

EAGLE WING

BOOKS, INC.

MEMPHIS, TN

MORAL RECONATION THERAPY—MRT® & COGNITIVE-BEHAVIORAL BASED PRODUCT CATALOG



MENTAL HEALTH



CRIMINAL JUSTICE



TRAUMA



SUBSTANCE ABUSE



EDUCATION

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**Correctional Counseling, Inc. is the sole-source provider of
Moral Reconation Therapy—MRT® treatment materials
and other Eagle Wing Books, Inc. treatment materials.**

To order products, please visit:

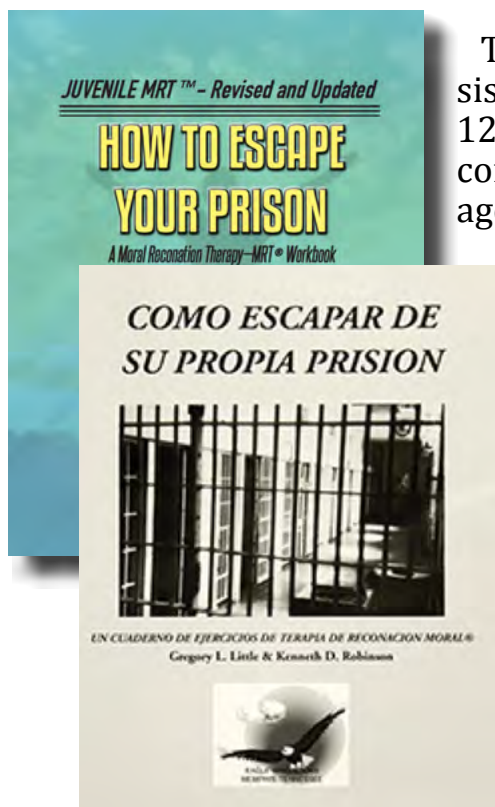
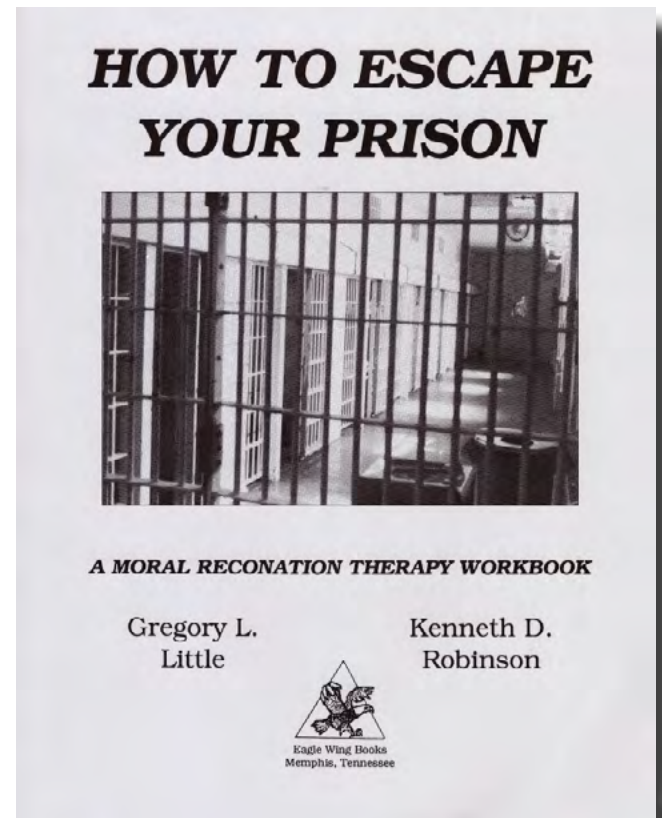
www.ccimrt.com

How To Escape Your Prison

A Moral Reconation Therapy—MRT® Program

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.

\$27 each

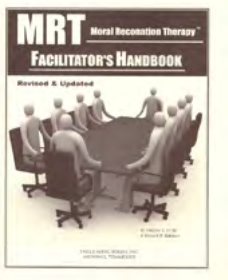
Available Versions include: Adult, Juvenile, and Spanish.

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

To order products visit www.ccimrt.com or [click here to return to the Table of Contents](#)

How To Escape Your Prison

Supportive Materials

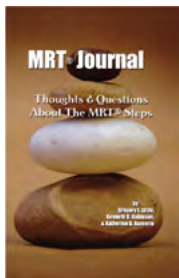
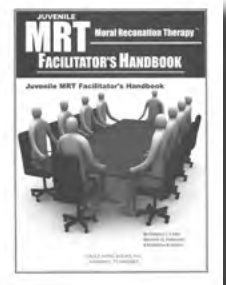


The MRT Facilitator's Guide gives basic instructions as well as the objective criteria that should be used for each Step.

\$35 each

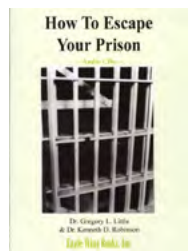
The Juvenile MRT Facilitator's Guide gives basic instructions as well as the objective criteria that should be used for each Step.

\$35 each



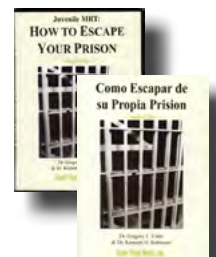
The MRT Journal: Thoughts & Questions About MRT Steps presents ideas and questions about the various aspects of the 12 major steps of MRT. The MRT Journal will be useful to inpatient programs, TCs, substance abuse programs, and agencies using MRT with higher functioning clients.

\$7 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



How To Escape Your Prison

Supportive Materials



Freedom Ladder Poster – Large 24"x 36" full color poster. Describes the MRT personality stages associated with each step.

\$22.90 each

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 each (Pack of 25)



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.

\$7 each

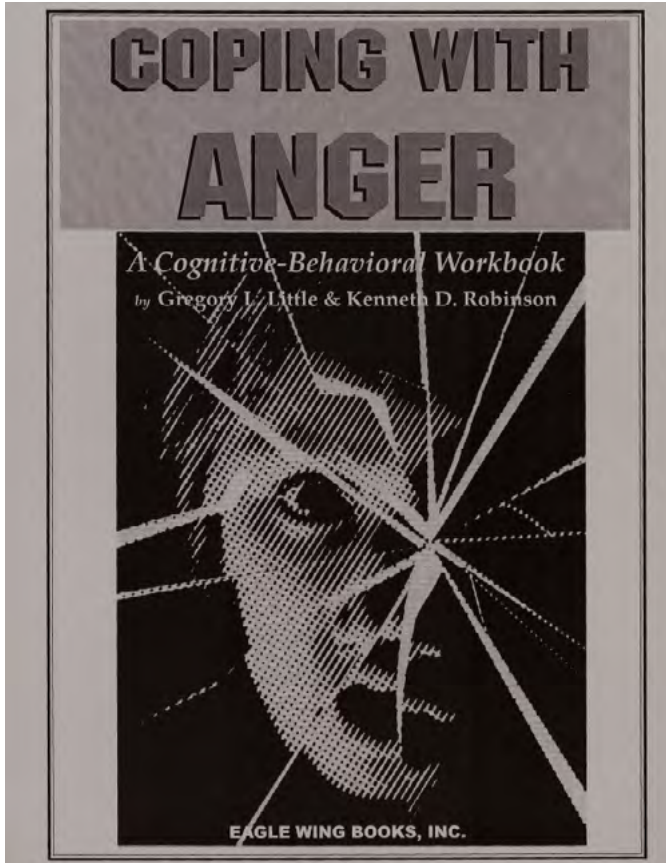
The "Pop-Up" is a tool that can be used to allow the client to see how the program creates a transformation in their personality. It is a visual tool that demonstrates a transition from two-dimensional decision-making to a deeper, three-dimensional process. Visit the Moral Reconnection Therapy® YouTube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

\$6 each



Coping With Anger

An MRT-based Program



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.

