



Center for Human Services

Building a stronger community...one family at a time.

FUNDAMENTALS OF MORAL RECONATION THERAPY

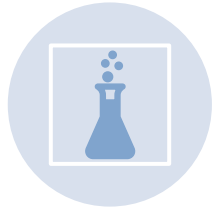
Cathy Assata, SUDP (she/her)

By the end of this session you will have:

- A working understanding of Moral Reconciliation Therapy
- Ideas for positive reinforcement and how to use the essence of each step to elicit change
- An understanding of how cognitive behavioral therapy can reduce recidivism
- Recognition of the importance of fidelity and how to ensure quality care



Characteristics of Cognitive Behavioral Treatment Strategies



Based on scientific learning principles



Focus on changing how a client thinks and acts



Focus on beliefs and behavior, rather than feelings



Interventions obviously and directly relate to the client's difficulties and problems and blend active client exercises, homework, and skill development



Approaches are systematic, done in a prescribed order, and are relatively short term



What works?

Cognitive Behavioral

Printed Materials

Addresses Criminal Thinking and Needs

Empirically Validated on Offenders

Specifically Trained and Enthusiastic Staff

Focuses on Problem Solving and Skill Building

Provides Structured Follow Ups



In summary

CBT

- ▣ Shows how the belief causes the problem
 - ▣ Makes feelings irrelevant
- ▣ Shows how the behavior is self defeating
- ▣ Requires appropriate, alternative behavior



What we know...



Behavioral
approaches, on
average, reduce
recidivism by
30%

What is Moral Reconciliation Therapy?

Cognitive Behavioral Program

Designed to promote positive self image and identity

Help clients learn positive social behaviors and beliefs

Begin to make decisions from higher levels of moral reasoning

Systematic, uses active group participation, written exercises, and homework

Regular quality assurance checks to ensure fidelity helps to maintain objectivity



What about that name?

Rene Descartes coined the term “conation”

“**CONATION**” refers to the mind, body, and spirit joining to drive decisions

“**RE**” means to change

Re-conation means changing the way that someone makes their decisions

“**MORAL**” refers to Kohlberg’s theory of Moral Reasoning



Foundation of MRT

All of a person's positive potential that they are born with

Attitudes, beliefs, habits and life experiences form the personality



Inner Self

It is WHO you are;
it cannot change

The personality is NOT you;
it CAN change



Reasoning Behind MRT

If an offender's level of moral reasoning could be raised, it would reduce the likelihood of the person re-offending

