

MORAL RECONATION THERAPY-MRT®

News & Views

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By Dr. Gregory Little

The History of MRT—False Scientology Accusation

The history of MRT's development and implementation was posted on this website so long ago that eventually it disappeared as upgrades came. The history is important in addressing the false scientology claims made by a couple people. For those interested in a brief overview of the beginning of MRT, it's [here](#).

The initial publication of MRT treatment materials came in September 1986 when Little & Robinson formed Eagle Wing Books as a partnership and then as a corporation. "How To Escape Your Prison" was the first publication immediately followed by "Your Inner Enemy." "How To Escape Your Prison," "Your Inner Enemy," and "Discovering Life & Liberty" are all MRT books and were all issued in 1986. Here is why that matters.

Last issue of this newsletter the false scientology claims about MRT were addressed. The above information is relevant to one of the more bizarre claims made in a couple online articles. The articles stated that MRT was directly derived from scientology, and more specifically, that vast sections of our 1986 book, "How To Escape Your Prison," were lift-

ed directly from a book entitled, "The Scientology Handbook." Until I became aware of the false accusation I'd never seen nor heard of the Scientology Handbook, but I have since examined it. There are two aspects in the comparison of our book and the scientology book that are pretty striking. First, the Scientology Handbook came out in 1994, some 8 years after MRT's main books were published and widely disseminated. Maybe someone has a time machine, but I can think of better things to do with a time machine than copy a book. Second, what's in the scientology book bears no resemblance to MRT. There are a few specific words that are used in both books, and that's it.

Another allegation was that Dr. Ken Robinson obtained his doctorate after starting CCI and did so specifically to be able to market MRT and CCI to criminal justice agencies. CCI began in 1989 and Robinson obtained his Ed.D. in educational psychology & counseling in the mid-1980s.

Book Coming on MRT History, Theory, & Outcome Research

The author is currently working on gathering all of the hundreds of articles and reports that have been issued on MRT or those that relate to MRT. It is

a task necessary for the completion of a book detailing the history, theoretical background, and a comprehensive review of all the outcome research on the method. It should be done and available later this year. If your agency has issued a research report, I would greatly appreciate a digital copy. If you have any relevant information email me at: atagreg@bell-south.net

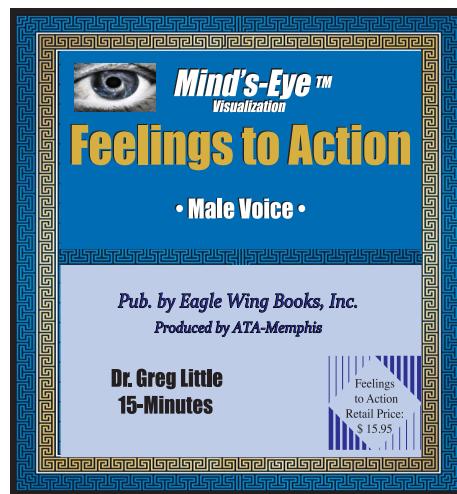
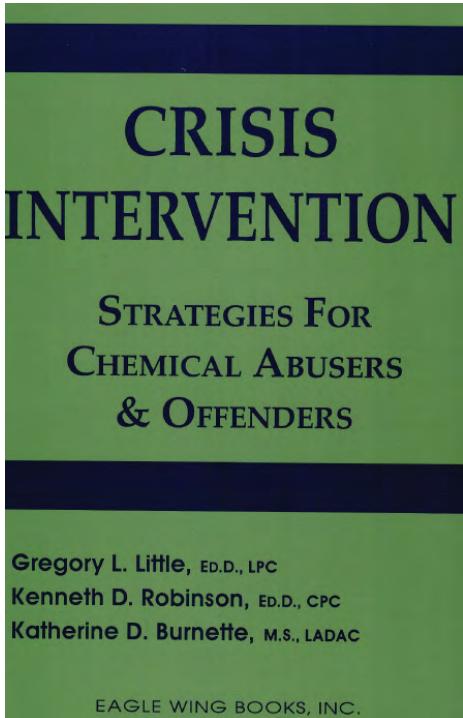
Our Treatment Products Review Video

Eagle Wing Books, Inc. and ATA have published a vast range of treatment workbooks and audiovisual resources that address just about every client need that exists. Last month the MRT YouTube Channel posted a [5 & 1/2 minute video](#) that briefly reviews all of the treatment products available from CCI. It was difficult to get everything in it, but in the modern world, few of us have time to devote to watching videos. All of our treatment products are more fully described in our 2017 Catalog [here](#).

Trauma Treatment & Crisis Intervention

As most MRT Facilitators know, in the past two years we put out a series of trauma treat-

ment workbooks aimed at the general population of offenders and mental health clients as well as a specialized workbook for Veterans. While terminology utilized in treatment tends to change and rotate in and out of popularity like a turning wheel, one area of treatment that used to be a “hot topic” remains relevant to trauma treatment. That is crisis intervention. In 1998 we put out a short text, *Crisis Intervention*, that presented a 5 stage process: 1) Recognizing the crisis; 2) Defining the Problem; 3) Set a Limited Goal; 4) Initiate Problem Solving; 5) Focused Problem Solving. It is a simple and effective strategy to assist an individual in the moment of a crisis, something that can afflict trauma survivors often. The book is available [here](#). One key to effective crisis intervention is having the client engage in specific planned behaviors in the moment of crisis—when nothing seems to be



able to get the person's attention diverted. On effective solution is to get the person to agree to complete some simple but normal task. There are explanations of how this is done in the book as well as in our trauma books. Crisis intervention remains a critical skill for counselors treating trauma. One of the tools we created consists of several audio CDs that the client uses in the moment of crisis. It is a short-term solution that shouldn't be used all the time, but it is nonetheless effective. In support of trauma treatment, and with a focus on assisting clients in crisis, a series of [audio CDs](#) (Minds Eye™) was developed.

MRT & Other Trainings Available

[MRT training](#) is conducted by CCI under a long-running sole provider contract. CCI conducts around 150 4-day MRT trainings around the country. In addition, there is an MRT-based Domestic Violence training available. In 2016 we added a series of [trauma trainings](#). There are specialized programs for [Veteran's trauma](#) and [general trauma](#).

Research Briefs

Wolfrey, M., & Wilson, G. (2014) Moral Reconation Therapy: A CBT model for youth and adolescents. Reviews MRT and various outcomes and concludes that it an effective approach. Full access: <https://www.linkedin.com/pulse/20140519214458-26847214-moral-reconation-therapy-a-cbt-model-for-youth-and-adolescents-by-mia-wolfrey-and-glen-wilson?articleId=7487891666563302264>

Rotter, M., & Carr, W. A. (2013) Reducing criminal recidivism for justice-involved persons with mental health illness: Risk/needs/responsivity and cognitive-behavioral interventions. SAMHSA's GAINS Center for Behavioral Health and Justice Transformation. Includes several descriptions of MRT's utilization with offenders. Full access: <https://www.prainc.com/wp-content/uploads/2016/02/ReduceCrimRecidRNR.pdf>

Adult Redeploy Illinois Oversight Board(2014) 2013 Annual Report to the Governor and General Assembly on the Implementation and Projected Impact of Adult Redeploy Illinois. Reviews Illinois' huge effort to reduce recidivism and the role of MRT in numerous sites. Full access: http://www.icjia.org/redeploy/pdf/annualreports/2013_Adult_Redeploy_Illinois_Annual_Report.pdf