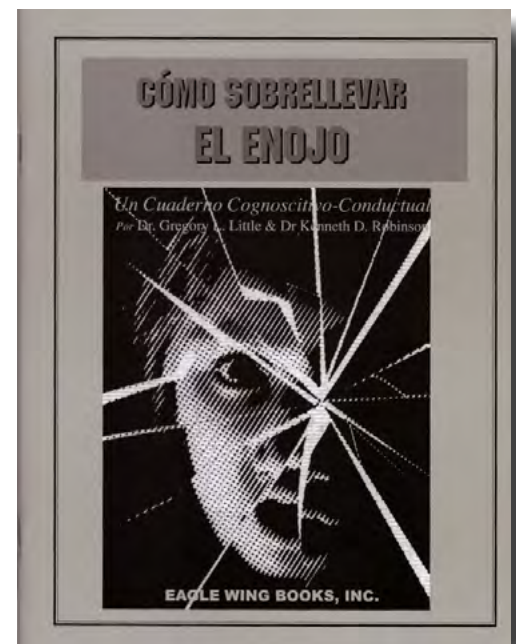
The program is in use in corrections, probation and parole, community corrections, diversion programs, all juvenile programs, and in private treatment settings.

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.

Also available in Spanish.

\$11 each



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

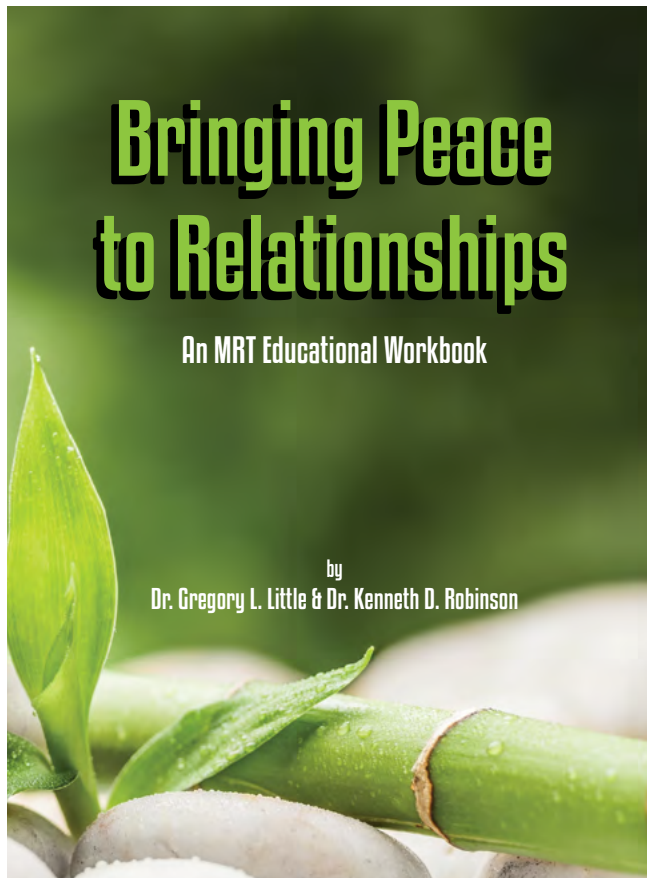
There are three CD's that can be used in conjunction with the *Coping with Anger* program. These CDs can be utilized both in and out of group: the *Five-Minute Stress Manager*; *Basic Relaxation*; and *Progressive Muscle Relaxation*. A description of these CD's can be found on the Audio Resources page.

\$12 each



Bringing Peace to Relationships

An MRT-based Domestic Violence Program



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.

\$27 each



Bringing Peace to Relationships

Supportive Materials

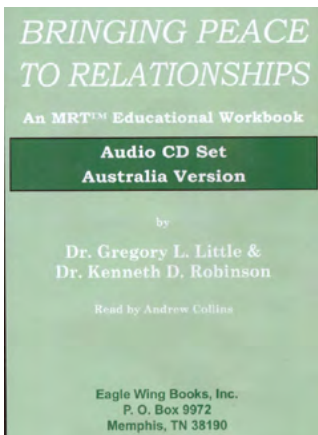


The MRT Counselor's Handbook for Domestic Violence gives basic instructions as well as the objective criteria that should be used for each step.

\$35 each

Freedom Ladder Poster – Large 24"x 36" black and white poster. Describes the MRT domestic violence personality stages associated with each step.

\$18 each



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

\$60 each

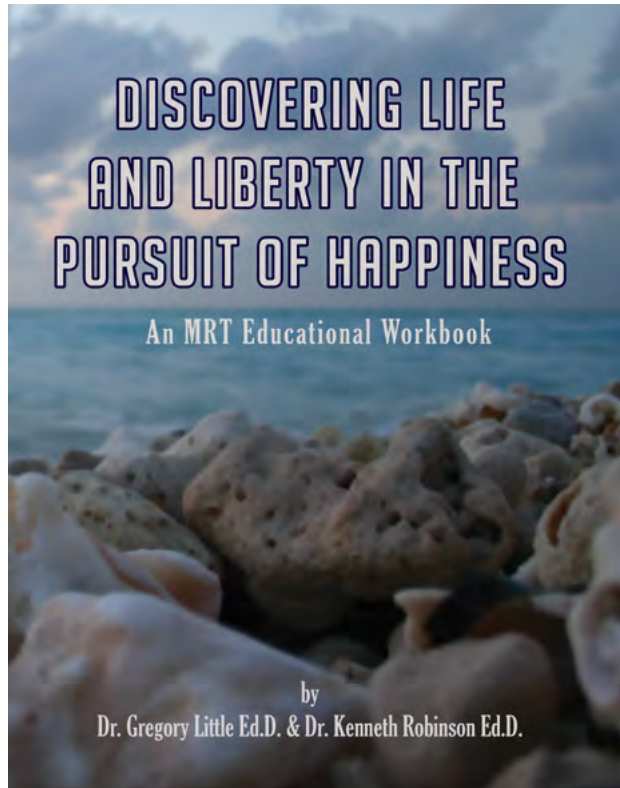
A combination CD can be used for anger management: *5 Minute Stress Manager and Imaginary Time-Out*. (Please see Audio Resources page for a description of these CDs.)

