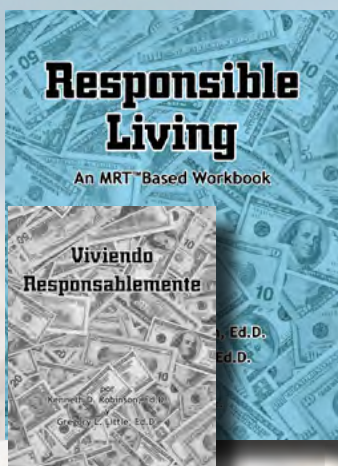
Participants complete each of the program's 10 modules before group sessions and share their homework in the group. Groups are open-ended in that new clients can enter an ongoing group at any time. The program is designed for 10 group sessions.

A Facilitator's Guide is available for \$5.00.

**\$10 each**  
(minimum order of 10)

# Petty Crime/Misdemeanors

## Responsible Living



*Responsible Living* (26 pages) focuses on rules, relationships, feelings for others, values, goals, and making commitments. The program can be used for repeat offenders of petty crime including vandalism, bad checks, repeat traffic offenders, and restitution.

Participants complete each of the 8 session's homework prior to coming to group. In group each participant shares his or her homework. The group can be open ended or held as a class where all clients complete at the same time.

Also available in Spanish.

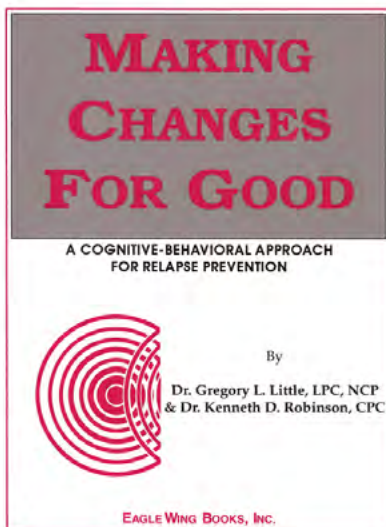
**\$12 each**  
(minimum order of 10)



Cognitive  
Behavioral

# Sex Offender Relapse Prevention

## Making Changes for Good



*Making Changes for Good* (56-pages) is a 10-session workbook designed specifically for sex offender relapse prevention. Sex offenders are not only one of the most likely types of offenders to relapse, but the problems they cause in others are long-lasting and profound. The program is designed to be used in concert with any sex offender treatment program or with sex offenders who have been released on probation or parole.

The program is in use in many correctional settings, in parole & probation, and community corrections. It has been successfully used within numerous sex offender programs and in specialized sex-offender probation/parole supervision agencies since 1998. There are few other options available for this specialized treatment and even fewer that have shown effectiveness.

The workbook has 10 modules. In group each client presents the completed homework and the counselor utilizes objective criteria to ensure that the homework is satisfactory and meets objective criteria outlined in a Facilitator's Guide. The exercises focus on triggers, dangerous situations, feelings and thoughts that facilitate relapse, and specific goals that can help keep offenders from relapsing. Sex offenders will reveal when and where they will relapse—if you know how to ask them.

The specialized groups for sex offenders are open-ended in that new clients can enter ongoing groups at any time and work at their own pace.

**\$18 each**  
(minimum order of 10)

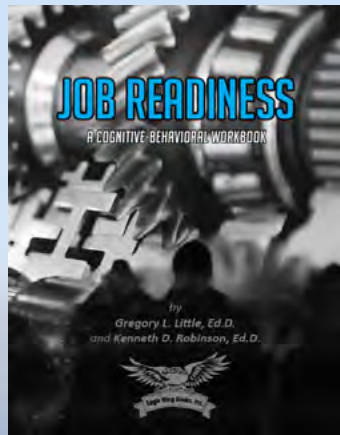
A Facilitator's Guide is available for \$10.00.





# Job Readiness/Life Skills

## Job Readiness



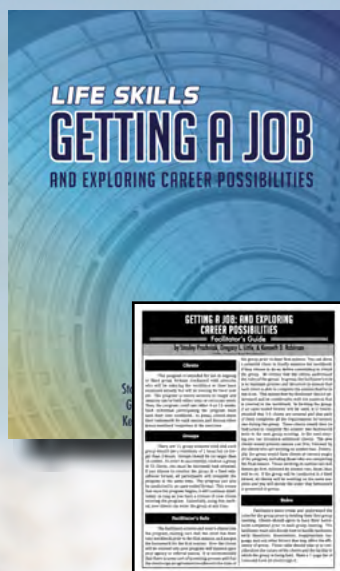
*Job Readiness* (26-pages) is a workbook designed to present what a “good employee” is, and contains a self-assessment, discusses work goals and habits, and explains how to get and keep a job. It also explains how and why people get promoted. This program is targeted to individuals who are about to enter the work world as well as those who have poor work histories. The workbook is utilized by numerous re-entry programs.

*Job Readiness* is for use in correctional programs, probation & parole, drug courts, community corrections, diversion programs, educational institutions, and in private settings.