If moral reasoning changed, the behavior would change



MRT® FREEDOM LADDER

Steps 13-16- Evaluate relationship between inner self and personality	<p>GRACE Few persons reach this state where a person sees others as an extension of self. Reaching grace means one must give oneself to a major cause. In this stage, a person's identity fuses with others as well as a social cause. Doing the right things, in the right ways, is a primary concern. Value is placed on human life, justice, dignity, and freedom. Gandhi, King, and Mother Theresa are a few examples.</p>
Step 12- Choosing moral goals	<p>NORMAL People who experience this state have incorporated their identity into how they live their lives. Thus, they have their needs fulfilled without a great deal of effort. To someone in this stage, work is not work. However, their identity nearly always involves the welfare of others, whether it is the welfare of their employees or family. They often become involved in social causes and have genuine concern for others. They give great consideration to their own conduct and are not quick to judge others. They attempt to keep all their relationships on honest, trustworthy levels where they are held accountable. It is clear that people in this stage have chosen the right identity (set of goals). Moral judgments are based about half and half on societal and ethical principles.</p>
Step 11- Keeping moral commitments	<p>EMERGENCY A sense of urgency in completing goals dominates this stage because the individual is totally committed to fulfilling their personal goals. The goals of a person in this stage are more broad and include the welfare of others rather than goals being narrow and self-serving. They feel in control of their lives, but often feel that they have over-committed and are in risk of failure if they slow down. Most of their decisions are based on what is best for society and their organization, but they show much higher, idealized ethical principles as well. In addition, they sometimes 'slip' to lower levels of reasoning and attempt to rectify this as soon as they realize it.</p>
Step 10- Maintain positive change	<p>DANGER The major distinction between danger and non-existence is that those in danger have committed to long-term goals. They feel the risk of danger and have communicated their desires to others. They feel a definite direction in life and see relationships as necessary, important, and satisfying. They usually gain their identity from their long-term goals and recognize the requirements of situations quickly. Most of these people make their moral judgments from the societal contract level and law and order. Many of them 'slip' to lower stages of reasoning and feel a sense of personal letdown when this occurs.</p>
Step 9- Commitment to change	
Step 8- Short-term goals and consistency	<p>NON-EXISTENCE Those in non-existence do not have a firm sense of identity and do not feel connected to the world. They often feel little purpose in their life, but do feel responsible for what happens to them. While they feel somewhat alienated, they can have satisfying relationships. Moral judgments can be made from law and order, pleasing others, reciprocity, or pleasure/pain.</p>
Step 7- Long-term goals and identity	
Step 6- Helping others	<p>INJURY People in this stage know when they have hurt others or themselves and feel responsible for it. Low self-esteem, guilt, and feelings of inadequacy often predominate. While they seem to 'let down' others and self frequently, they recognize that they are the source of the problem. This is the first stage that positive relationships can occur. People in injury have trouble following through on their goals and commitments. Moral judgments are based on pleasing others, pleasure/pain, and reciprocity.</p>
Step 5- Healing damaged relationships	
Step 4- Awareness	<p>UNCERTAINTY A person in this stage may lie, cheat, and steal, but they are uncertain if they should. They typically have no long-term goals and usually don't know if there is a direction that is right for them. They show rapidly changing beliefs and a basic uncertainty about other people. They say 'I don't know' a lot and sometimes are uncertain whether they should or can change. This stage typically doesn't last long. Their moral judgments are based on pleasing others as well as pleasure/pain and reciprocity.</p>
Step 3- Acceptance	<p>OPPOSITION People in opposition are quite similar to those in disloyalty. However, those in opposition are somewhat more honest about it; they pretend less. Those in opposition tend to blame society, the rules, or the unfairness of others for their problems and state in life. They are in open opposition to established order. They tend to be rigid and unadaptable and are more confrontational, hostile, and openly manipulative. Constant conflict is often seen. Moral judgments come from pleasure/pain and reciprocity.</p>
Step 2- Trust	<p>DISLOYALTY The stage of disloyalty is the lowest moral and behavioral stage in which a person can function. Lying, cheating, stealing, betraying, blaming others, victimizing, and pretense (pretending) are the behaviors characterizing it. Negative emotions including anger, jealousy, resentment, hatred and depression dominate. Relationships are exploitative. People in disloyalty view the world as a place that cannot be trusted and believe that everyone else lies, cheats, steals, and feels negative emotions. Moral judgments are made on the basis of pleasure/pain and reciprocity.</p>
Step 1- Honesty	

Essence of each step

1. Honesty
2. Trust
3. Acceptance
4. Raising Awareness
5. Healing Damaged Relationships
6. Helping Others
7. Long-term Goals and Identity
8. Short-term Goals and Consistency
9. Commitment to Change
10. Maintain Positive Change
11. Keeping Moral Commitments
12. Choosing Moral Goals
- 13-16. Evaluate Relationship Between Inner Self and Personality

Revisiting Steps

Purpose is to use the freedom ladder to address unhealthy behaviors

By revisiting steps the participants get a chance to practice the essence

Revisiting steps is done in a systematic and objective way

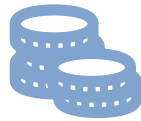
Rules are meant to be followed, there should be no surprises in MRT



4:1 Sanctioning



Certificates for Attendance,
Step Completion,
Outstanding Participation



Coins (available online)