\$16.95 each



Discovering Life & Liberty In the Pursuit of Happiness

A Moral Reconation Therapy—MRT® Program



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.

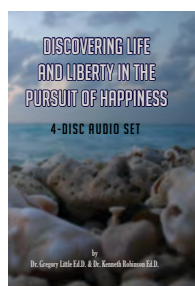
The book is used with all types of nonoffender populations especially in educational settings. High schools, community colleges, residential programs, and churches utilize this version of MRT. MRT is an NREPP program.

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.

\$27 each

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.

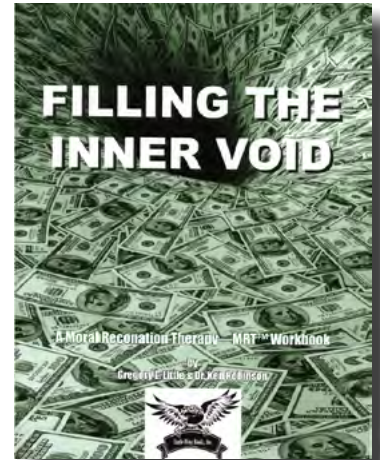
\$65 each

Filling the Inner Void

An MRT-based Program

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.

\$27 each



Character Development

An MRT-based Program



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!

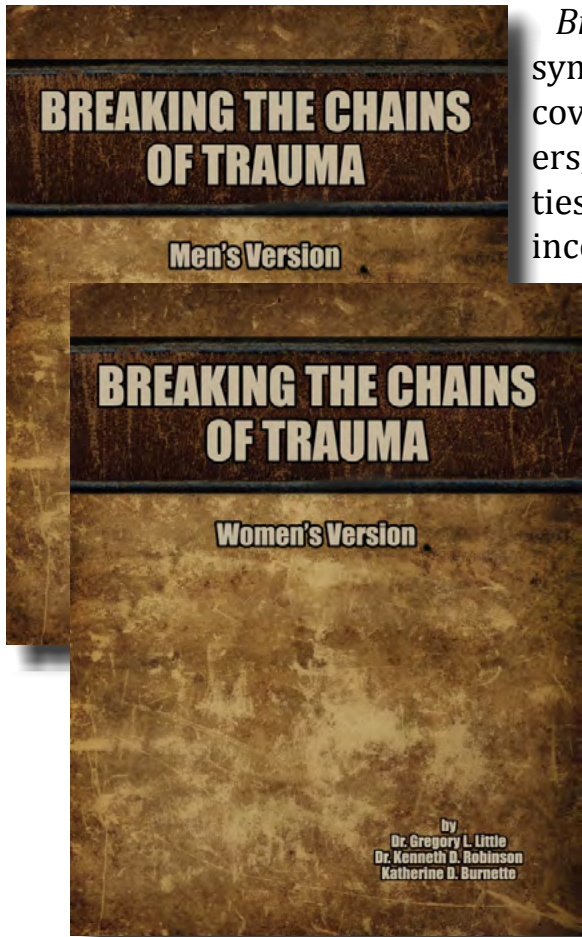
The program has 8 sections with homework designed to be completed prior to group and then presented in 8 group meetings. The program is either open-ended and conducted in ongoing groups where new members enter when assigned or as an educational program where all members proceed at the same pace.

\$22 each

An extensive Facilitator's Guide to *Character Development* is available. **\$21 each**

Breaking the Chains of Trauma

An MRT-based Trauma Program



Breaking the Chains of Trauma (67 pages) - 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 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.

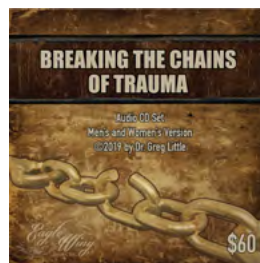
\$16 each

*Also available in Spanish
(Men's and Women's)*



A Facilitator's Guide is available.

\$5 each



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

\$60 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.

\$16 each



Battling Shadows

An MRT-based Veteran's Trauma Program

BATTLING SHADOWS

Veterans, Trauma, and PTSD

Gregory Little, Ed.D.
Kenneth D. Robinson, Ed.D.
Katherine D. Burnette, M.S.
Introduction by: Arnold Waggoner, Ph.D.

Battling Shadows: Veterans, Trauma, & PTSD Facilitator Guide

By Gregory L. Little, Ed.D., & Kenneth D. Robinson, Ed.D.
with Katherine D. Burnette, M.S., LADAC

Battling Shadows Purpose

Battling Shadows is a systematic, workbook oriented, cognitive-behavioral approach to treating trauma symptoms (PTSD) occurring in Veteran populations. Participants read a series of modules before a group meeting, complete the homework after reading the module, and share their homework responses in a group with other participants. Ideally, the group will be open-ended, meaning that new participants can enter at any time and progress at their own pace. This is explained in a later section. It is likely that clients participating in the program will fall into two categories. The first, and probably the largest, will find that learning, practicing, and utilizing the coping strategies contained in the exercises will aid them to a degree that they will be able to move on without further assistance for PTSD. Some participants will, however, fall into the second category. These clients will require either a more intensive PTSD treatment approach or will be found to not have the level of resilience to utilize the coping strategies. In this way, this program can be viewed as a screening process that should easily identify the most serious PTSD cases.

Trauma Treatment— Background Issues & Goals

Trauma causes so many problems in so many areas of life that simplistic explanations are inadequate and inappropriate. A basic training in trauma programming should be considered to be just that—basic. All staff engaged in trauma programming should ensure that they are prepared for the possible needs of their clients. SAMHSA offers a fairly comprehensive and free TIP Guide (Treatment Improvement Protocol) entitled, *Trauma Informed Care in Behavioral Health Services*, TIP #2214. The book can be downloaded at: <http://www.samhsa.gov/tip/content/SMA14-4316/SMA14-4316.pdf>

There is a wide range of trauma treatment protocols established for Veterans. The National Center for PTSD, sponsored by the U.S. Department of Veterans Affairs, (<http://www.pdva.gov>) is an excellent resource. All professionals treating Veterans should be knowledgeable of the website and the resources it offers.

Training Required

There is a focused two-day training for this program offered by CCI (www.cciart.com). Professionals employed by the VA who already treat trauma clients and who have completed MRT training or MEIS-Domestic Violence training can use the workbook without additional training. However, all individuals serving as facilitators are urged to complete the

Battling Shadows is a 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.

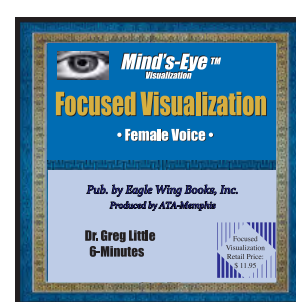
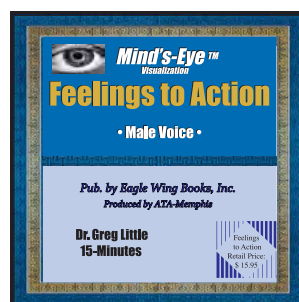
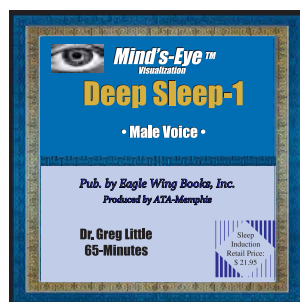
A specialized training is available through CCI for those interested, but is not required for VA programs. Several audio CDs used as adjuncts in trauma treatment are available. See the Trauma Audio Resources page for more information.