The program has 6 sections with homework designed to be completed prior to group and then presented in 6 group meetings. The program is either open-ended and conducted in ongoing groups where new members enter when assigned or as an educational program where all members proceed at the same pace.

**\$9 each**  
(minimum order of 10)

## Getting A Job



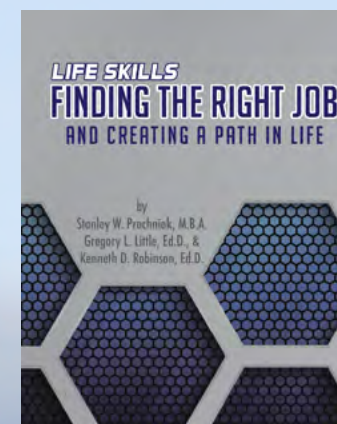
*Getting a Job: And Exploring Career Possibilities* is a 60-page workbook containing 11 chapters. The primary focus of the program is to teach the necessary life skills to help clients get—and keep—a job and to begin thinking about a career. This workbook should be employed with juveniles who are about to enter the workforce—or with those who have already been employed and are looking for their next job—or a career. The homework contained in each chapter is shared in a group process that can be easily incorporated into any type of setting. Groups can be conducted in an open-ended format, where clients can work on completing sessions at their own pace; or in an education format, where all members of the group complete sessions at the same time.

**\$22 each**  
(minimum order of 10)

A Facilitator's Guide is available for \$15.00.

# Life Skills

## Finding the Right Job



*Finding the Right Job: And Creating A Path In Life* is a 72 page workbook containing 12 chapters designed to help clients find their next job and begin to create a path in life. The primary focus of the program is to teach the necessary life skills that will help clients get—and keep—a job that they want and that is in line with the path they would like to follow. Clients are required to complete exercises that will challenge them to consider true career possibilities and what it will take to make the possibility a reality. This program also contains chapters dealing with the importance of education, finances, and goal-setting. This workbook can be employed with individuals who are about to enter the workforce—or with those who have already been employed and are looking for their

next job—or a career. The homework contained in each chapter is shared in a group process that can be easily incorporated into any type of setting. Groups can be conducted in an open-ended format, where clients can work on completing sessions at their own pace; or in an education format, where all members of the group complete sessions at the same time.

**\$22 each**  
(minimum order of 10)

A Facilitator's Guide is available for \$15.00.



# Codependency

## Untangling Relationships



*Untangling Relationships* (28 pages) is a codependency workbook designed to be utilized in 12 group sessions. This program is targeted to substance abusers, criminals, and those involved in domestic violence or dysfunctional relationships. Codependency is one of the major issues involved in enabling.

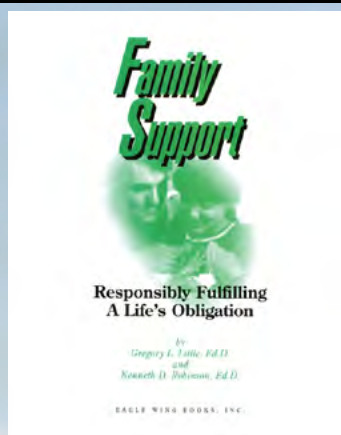
This program is for use in correctional programs, probation & parole, drug courts, community corrections, diversion programs, educational institutions, and in private settings. Groups can be open-ended. This program directly confronts the key issues of codependency including manipulation and dependent relationships. The program has 12 sections with homework designed to be completed prior to group and then presented in 12 group meetings.

A Spanish version of the workbook is available.

**\$10 each**  
(minimum order of 10)

## Failure to Pay Child Support

### Family Support



*Family Support* (26 pages) is a workbook designed to directly confront failure to pay child or family support and is targeted to individuals who have been ordered to fulfill the obligation.

The program is in use in correctional programs, probation & parole, drug courts, community corrections, diversion programs, educational institutions, and in private settings.

The program has 8 sections with homework designed to be completed prior to group and then presented in 8 group meetings. The program is either open-ended and conducted

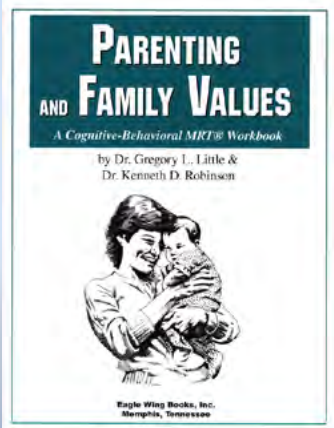
in ongoing groups where new members enter when assigned or as an educational program where all members proceed at the same pace.

**\$9 each**  
(minimum order of 10)



# Parenting

## Parenting and Family Values



*Parenting and Family Values* (75-pages) is a workbook designed to help participants develop parenting skills and assess values related to family issues and relationships. Clients confront their parenting skills and habits, perform a clarification on their values regarding family, and establish appropriate discipline routines.

*Parenting and Family Values* is used with clients in any type of treatment—but especially with female offenders and others in need of parenting skills. The program is for use in correctional settings at all levels as well as in numerous private treatment venues.