Food



Stickers



Gift Cards



Bus Passes



Graduation Ceremony



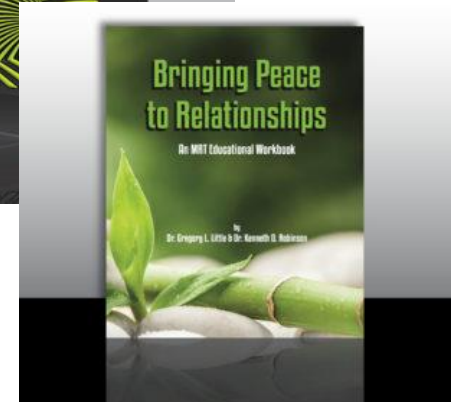
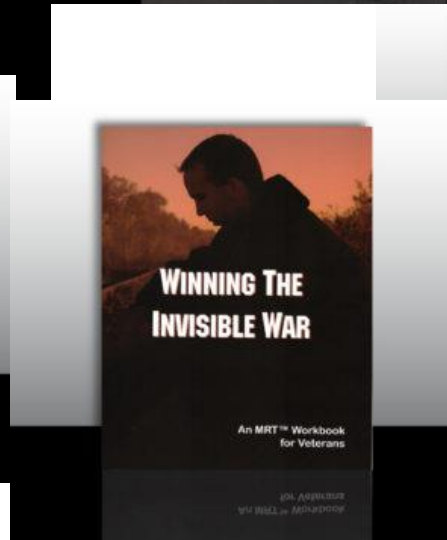
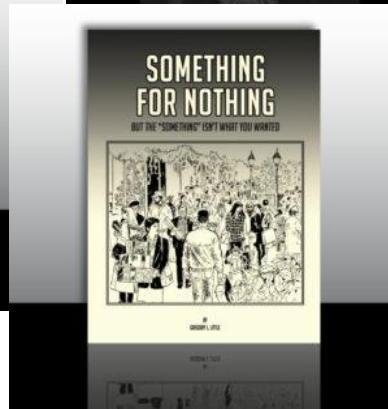
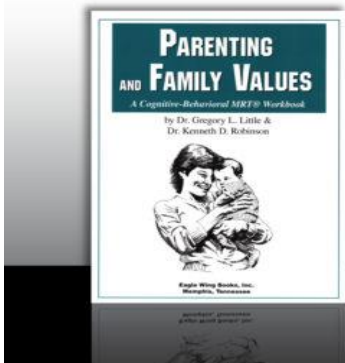
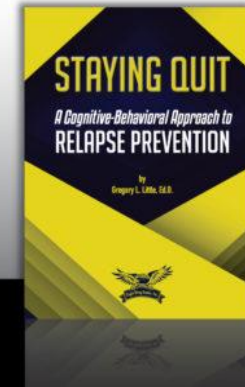
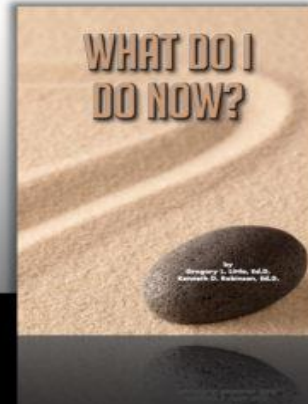
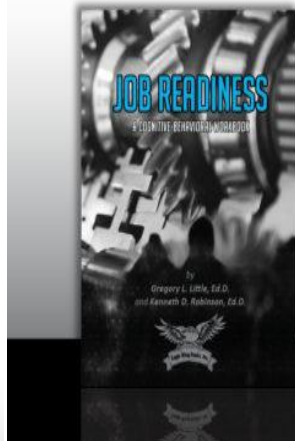
Fish Bowl



