

Common Findings (Mishaps) in MRT Facilitation and Curriculum Updates

**River Road Counseling &
Consulting Services, LLC**

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What Does MRT mean?

- ❖ Conation: mind, body and spirit joining to drive decision making
- ❖ Re: to change
- ❖ Moral: Kohlberg

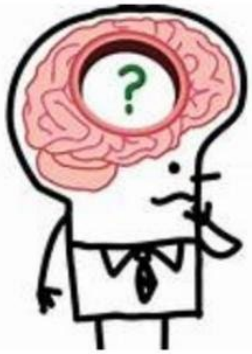
Changing the way someone
makes moral decisions

MRT

- ❖ Offered in all 50 states
- ❖ 9 countries



TBI **ACCOMMODATIONS**



Accommodations

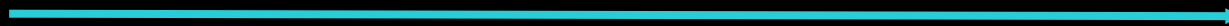
- ❖ Make as needed
- ❖ May use book
- ❖ List in the Group Rules
- ❖ Discuss with group

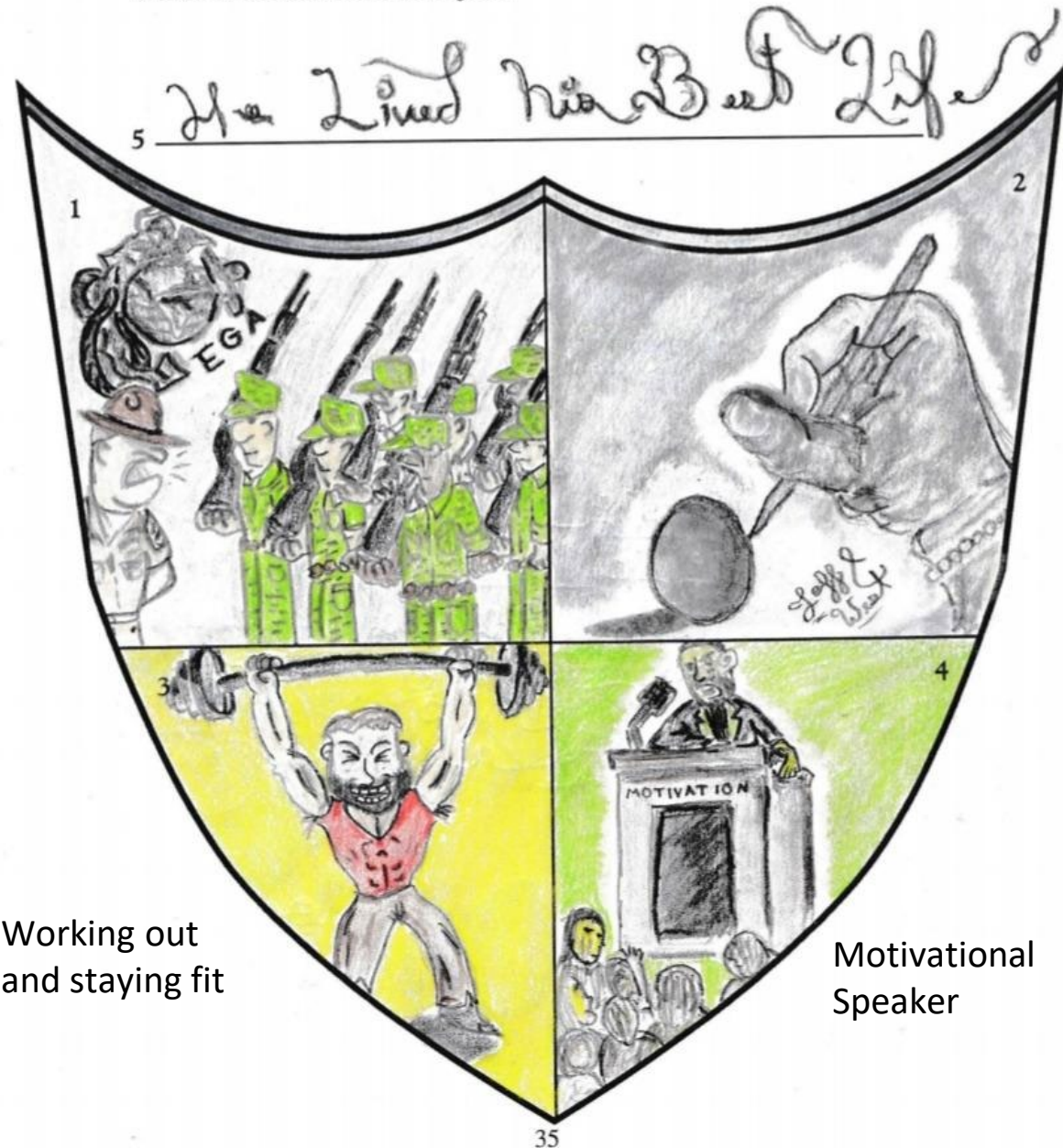


I am on step _____
It is about _____
It falls in the stage of
_____ on the
Freedom Ladder.

Prior to a Step

Prior to presenting Step 1, the participant should be able to state what step he/she is on and where it falls on the Freedom Ladder. If he cannot do this from memory, he should not be allowed to present.





Step 1

Check every exercise
for completion!



Words: Are words allowed
in drawings?

Words are allowed to
ENHANCE



Step 1

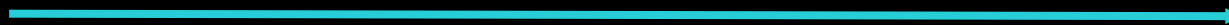
- ❖ Thought bubbles are allowed
- ❖ Agency may choose to have no words at all if everyone follows the same rule
- ❖ May write outside the drawing to jog their memory



Step 1



The participant must attempt step 1
within the first three group
sessions.





Step 1

- ❖ Once the pyramid is passed, the participant must attempt the testimony in the same group. If they do not pass, they will have two additional attempts (3 total).
- ❖ If the participant does not pass the testimony by the third and final attempt, the participant will have to present his/her testimony in front of the program staff.