Participants complete homework from the 12-module workbook prior to attending group. In group, each participant shares his or her responses. The program is designed for 12 group sessions. The program can be open-ended or conducted as a class where all participants enter and complete at the same time.

**\$15 each** (min. 10)

## Underage Drinking & Fake IDs

### Rules Are Made to be Followed

*Rules Are Made to be Followed* (16-pages) is a workbook that directly confronts the problem of underage drinking and fake IDs. This program is targeted to underage drinkers who are placed on probation, diversion programs, or ordered to undergo brief treatment.

The program is used in probation, community corrections, diversion programs, educational institutions, and in private settings. The program has 4 sets of homework designed to be completed and presented in 8 group hours. The program can be conducted over a weekend or in weekly group meetings.

A free Facilitator's Guide is sent upon request to purchasers of the workbook.

**\$10 each**  
(minimum order of 10)



An ATA Product.

# DUI/DWI Offender Program

## Driving the Right Way



*Driving the Right Way* (33-pages) is a workbook aimed at changing thinking and decision-making in first time DUI offenders. The program is incorporated into DUI programs in accordance with a state's hourly educational/treatment requirements of which the Driving The Right Way component comprises 6 to 8 hours.

The workbook is divided into 4 sessions that are usually presented in one day but can be broken into 4 group meetings. The program is meant to be incorporated into other program activities including the basic DUI education requirements for various states. Participants can read and complete the written material for each session and then share their responses in group. Alternately, some programs have the program facilitator read the beginning of each section to participants and then have them fill out the written material, so that all participants can work at the same pace.

This workbook has been adapted in several jurisdictional programs treating repeat DUI/DWI offenders where it is used in combination with the workbook *Thinking for Good*.

The workbook contains four pages with all fifty states' driver's license information for DUI/DWI offenders as well as individual state statistics.

A Spanish version of the workbook is also available.

**\$9.75 each**  
(minimum order of 20)

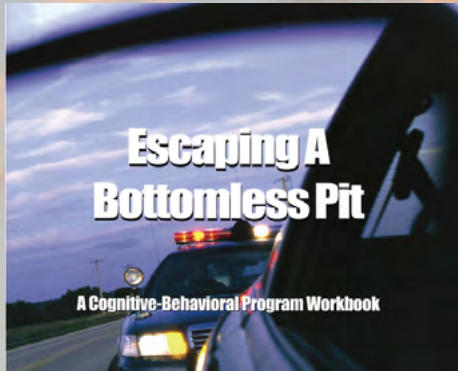


A brief Facilitator's Guide is available for free, upon request, to programs using the workbook.



# Driving on a Revoked/Suspended License

## Escaping a Bottomless Pit



More arrests are made each year for driving on a revoked/suspended license than for any other offense. However, there are few program options available for probation departments or private providers who seek a way to increase offender compliance and reduce rearrests. *Escaping a Bottomless Pit* is a 29-page workbook designed to be implemented in an 8-hour, open-ended group format that can be performed in a single day or in eight weekly one-hour group sessions.

The target population includes both adults or juveniles referred to programming for the offense of driving on a revoked or suspended license. The program is a brief intervention emphasizing the choices and consequences of their behavior and forces participants to make a plan of action focused on how to eventually drive legally. The program can be used in virtually any setting including specialized drug/DUI courts, community corrections, probation, and diversion programs.

The workbook is available in both English and Spanish versions.

**\$10 each**  
(minimum order of 10)



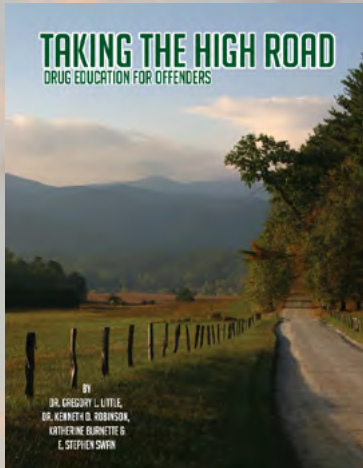
A brief Facilitator's Guide is available for free, upon request, to programs using the workbook.

To order products call: (901) 360-1564 or visit [www.ccimrt.com](http://www.ccimrt.com)



# Drug Education

## Taking the High Road



*Taking the High Road* is a unique 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.

*Taking the High Road* is appropriate for individuals who are active in substance abuse programs of any type and setting. It provides basic information about tobacco, alcohol, marijuana, uppers, downers, hallucinogens, and other frequently abused substances.

The program has eight modules that can be completed in eight group sessions. Clients complete homework for each module prior to coming to group. In group, each client presents his or her homework to the group and the facilitator passes the client to the next module or has the client redo the homework based on objective criteria. The groups can be open-ended or can be conducted as an educational class with all clients doing the same module at the same time.

**\$4.75 each**  
(minimum order of 20)



The Facilitator's Guide gives basic instructions as well as the objective criteria that should be used for each module.

**\$10 each**

CD audio and DVD video versions of this program are available for clients who are unable to read. In addition, each module of these versions can be played as a Drug Education class.