\$32 each

An extensive Facilitator's Guide is also available.

\$21 each

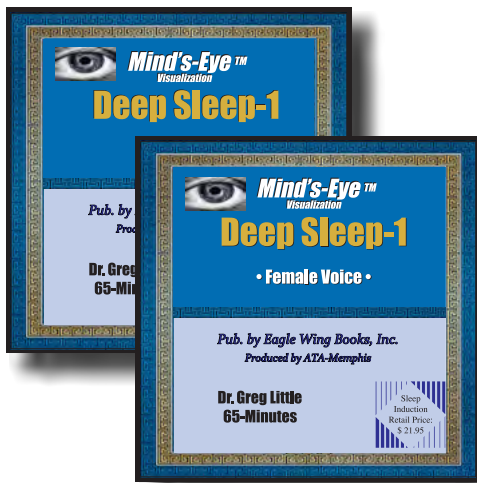
Several audio CDs are used in trauma treatment. These are used to enhance sleep, control feelings, and cope with intrusive thoughts. See the Audio Resources page for more information.



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:

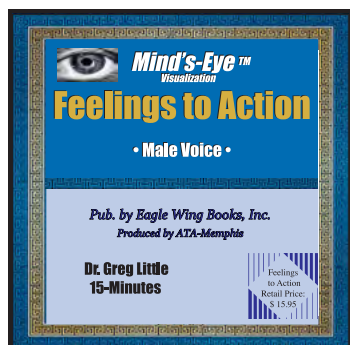
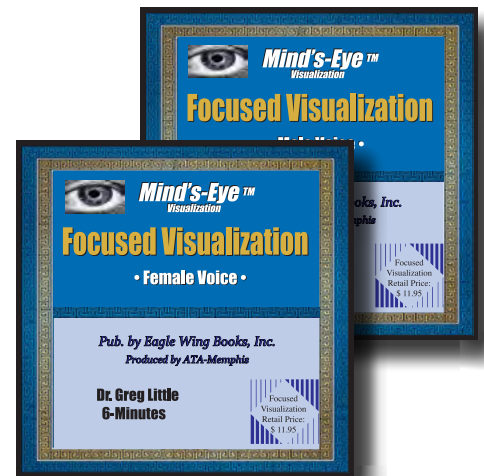


Mind's Eye Visualization™: Deep Sleep – This 65-minute audio is used as an aid to clients who have trouble falling asleep. It contains sleep enhancing music and visualizations that include nature. (Male & Female Voice versions available.)

\$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.)

\$15.95 each

Audio Resources

For the Counselor's Toolbox



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

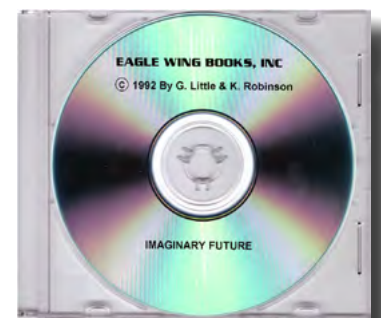


Progressive Muscle Relaxation — A 15-minute audio that uses both breathing and the progressive method of tensing and releasing muscle groups. [English (male voice) and Spanish (female voice) versions available.]

\$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



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



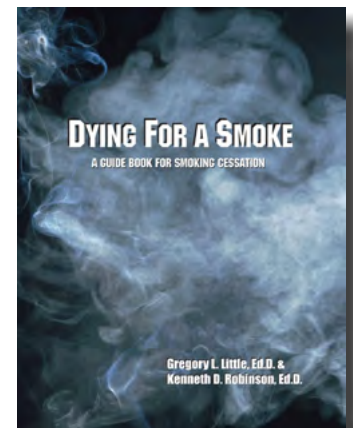
Systematic Desensitization — Few counselors use systematic desensitization but it remains the most effective technique to help clients learn to cope with unwanted feelings that emerge in anxiety-producing situations (25-minutes). [English (male voice) and Spanish (female voice) versions available.]

\$12 each



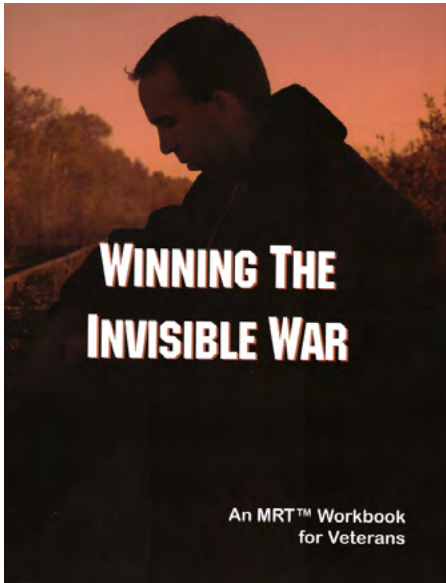
Dying for a Smoke: a smoking cessation workbook for individuals; includes 2 audio CDs. The book includes basic information needed to understand the issues with smoking cessation and health. CD #1 includes the Three-Breath Relaxation Method with both a long and short version. CD #2 is a 54-minute sleep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

\$29.95 each



Winning the Invisible War

Veteran-specific MRT-based Program



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.

\$27 each

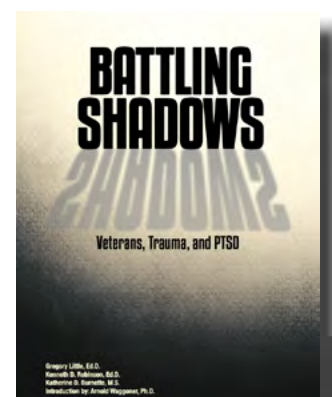
This program can be paired with the Veteran's trauma treatment workbook *Battling Shadows*, described below, which directly addresses the trauma issues frequently encountered in Veteran populations.

Battling Shadows

An MRT-based Veteran's Trauma Program

Battling Shadows is a 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.

\$32 each



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.

To order products visit www.ccimrt.com or [click here to return to the Table of Contents](#)

Something For Nothing

Shoplifting Program



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 week-end. 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.

\$11 each

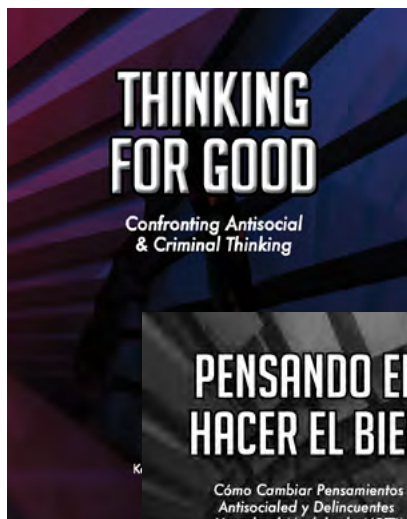
An audio CD of the workbook is available to assist in implementing the program as a psychoeducational group.