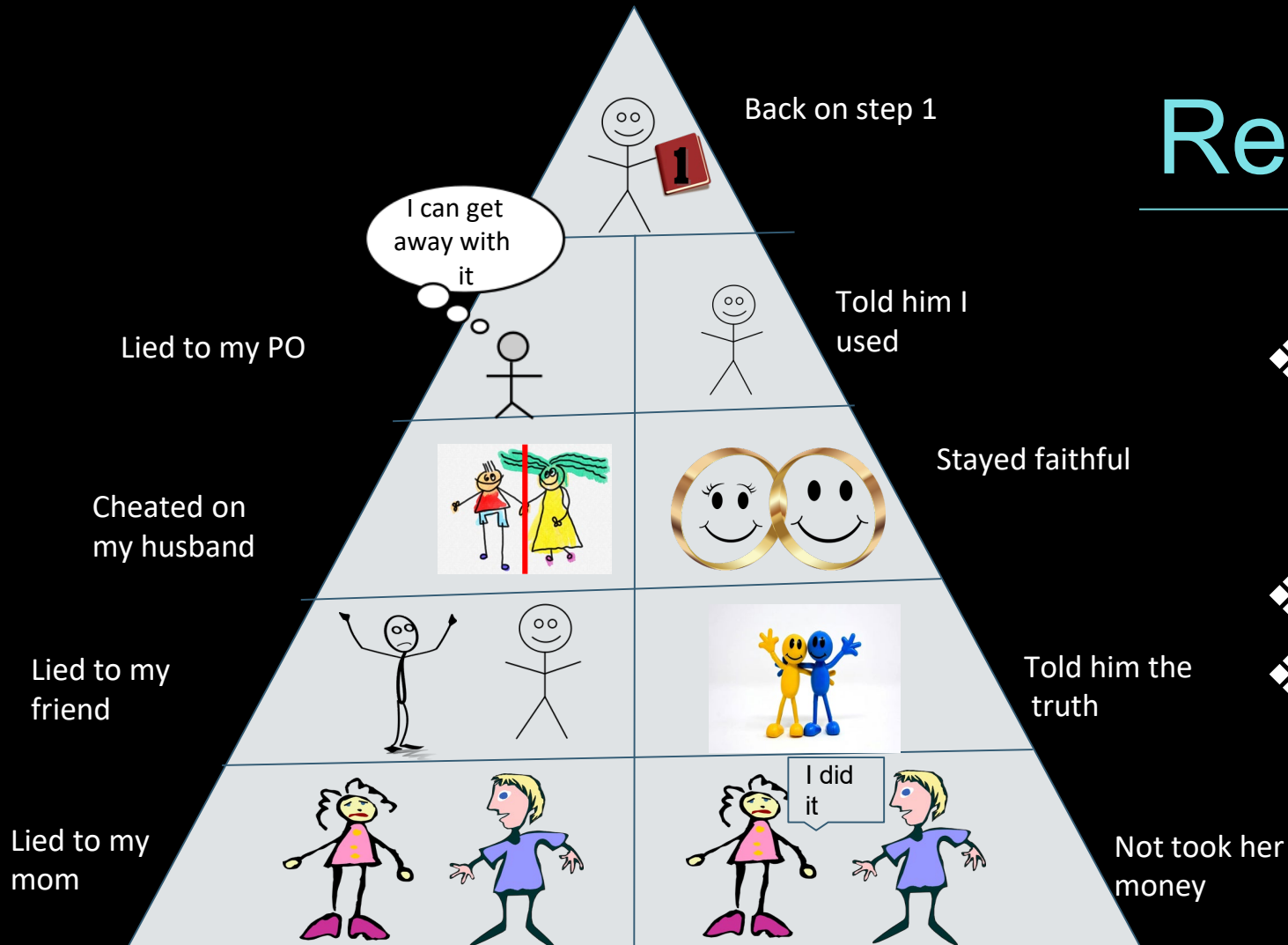


Step 1 Testimony

1

- ❖ Agency may choose to prompt directly for one element that was left out.
- ❖ If one prompt is allowed for step 1, it must also be allowed for step 2, as the directions in the book say “Step 2 is completed through a testimony in group conducted in the same fashion as Step 1”.

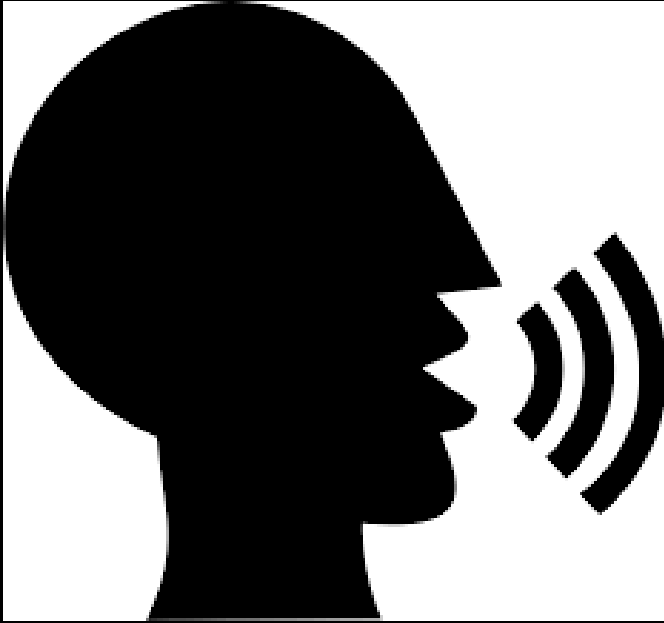




Redoing Step 1

- ❖ Erase entire pyramid and redraw or draw on another sheet of paper
- ❖ Do not photocopy
- ❖ All pictures will involve dishonesty or victim statements (the reason they were returned)

Redoing Step 1



- ❖ Must redo Testimony
 - Participant must discuss lack of honesty
 - Redo other testimony requirements



8. In #8, draw a picture of the things in life that you believe will lead you to happiness.
9. In the center, draw a picture that represents your identity—who you think you are right now.



Step 2: Life Wheel

#3 Draw a picture of something taken care of easily.