The Audio CD version of *Taking the High Road* is available as an 8-disc set.

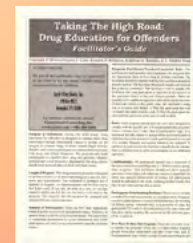
**\$150 per set**



The DVD video version of *Taking the High Road* is also available as an 8-disc set.

**\$200 per set**

### Group Starter Kit



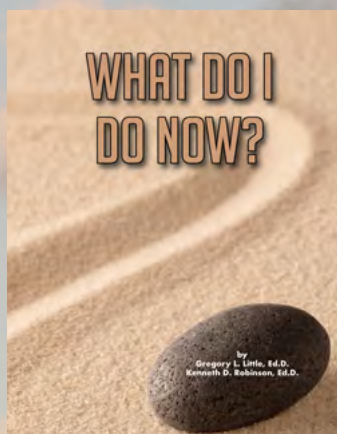
Take advantage of a 20% savings when you purchase the group starter kit versus purchasing products individually. The starter kit includes: 25 workbooks, 1 facilitator guide, 1 CD set, and 1 DVD set. A \$480 value, now only:

**\$380**



# Relapse Prevention

## What Do I Do Now?



*What Do I Do Now?* is a 12-week, specialized workbook targeting opiate-focused drug courts, medically-assisted treatment patients, and offenders in treatment for opiate-related issues. The program is open-ended meaning clients can begin participation at any time. The 36-page workbook is designed for easy implementation and adapts to any treatment venue. The 12 sessions require a weekly interaction with program staff. The program focuses on two major goals: Assisting participants to complete the first three months of treatment and to foster ongoing engagement in treatment after the initial three-month period.

**\$15 each**

## Staying Quit



*Where Do I Go Now?* is a 3-month, 12-chapter program workbook for clients participating in pre-treatment for drug and alcohol abuse, drug courts, community corrections, or probation. The program is open-ended meaning that clients can begin participation at any time. The 36-page workbook is designed for easy implementation and adapts to any treatment venue. The 12-sessions require a weekly interaction with program staff. The workbook focuses on two major goals: Assisting clients to successfully complete the initial 3-months of participation and to encourage continued engagement in more formal treatment.

**\$15 each**



There are four CDs that can be used in conjunction with either of these programs. These CDs can be utilized both in and out of group: *Basic Relaxation*; *Clean & Sober Visualization*; *Systematic Desensitization*; and *Progressive Muscle Relaxation*. A description of these CD's can be found on the Audio Resources page.

**\$12 each**

# Relapse Prevention

## Staying Quit



A 40-page client workbook based on the principles of cognitive-behavioral relapse prevention. Most relapse prevention workbooks are so detailed and intricate that the materials are too complicated for typical clients. *Staying Quit* is an 8-session program that focuses on risky situations, scripting changes, coping with urges and cravings, being around users, understanding support issues, and taking charge. Clients will tell you when and where they will relapse—and with whom—if you know how to ask. This enables you to target the most risky situations.

*Staying Quit* is targeted to individuals who are active in substance abuse programs of any type and any setting. Relapse prevention actually is the primary goal of treatment, but focusing on relapse prevention issues should take place sometime after the client is engaged in treatment and is not actively using substances. The program is in use in adult and juvenile substance abuse treatment programs in virtually any setting including drug/DUI courts, corrections, probation and parole, community corrections, diversion programs, and in private treatment settings.

The program has 8 modules completed in 8 group sessions supplemented by several sessions with a counselor or facilitator. Clients complete homework for each module prior to coming to group. In group each client presents his or her homework to the group and the facilitator passes the client to the next module or has the client redo the homework based on objective criteria. The groups are open-ended meaning that new clients can enter an ongoing group at any time. Each group session will usually have new clients as well as some who are in later stages or finishing the program.

Workbook also available in Spanish.

*See the next page for more information.*

**\$10 each**  
(minimum order of 10)



# Relapse Prevention

## Staying Quit

### Supportive Materials



The *Staying Quit Facilitator's Guide* gives basic instructions as well as the objective criteria that should be used for each module.

**\$5 each**



The Group Starter Kit contains: 11 workbooks; 1 Facilitator's Guide; 1 Basic Relaxation CD; 1 Progressive Relaxation CD; 1 Clean and Sober Visualization; 1 Systematic Desensitization CD; and the audio book on CDs.

**\$140 each**



A 2-disc audio version of *Staying Quit* is available for clients that are not capable of reading.

**\$35 each**



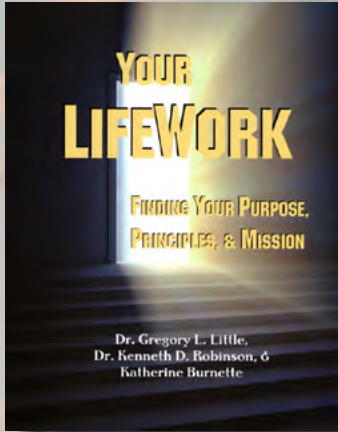
There are four CDs that can be used in conjunction with the *Staying Quit* program. These CDs can be utilized both in and out of group: *Basic Relaxation*; *Clean & Sober Visualization*; *Systematic Desensitization*; and *Progressive Muscle Relaxation*. A description of these CD's can be found on the Audio Resources page.