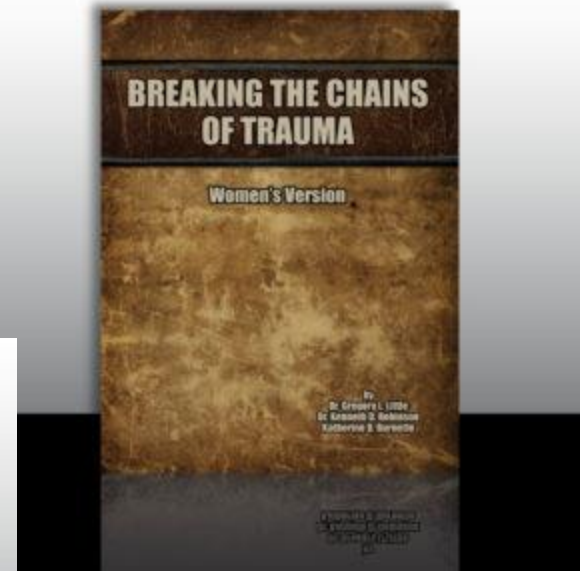
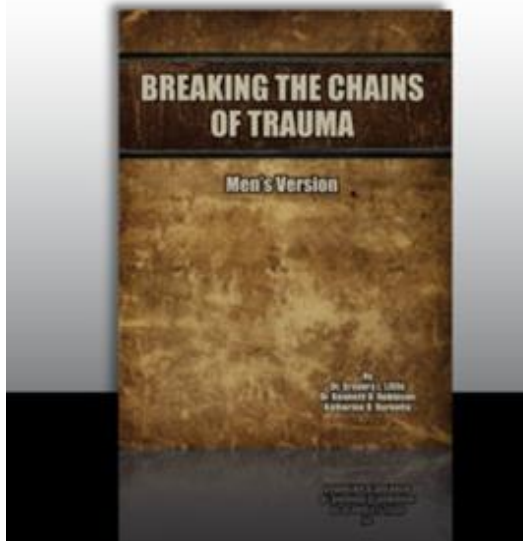
Center for Human Services

Building a stronger community...one family at a time.

Other MRT programs



Breaking the Chains of Trauma



Center for Human Services

Building a stronger community...one family at a time.

What is trauma?

Can be a single event

More often multiple events (complex, prolonged)

Interpersonal violence or violation

Structural violence – social structures that harm or otherwise disadvantage individuals, ‘isms, poverty, systemic oppression

Collective, historical, generational



Symptoms as Protective Skills



Symptoms are an adaptation, not a pathology



Every symptom has helped a survivor in the past and continues to help- in some way



Reduce shame, emphasize the resilience in each human response to stress



Common Responses; emotional, physical, cognitive, behavioral

Emotions such as anger, fear, sadness, and shame

Difficulty identifying feelings or have difficulty regulating

Self medication/high risk behaviors

Numbing/disassociating

Somatic complaints; sleep problems, stomach problems, chronic pain

Alters core life assumptions; thoughts about self, the world, and the future

Behaviors can be avoidant or to gain control

Substance use



Breaking the Chains of Trauma



Present focused



Built around 8 sessions (first session is observation)



Goal is recovery, the process of regaining control



Treatment activities and processes:

Building resilience

Focusing on the present

Forgiveness

Moving beyond the trauma (making it less relevant and less powerful)



8 sessions

1. Defining Trauma
2. Trauma Covers Us in Chains
3. Acceptance & Seeing Reality-Recovery Process
4. Being Truly Aware & Mindful
5. Relationships
6. Taking Charge-The Courage to Be Free
7. The Future, Goals & Becoming Who You Want to Be
8. Program Ending: Striving for Superiority versus Just Surviving

Skills Learned



**3 Breathe
Technique**



Self Patting Beat



Journaling



Thought Stopping



Goal Setting



**Emotional
Recognition**





- A Meta-Analysis of Moral Reconciliation Therapy:
<http://ijo.sagepub.com/content/early/2012/06/26/0306624X12447771>
- Correctional Counseling Inc. www.ccimrt.com
- Virginia Cost Benefit Analysis:
<https://www.ccimrt.com/wp-content/uploads/2013/07/virginiadtccostbenefit.pdf>
- CCI resources:
<https://www.ccimrt.com/researchforms/cci-resources/>