- It must be resolved in one week

Avoid processes, as they are ongoing, such as:

- stop smoking
- time management
- waking up on time
- getting a license

- ❖ Must redo Shield & Life Mask even if pics are drawn the same



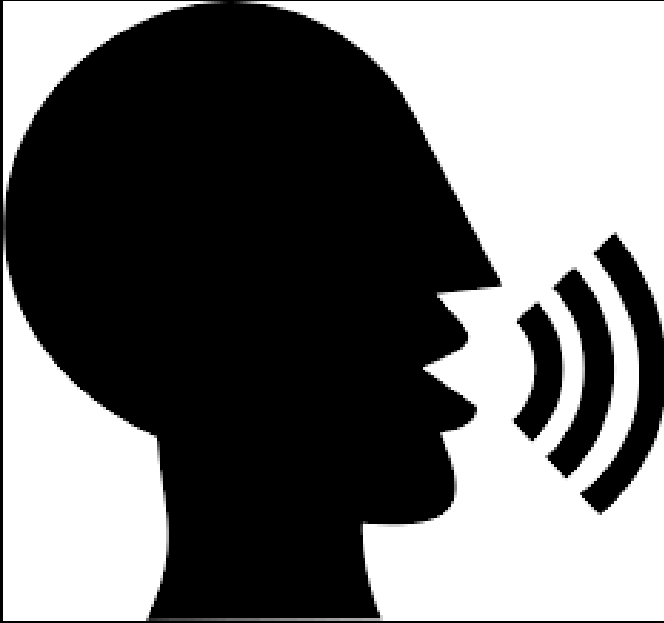
Redoing Step 2

- ❖ Must redo Life Wheel

- #1-must relate to why repeating step 2
- #2-must relate to why repeating step 2
- #3-must be a different problem (easy to take care of in one week)



Redoing Step 2



- ❖ Must redo Testimony
 - Participant must discuss who he/she failed to trust
 - Redo other testimony requirements



- Curfew violations
- Drug screen violations
- Arguing
- Dishonesty
- Bad Attitude
- No homework/Lack of prep in other classes

★ Not bringing violations to group

Step 3: Violations:

- ❖ Participants must be held accountable
- ❖ For programs that have a lot of rules-decide what is a major or minor rule and act accordingly or your participants will never make progress .