**\$12 each**



# Personal Development

## Your LifeWork



*Your Lifework – Finding Your Purpose, Principles, & Mission* is typically utilized in a 12-hour workshop designed to lead participants through a deep exploration of their work behavior and career ambitions. It presents traits, behaviors, and attitudes elicited from highly successful people as well as the other extreme. The unique program allows individuals to make evaluations of their personality and learning style and compare these to their present life.

It is designed to be used in a workshop over two days or as a weekly group meeting for 2 hours per session over 6 sessions.

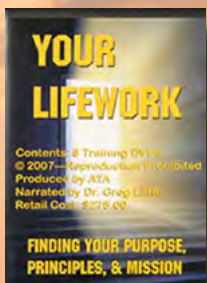
The program consists of a series of structured, written exercises that explore behavior, attitudes, feelings, and goals related to work, career, co-workers, hobbies, interests, family, and day-to-day life. Participants must be willing to engage in self-reflection and share some of their thoughts with others.

Workbooks are: **\$15 each**

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## Supportive Materials

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The *Your Lifework* 8 DVD Set presents each of the workbook's chapters in a documentary format. The films are highlighted by music. Narrated by Dr. Greg Little. The DVDs can be viewed on the Moral Reconnection Therapy™ YouTube channel.

**\$150 per set**



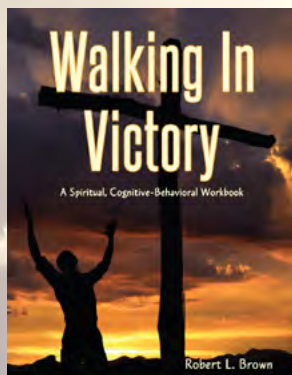
The *Your Lifework* Group Starter Kit contains 11 workbooks, a Facilitator's Guide and the Your LifeWork 8 DVD Set.

**\$239 per kit**

# 12-Step & Spiritual Program Workbooks

## Walking In Victory: A Spiritual, Cognitive-Behavioral Workbook

by Robert L. Brown

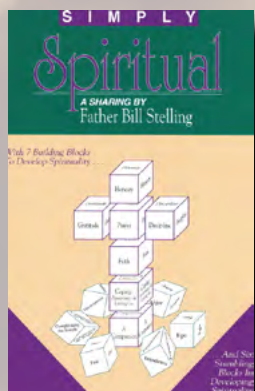


*Walking in Victory:* 152-page cognitive-behavioral workbook derived from biblical truth aimed at Christian-based programs treating substance abusers, the homeless, and offender populations. Emphasizes addictions, relationships, and day-to-day life in 12 chapters which form a path up a ladder involving trust & honesty, goodness, knowledge, self-control, perseverance, godliness, kindness, love, and grace.

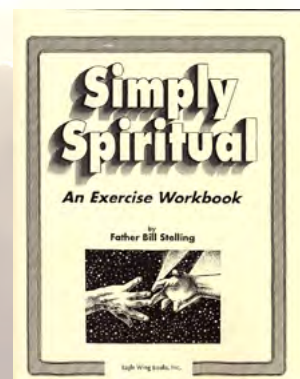
**\$29.95 ea.** [Also available on Amazon](#)  
(bulk discounts available)

## Simply Spiritual Book & Workbook

by Father Bill Stelling

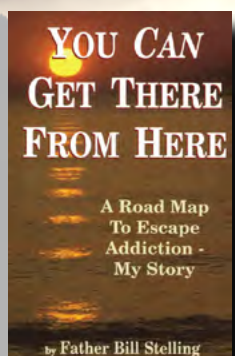


*Simple Spiritual:* Father Bill Stelling's essays (64 pages) directly addressing the major stumbling blocks and building blocks involved with successful recovery in the 12-Step process. *Simply Spiritual Workbook:* 37-page workbook designed to follow the text of the stumbling blocks outlined in *Simply Spiritual*. The workbook is designed to be used in conjunction with the text and presents a series of exercises that focus on each stumbling block. There is a heavy emphasis on 12-Step principles.



**\$9 each**

**\$10 each**



Father Bill Stelling was a Catholic Priest who went through addiction treatment, carefully wrote down his experiences, and then took his recovery story to the masses. This 85-page book is an inspirational story that serves as a beacon for those who struggle with the recovery process.