\$35 each



Thinking For Good

Criminal Thinking



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.

\$32 each

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



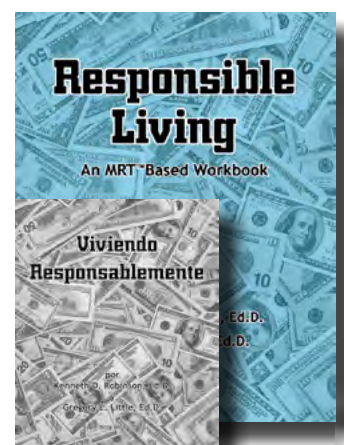
Responsible Living

Petty Crime/Misdemeanors

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.

\$32 each

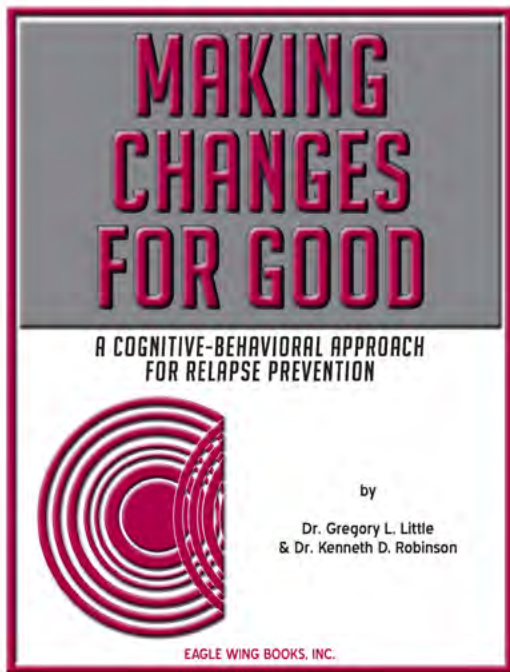


Also available in Spanish.

To order products visit www.ccimrt.com or [click here to return to the Table of Contents](#)

Making Changes For Good

Sex Offender Relapse Prevention



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.

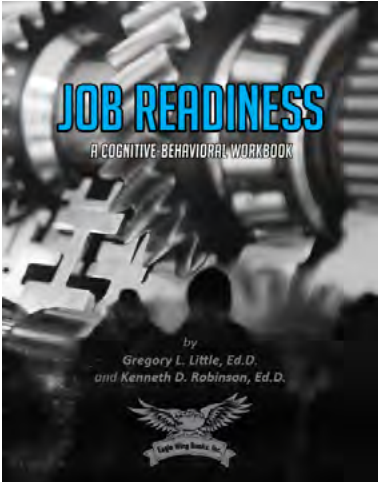
\$20 each

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



Job Readiness

Job Readiness/Life Skills



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.

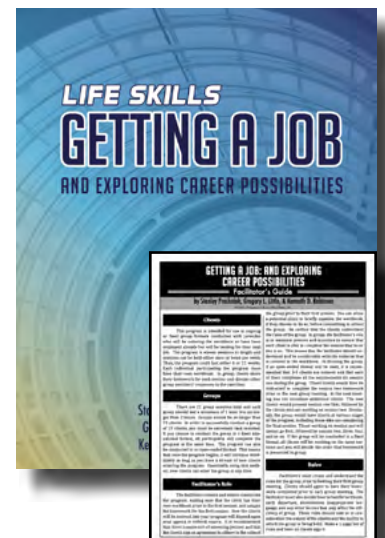
The program has 6 sections with homework designed to be completed prior to group and then presented in 6 group meetings. The program is either open-ended and conducted in ongoing groups where new members enter when assigned or as an educational program where all members proceed at the same pace.

\$10 each

Getting A Job

Job Readiness/Life Skills

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.



\$16 each

A facilitator's guide is available for \$15.

Finding the Right Job

Job Readiness/Life Skills



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.

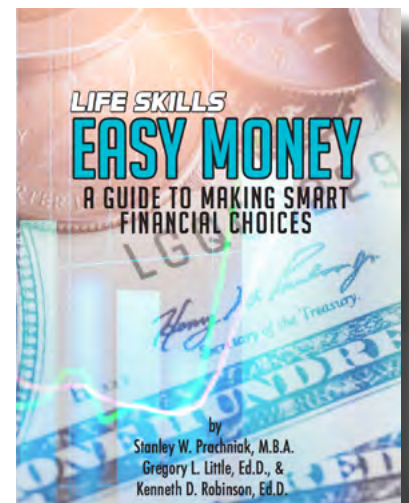
\$16 each

A facilitator's guide is available for \$15.

Easy Money

Life Skills

Easy Money: A Guide to Making Smart Financial Choices (40 pages) is a 10-chapter workbook designed to help individuals understand basic concepts about money and making informed financial decisions. Exercises progress from the simple concept of earning money up to the point of setting personal financial goals and creating an action plan to achieve them. Some of the topics discussed include: opening a bank account, planning for purchases, paying bills and budgeting, credit cards, and saving money. Topics are presented in a straight-forward, easy to understand manner and the exercises challenge participants to apply this information to their own life. The program is designed to be implemented in an open-ended group format, where completion of each step is checked by the facilitator.



\$13.95 each

Untangling Relationships

Codependency



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.

\$11 each

Family Support

Failure to Pay Child 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.

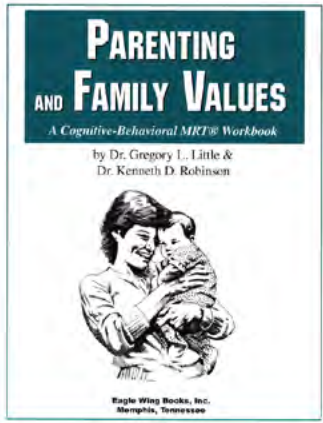
The program has 8 sections with homework designed to be completed prior to group and then presented in 8 group meetings. The program is either open-ended and conducted in ongoing groups where new members enter when assigned or as an educational program where all members proceed at the same pace.

\$10 each



Parenting and Family Values

Parenting



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.

\$16 each

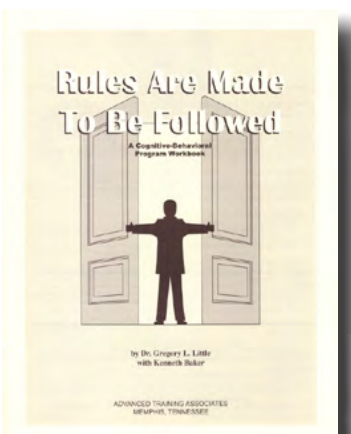
Rules Are Made To Be Followed

Underage Drinking & Fake IDs

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.

\$11 each



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

Driving the Right Way

DUI/DWI Offender Program



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.