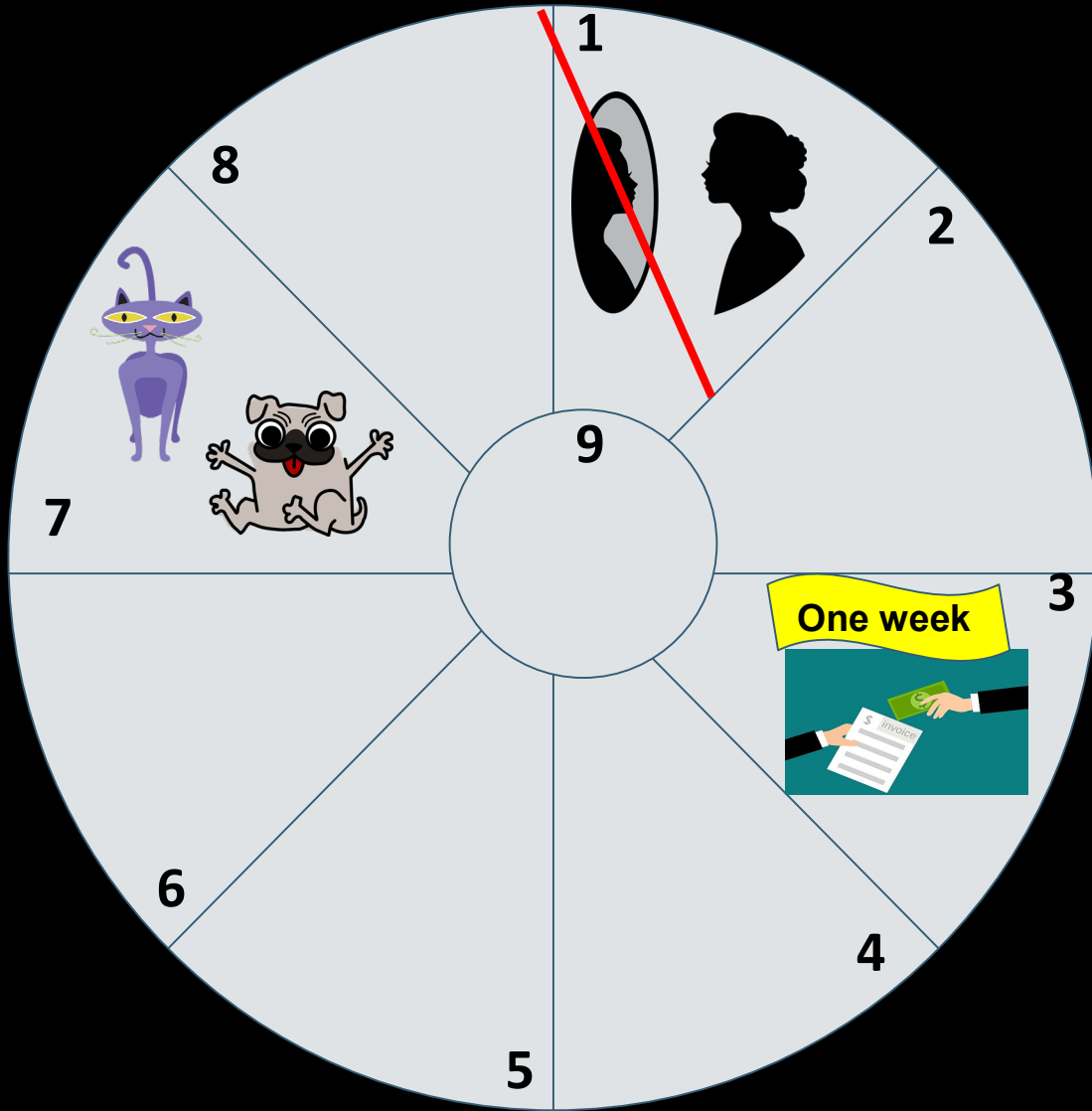
- ❖ Must redo all three Worries, Wants, Needs
- ❖ All should relate to why participant was returned to step 3 (in some way)
- ❖ Participant will share two in group

Redoing Step 3

- ❖ Redo Acceptance Guidelines



Step 5: Circle of Relationships



- ❖ #1: Cannot have a relationship with “self”
- ❖ May draw pets in the important relationships for #1 or # 7
- ❖ #3 must be a current problem with someone that can be accomplished within a week

What is your relationship to this person?

How have you damaged this relationship?

What is your goal in this relationship?

How can you do this? How can you repair the damage?

What is the first thing you need to do to repair the damage?

When will you do this?

Step 5: Important Relationships

A quick clarification:

The “date you will do this” is the date you will begin doing the first thing you need to do with this relationship.



Use the space needed for documentation.
Every line may not be filled.

Use the space needed for documentation.
Every line may not be filled.

- ❖ Documentation space
- ❖ Use space needed
- ❖ General rule, if there is a number, it must be filled; no blank spaces

One on One Discussions

- What led you both into the program
- Some family and school background
- Work history
- Future goals

Step 6: One on One DISCUSSIONS

- ❖ Must be written in full sentences
- ❖ Other person must sign and date
- ❖ These are not “interviews”. Both must share information
- ❖ Those past step 3 may record the information



Things that would not pass

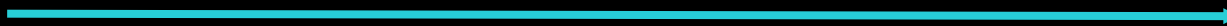
- I will fly to the moon
- Travel the world in a jet
- Shoot heroin again
- Rob a bank

What about these?