**\$9 each**



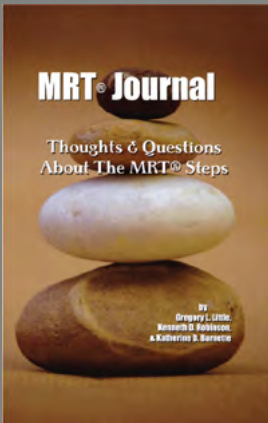
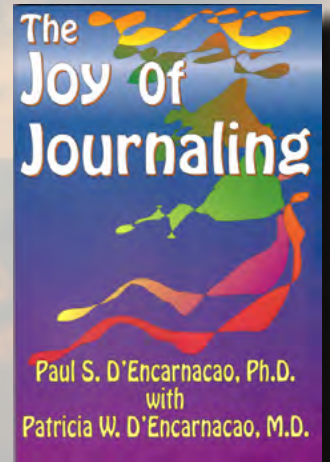
# Journals

## *The Joy of Journaling*

By Paul S. D'Encarnacao, Ph.D. & Patricia D'Encarnacao, M.D.

This 111-page, 6 x 9 softcover book (1991) explains why a person should journal, what should be included in it, and how it is used. The authors also explain how drawings are used in the process of journaling as well as how dreams are interpreted.

**\$11.95 each**



*The MRT Journal: Thoughts & Questions About MRT Steps* presents ideas and questions about the various aspects of the 12 major steps of MRT. The *MRT Journal* will be useful to inpatient programs, TCs, substance abuse programs, and agencies using MRT with higher functioning clients.

**\$6 each**

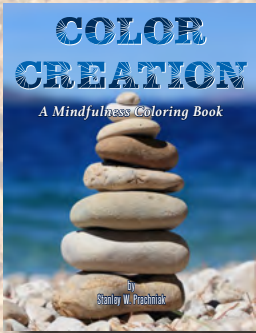
Journaling can be a powerful tool used as a supplement for many types of treatment. This *Program Journal* (65 pages) focuses on recovery from trauma-related symptoms and can be used with MRT-based Trauma workbooks, or on its own. The Journal may be purchased by anyone.

**\$10 each**





# Textbooks and Other Supportive Materials

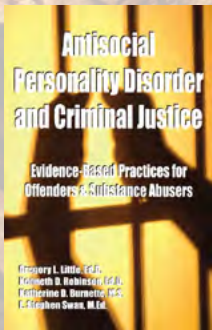
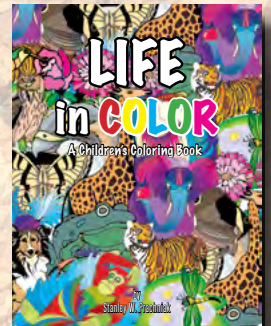


*Color Creation: A Mindfulness Coloring Book* (16 pages) is designed to reinforce what clients are learning or have learned while working their way through the trauma programs. This book can also be used by clients who are dealing with domestic violence or codependency issues.

**\$4 each**

*Life in Color: A Children's Coloring Book* (16 pages) is designed to help begin the healing process of a broken or breaking bond between a parent and a child.

**\$4 each**

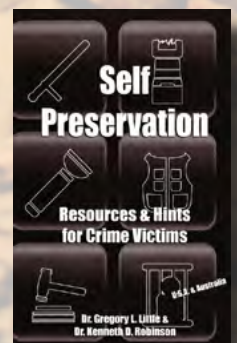


*Antisocial Personality Disorder and Criminal Justice: Evidence Based Practices for Offenders and Substance Abusers* is a 169 page book that details the relationship between APD, criminal justice treatment and evidence-based practices. This book contains sections on recidivism, treatment for women, and juvenile justice.

**\$19 each**

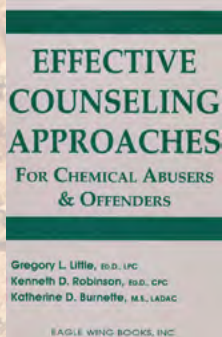
*Self Preservation: Resources & Hints for Crime Victims* is a 78-page book designed to be a resource for crime victims. It gives hints and guidelines that point victims to appropriate resources. The book is organized by types of crime.

**\$4 each**





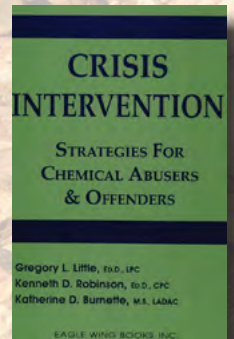
# Textbooks and Other Supportive Materials



*Effective Counseling Approaches for Chemical Abusers and Offenders* presents the history of counseling, chemical abuse counseling, and the major theories used with offenders: Client-Centered; Behaviorism; Rational-Emotive; Reality Therapy; Cognitive-Behavioral; Gestalt; and Transactional Analysis.

**\$12 each**

*Crisis-Intervention: Strategies for Chemical Abusers and Offenders* outlines simple and reliable procedures for handling typical client crises. This book contains reproducible crisis intervention forms and tests for anxiety and depression.



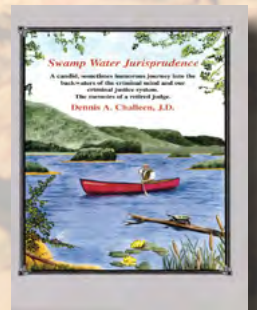
**\$10 each**



*The Punishment Myth* discusses the research and outcomes of various criminal justice approaches with PowerPoint presentation pages, letters, and more. This book shows, in detail, how offenders see the world differently than others.