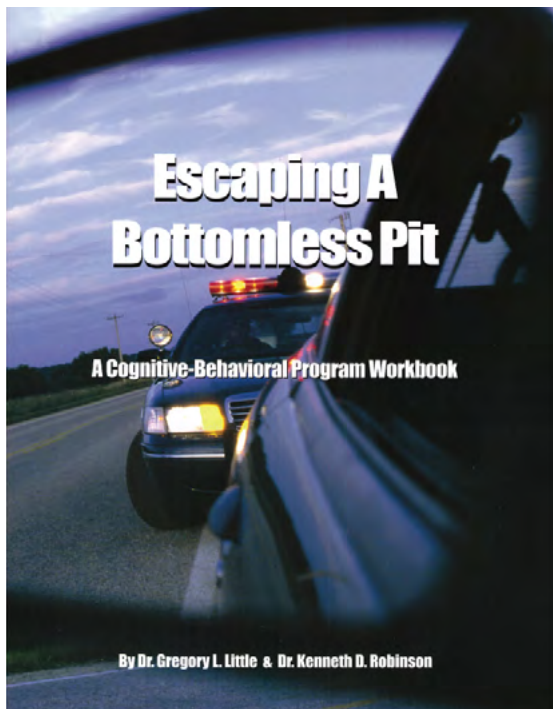
\$10.75 each



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

Escaping A Bottomless Pit

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.



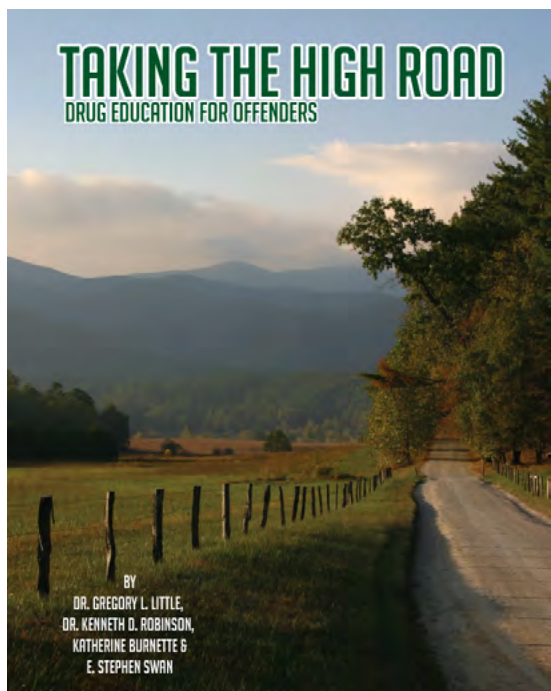
\$11 each

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



Taking the High Road

Drug Education



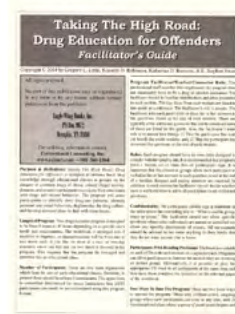
Taking the High Road is a unique drug education workbook and program for offenders at all levels of criminal justice - drug courts, parole and probation, community corrections, jails and prisons. It utilizes an approach of brutal honesty and openness and has participants share their ideas, thoughts and 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.

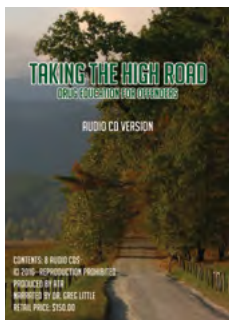
The program has eight modules that can be completed in eight group sessions. Clients complete homework for each module prior to coming to group. In group, each client presents his or her homework to the group and the facilitator passes the client to the next module or has the client redo the homework 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.

\$11.50 each

The Facilitator's Guide gives basic instructions as well as the objective criteria that should be used for each module and is available for \$10.



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 for \$150.

The DVD video version of *Taking the High Road* is also available as an 8-disc set \$200.



What Do I Do Now?

Relapse Prevention



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.

\$16 each

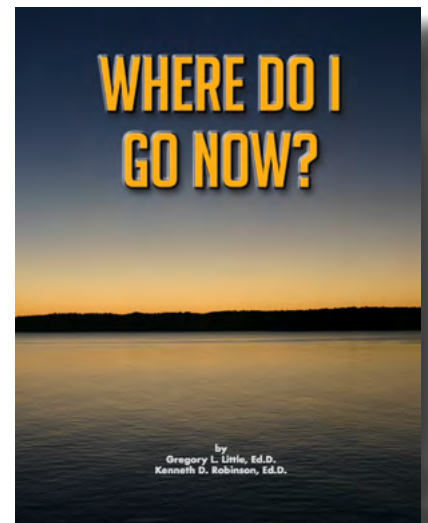
Workbook also available in Spanish.

Where Do I Go Now?

Relapse Prevention

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.

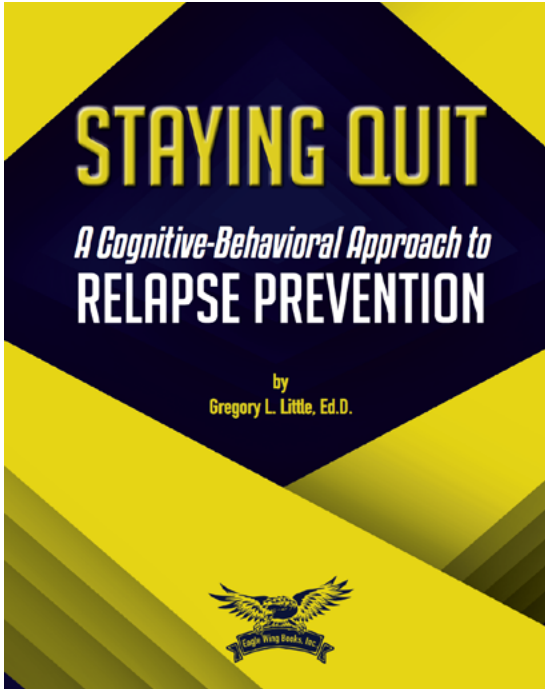
\$16 each



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.

Staying Quit

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.

\$11 each



See the next page for more information.

Staying Quit

Relapse Prevention



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

\$5 each

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

\$35 each

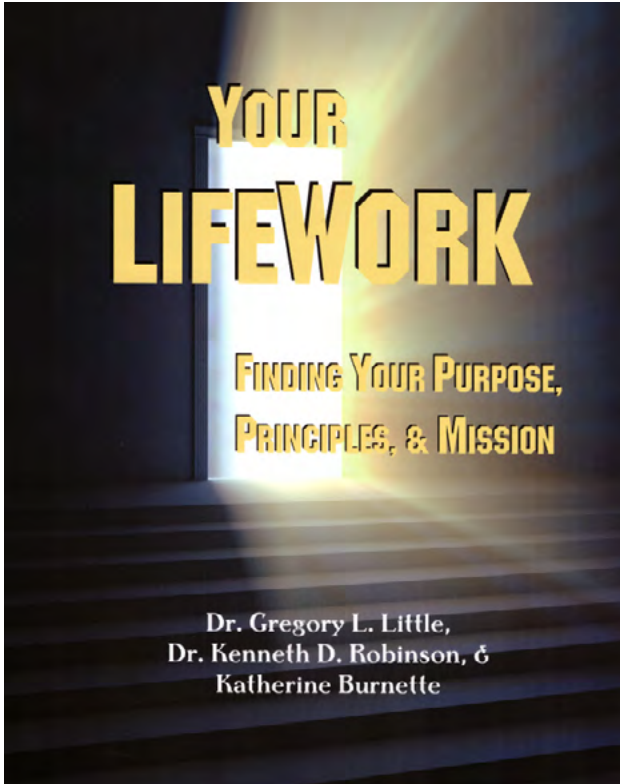


There are four CDs that can be used in conjunction with the *Staying Quit* program. These CDs can be utilized both in and out of group: *Basic Relaxation*; *Clean & Sober Visualization*; *Systematic Desensitization*; and *Progressive Muscle Relaxation*. A description of these CD's can be found on the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

\$12 each

Your Lifework

Personal Development



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.