- Sleep with as many women as I could
- Drink a beer every day

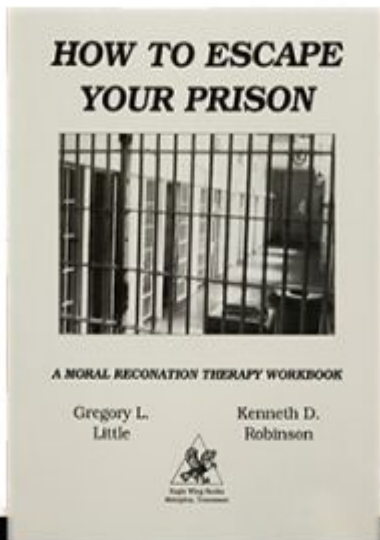
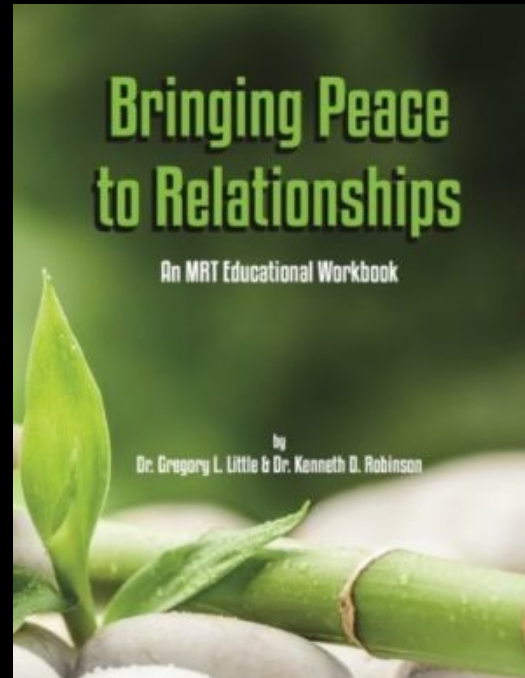
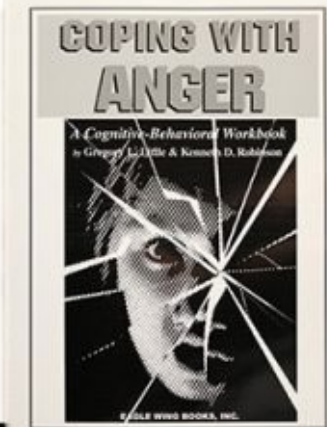
Step 7: 1,5,10 Years to Live

- ❖ Not specific or measurable
- ❖ Not a bucket list-must be achievable
- ❖ Must be prosocial goals
- ❖ Sets up real life goals



Mixing Programs

- ❖ You cannot mix programs
- ❖ All participants in a program must use same book





Sex Offenders

- ❖ Should have separate groups
- ❖ Can be blended into MRT if they are not being treated for sex offenses



<https://www.ccimrt.com/product/replacement-mrt-certificate/>



Facilitator Replacement Certificates

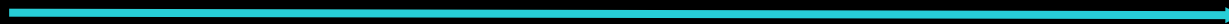
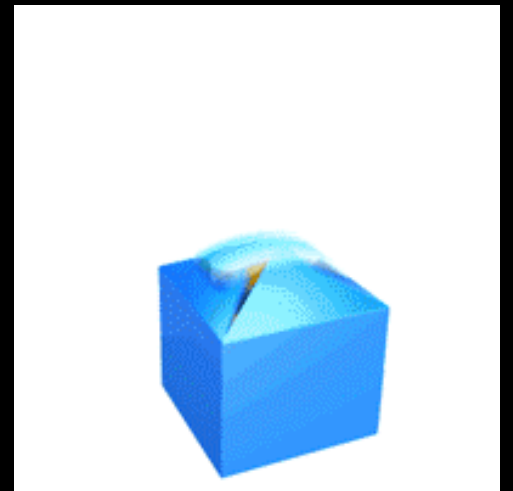
- ❖ Go to CCI website
- ❖ Add the training attended to cart
- ❖ Add training date/year and location in notes at checkout
- ❖ Cost is \$15.00



Questions/Concerns

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- ❖ **1-844-284-3671**

- ❖ **Go to CCI website**
- ❖ www.cci.mrt.com
- ❖ **901-360-15764**



Thank you for your Attention!

Stay Safe



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