**\$10 each**

*Swamp Water Jurisprudence*—A candid, sometimes humorous journey into the backwaters of the criminal mind and our criminal justice system. Contains 69 points about the criminal justice system including ideas about prisons, probation, offenders, and the treatment of offenders. Also looks at morality, criminal thinking, and what the system thinks about criminals. By Judge Dennis A. Challeen.



**\$10 each**



*How to Establish and Build a Private Counseling Practice With Criminal Justice Clients*—Starting a private practice as a counselor, therapist, social worker, psychologist, or as one of many other professional practitioners in the burgeoning field of the helping professions is difficult. Building and growing it are even more difficult. This book is a primer outlining and summarizing the basic steps and tasks required to work with offenders assigned by courts and local criminal justice resources.

**\$14.95 each**



# Materials Price List

## Workbooks & Materials Requiring MRT Training

MRT Facilitators Handbook .....	\$35.00
MRT Journal [Min. order 10] .....	\$6.00
MRT Graduate Certificates (pack of 24) .....	\$25.00
MRT Graduate Coins .....	[1-49 ea. \$6.00] [50-99 ea. \$5.00] [100+ ea. \$4.00]
MRT Participant Step 3 Coins (roll of 25) .....	\$30.00
MRT "Pop-Up" tool .....	\$6.00
MRT Poster (The Freedom Ladder) - Color .....	\$26.95
MRT Poster (The Freedom Ladder) - Black & White .....	\$10.00
How To Escape Your Prison (Adult MRT) - English .....	\$25.00
How To Escape Your Prison (Adult MRT) - Spanish .....	\$25.00
How To Escape Your Prison Book on CDs - English .....	\$60.00
How To Escape Your Prison Book on CDs - Spanish .....	\$60.00
Juvenile MRT - How To Escape Your Prison .....	\$25.00
Juvenile MRT Facilitator Guide .....	\$10.00
Juvenile MRT - How To Escape Your Prison Book on CDs .....	\$60.00
Discovering Life and Liberty (MRT in Educational Settings) .....	\$25.00
Discovering Life and Liberty Facilitator's Guide .....	\$10.00
Discovering Life and Liberty 4-disc Audio CD Set .....	\$65.00
Filling the Inner Void (MRT in Hospital/Residential Settings) .....	\$25.00
Winning the Invisible War (Veterans MRT) .....	\$25.00

## Workbooks Requiring Domestic Violence Training

Bringing Peace to Relationships - English .....	\$25.00
Bringing Peace to Relationships - Spanish .....	\$25.00
Bringing Peace to Relationships - Australia/New Zealand .....	\$25.00
Bringing Peace to Relationships Facilitator's Guide .....	\$10.00

## Workbooks Requiring Trauma Training

Breaking the Chains of Trauma Male Wbk. - English .....	\$15.00
Breaking the Chains of Trauma Female Wbk. - English .....	\$15.00
Breaking the Chains of Trauma Male Wbk. Spanish (with journal section) .....	\$18.00

Breaking the Chains of Trauma Female Wbk. Spanish (with journal section) .....	\$18.00
Breaking the Chains of Trauma Program Journal [Min. order 10] .....	\$10.00 ea.
Breaking the Chains of Trauma Facilitator's Guide .....	\$5.00

## Veteran's Trauma Training Required

Battling Shadows: Veterans, Trauma, and PTSD .....	\$30.00
Battling Shadows Facilitator's Guide .....	\$20.00

## Program Workbooks & Audio Materials

Bringing Peace to Relationships CD set Australia/New Zealand .....	\$60.00
Character Development Workbook [Min. order 10] .....	\$20.00 ea.
Character Development Facilitator's Guide .....	\$20.00
Clean & Sober Visualization CD - English (male voice) .....	\$12.00
Clean & Sober Visualization CD - Spanish (female voice) .....	\$12.00
Color Creation: A Mindfulness Coloring Book .....	\$4.00
Coping with Anger (Anger Management) English [Min. order 10] .....	\$10.00 ea.
Coping with Anger (Anger Management) Spanish [Min. order 10] .....	\$10.00 ea.
Coping with Anger Facilitator's Guide .....	\$5.00
Coping with Anger Book on Audio CD .....	\$50.00
Coping with Anger Training DVD .....	\$100.00
Coping with Anger Group Starter Kit .....	\$245.00
Driving the Right Way - English [Min. order 20] .....	\$9.75 ea.
Driving the Right Way - Spanish [Min. order 20] .....	\$9.75 ea.
Driving the Right Way Facilitator's Guide .....	Free with order
Dying for a Smoke Book and CD Set .....	\$29.95
Escaping a Bottomless Pit - English [Min. order 10] .....	\$10.00 ea.
Escaping a Bottomless Pit - Spanish [Min. order 10] .....	\$10.00 ea.
Escaping a Bottomless Pit Facilitator's Guide .....	Free with order