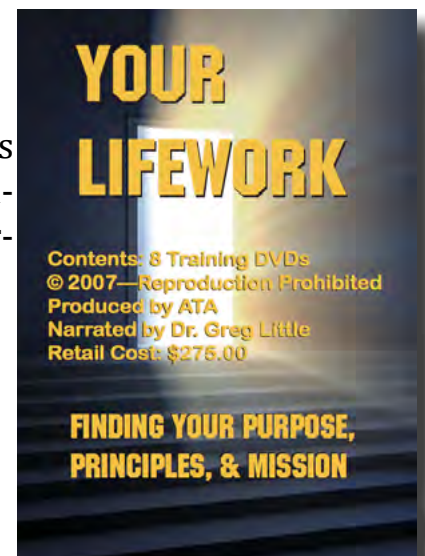
The program consists of a series of structured, written exercises that explore behavior, attitudes, feelings, and goals related to work, career, co-workers, hobbies, interests, family, and day-to-day life. Participants

must be willing to engage in self-reflection and share some of their thoughts with others.

\$16 each

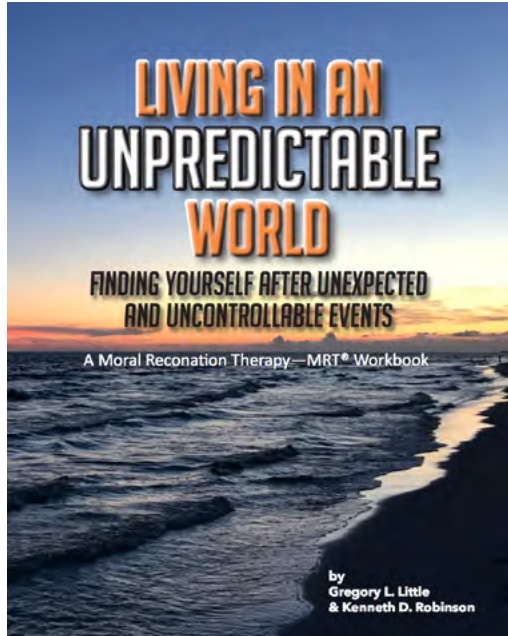
The *Your Lifework* 8 DVD Set presents each of the workbook's chapters in a documentary format. The films are highlighted by music. Narrated by Dr. Greg Little. The DVDs can be viewed on the Moral Reconnection Therapy™ YouTube channel.

\$150 each



Living In An Unpredictable World

Mental Health



Living In An Unpredictable World: Finding Yourself After Unexpected and Uncontrollable Events is a 32-page, 8-chapter program that addresses many areas that individuals struggle with during the pandemic, and provides participants with tools and exercises to help them cope with our ever-changing world.

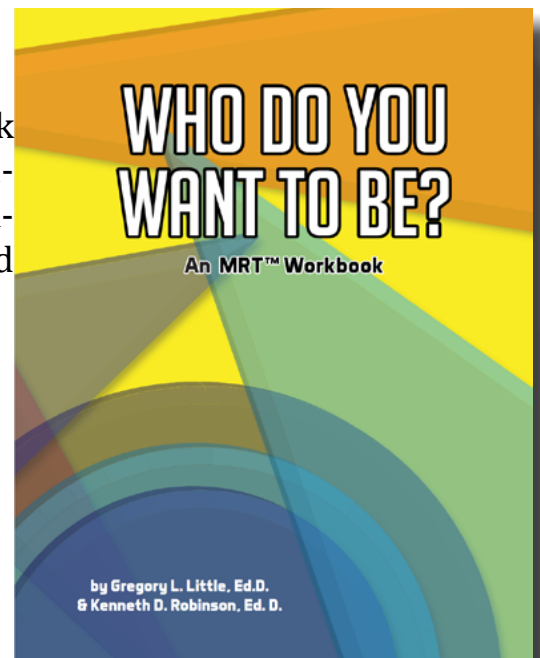
\$16 each

Who Do You Want To Be?

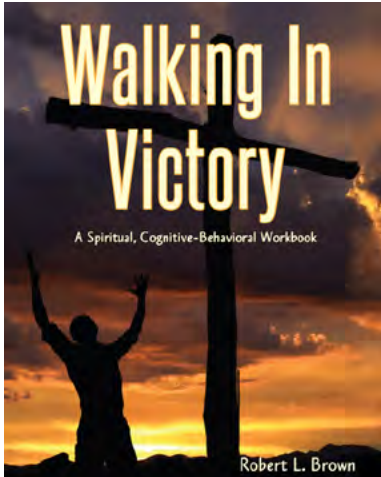
Mental Health

Who Do You Want To Be? is an 8 session, 48-page workbook designed for use with school-age and adolescent participants. The program is based on the Moral Reconciliation Therapy—MRT® process and principles, and can be implemented in classroom or group settings, or conducted individually.

\$20 each

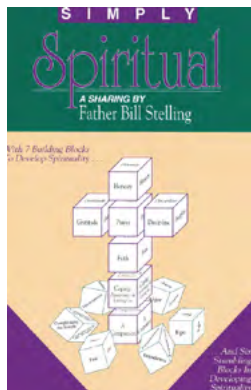


12-Step and Spiritual



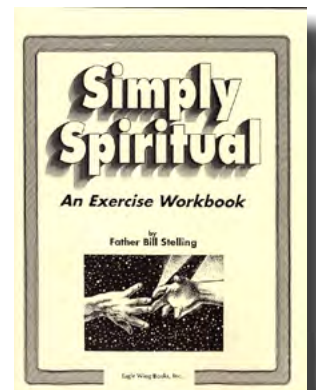
Walking in Victory: 152-page cognitive-behavioral workbook derived from biblical truth aimed at Christian-based programs treating substance abusers, the homeless, and offender populations. Emphasizes addictions, relationships, and day-to-day life in 12 chapters which form a path up a ladder involving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