Finding the Right Job .....	\$22.00	Something for Nothing Book on CD – English .....	\$35.00
Family Support Workbook [Min. order 10] .....	\$9.00 ea.	Staying Quit Workbook - English [Min. order 10] .....	\$10.00 ea.
Five-Minute Stress Manager CD - English (male voice) .....	\$12.00	Staying Quit Workbook – Spanish [Min. order 10] .....	\$10.00 ea.
Five-Minute Stress Manager CD - Spanish (female voice) .....	\$12.00	Staying Quit Book on CD – English .....	\$35.00
Five-Minute Stress Manager and Imaginary Future (both on one CD) .....	\$16.95	Staying Quit Facilitator's Guide .....	\$5.00
Five-Minute Stress Manager and Imaginary Time-Out (both on one CD) .....	\$16.95	Staying Quit Group Starter Kit .....	\$140.00
Getting A Job .....	\$22.00	Systematic Desensitization CD - English (male voice) .....	\$12.00
Getting A Job Facilitator's Guide .....	\$15.00	Systematic Desensitization CD - Spanish (female voice) .....	\$12.00
Imaginary Future CD - English (male voice) .....	\$12.00	Taking the High Road Workbook [Min. order 20] .....	\$4.75 ea.
Imaginary Future CD - Spanish (female voice) .....	\$12.00	Taking the High Road Audio CD Set .....	\$150.00
Imaginary Time-Out CD - English (male voice) .....	\$12.00	Taking the High Road DVD Set .....	\$200.00
Imaginary Time-Out CD - Spanish (female voice) .....	\$12.00	Taking the High Road Facilitator's Guide .....	\$10.00
Job Readiness Workbook [Min. order 10] .....	\$9.00 ea.	Taking the High Road Group Starter Kit .....	\$380.00
Life in Color Children's Coloring Book .....	\$4.00	The Joy of Journaling .....	\$11.95
Making Changes for Good Workbook [Min. order 10] .....	\$18.00	Thinking For Good – English [Min. order 10] .....	\$10.00
Making Changes for Good Facilitator's Guide .....	\$10.00	Thinking For Good - Spanish [Min. order 10] .....	\$10.00
Mind's Eye Visualization™: Deep Sleep CD - male voice .....	\$21.95	Thinking for Good Facilitator's Guide .....	\$5.00
Mind's Eye Visualization™: Deep Sleep CD - female voice .....	\$21.95	Untangling Relationships - English [Min. order 10] .....	\$10.00 ea.
Mind's Eye Visualization™: Feelings to Action CD (male voice only ) .....	\$15.95	Untangling Relationships - Spanish [Min. order 10] .....	\$10.00 ea.
Mind's Eye Visualization™: Focused Visualization CD (male voice) .....	\$11.95	Walking in Victory: A Spiritual, Cognitive-Behavioral Workbook .....	\$29.95
Mind's Eye Visualization™: Focused Visualization CD (female voice) .....	\$11.95	What Do I Do Now? .....	\$15.00
Parenting & Family Values Workbook [Min. order 10] .....	\$15.00 ea.	Where Do I Go Now? .....	\$15.00
Progressive Muscle Relaxation CD - English (male voice) .....	\$12.00	You Can Get There From Here (12 Step Book) .....	\$9.00
Progressive Muscle Relaxation CD - Spanish (female voice) .....	\$12.00	Your LifeWork Workbook .....	\$15.00
Responsible Living Workbook [Min. order 10] .....	\$12.00 ea.	Your LifeWork DVD Set .....	\$150.00
Rules Are Made To Be Followed English [Min. order 10] .....	\$10.00 ea.	Your LifeWork Group Starter Kit .....	\$239.00
Rules Are Made To Be Followed Spanish [Min. order 10] .....	\$10.00 ea.		
Rules Are Made To Be Followed Facilitator's Guide .....	Free with order		
Self Preservation (Crime Victim Resources) .....	\$4.00		
Simply Spiritual (12-Step spirituality) .....	\$9.00		
Simply Spiritual Workbook .....	\$10.00		
Something for Nothing Workbook English [Min. order 10] .....	\$10.00 ea.		
Something for Nothing Workbook Spanish [Min. order 10] .....	\$10.00 ea.		

## Textbooks

Antisocial Personality Disorder and Criminal Justice .....	\$19.00
Crisis Intervention: Strategies for Chemical Abusers & Offenders .....	\$10.00
Effective Counseling Approaches for Chemical Abusers & Offenders .....	\$12.00
Swamp Water Jurisprudence .....	\$10.00
The Punishment Myth .....	\$10.00
How to Establish and Build a Private Practice .....	\$14.95

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- DUI Treatment
- Mental Health/Substance Abuse
- Domestic Violence
- Family Courts
- Veterans

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- Reduce Recidivism
- Increase Program Compliance
- Increase Completion Rates
- Enhance Participant Personality Measures
- Reduce Disciplinary Infractions
- Reduce Relapse Events
- Enhance Employee Satisfaction
- Use Objective Criteria for Participant Success

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