\$29.95 each

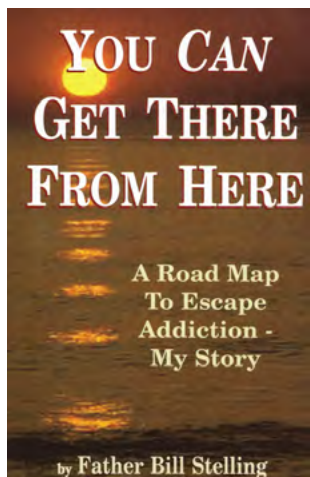


Simply Spiritual: Father Bill Stelling's essays (64 pages) directly addressing the major stumbling blocks and building blocks involved with successful recovery in the 12-Step process. *Simply Spiritual Workbook*: 37-page workbook designed to follow the text of the stumbling blocks outlined in *Simply 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



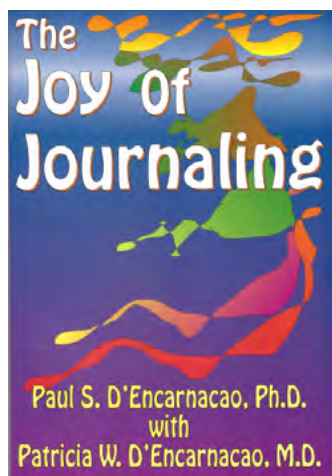
\$10 each



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

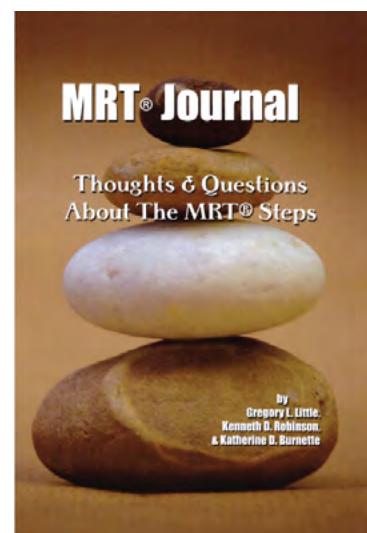
By Paul S. D'Encarnacao, Ph.D. & Patricia D'Encarnacao, M.D.

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.

\$12 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.

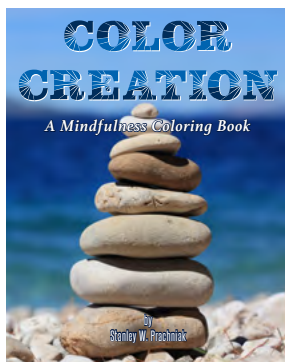
\$7 each



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.

\$16 each

Text Books and Other Supportive Materials

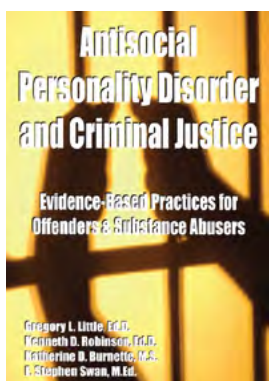
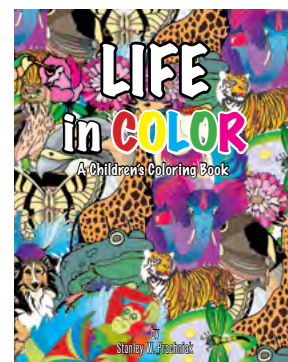


Color Creation: A Mindfulness Coloring Book (16 pages) is designed to reinforce what clients are learning or have learned while working their way through the trauma programs. This book can also be used by clients who are dealing with domestic violence or codependency issues.

\$5 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.

\$5 each

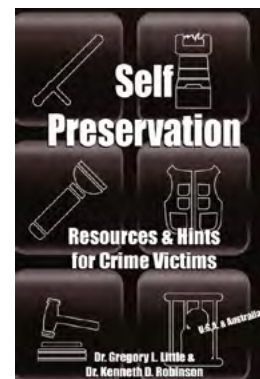


Antisocial Personality Disorder and Criminal Justice: Evidence Based Practices for Offenders and Substance Abusers is a 169 page book that details the relationship between APD, criminal justice treatment and evidence-based practices. This book contains sections on recidivism, treatment for women, and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

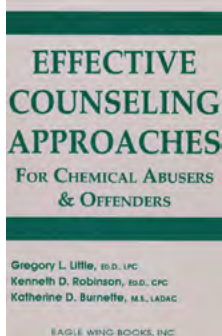
\$19 each

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



Text Books and Other Supportive Materials

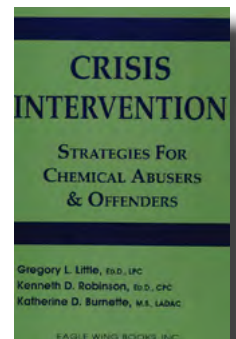


Effective Counseling Approaches for Chemical Abusers and Offenders presents the history of counseling, chemical abuse counseling, and the major theories used with offenders: Client-Centered; Behaviorism; Rational-Emotive; Reality Therapy; Cognitive-Behavioral; Gestalt; and Transactional Analysis.

\$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



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

Self-Improvement/Self-Coaching



If you are seeking more from life or feel that something is missing, *Freedom To Change* offers a way to see reality more clearly. You have the freedom to change almost anything in your life if you understand and accept a few fundamental facts and truths. You can change the world, one person at a time—starting with you. You can become your own Life Coach.

Visit www.Freedom2Change.org website for more information!

Product Price List

Workbooks & Materials Requiring MRT Training

MRT Facilitators Handbook	\$35.00
MRT Journal [Min. order 10]	\$7.00
MRT Graduate Certificates (pack of 24)	\$25.00
MRT Graduate Coins	\$7.00 ea.
MRT Participant Step 3 Coins (roll of 25)	\$30.00
MRT "Pop-Up" tool	\$6.00
MRT Poster (The Freedom Ladder) - Color	\$22.90
MRT Poster (The Freedom Ladder) - Black & White	\$10.00
How To Escape Your Prison (Adult MRT) – English	\$27.00
How To Escape Your Prison (Adult MRT) – Spanish	\$27.00
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	\$27.00
Juvenile MRT Facilitator Guide	\$35.00
Juvenile MRT - How To Escape Your Prison Book on CDs ..	\$60.00
Discovering Life and Liberty (Educational Settings)	\$27.00
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)	\$27.00
Winning the Invisible War (Veterans MRT)	\$27.00

Workbooks Requiring Domestic Violence Training

Bringing Peace to Relationships – English	\$27.00
Bringing Peace to Relationships – Spanish	\$27.00
Bringing Peace to Relationships – Australia	\$25.00
Bringing Peace to Relationships Facilitator's Guide	\$35.00
Domestic Violence Freedom Ladder Poster (B/W)	\$18.00

Workbooks Requiring Trauma Training

Breaking the Chains of Trauma (Male) - English	\$16.00
Breaking the Chains of Trauma (Female) – English	\$16.00
Breaking the Chains of Trauma (Male)	
Spanish (with journal section)	\$18.00

Breaking the Chains of Trauma (Female)	
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	\$32.00
Battling Shadows Facilitator's Guide	\$21.00

Program Workbooks & Audio Materials

Bringing Peace to Relationships CD set Australia	\$60.00
Character Development Workbook [Min. order 10] ...	\$22.00 ea.
Character Development Facilitator's Guide	\$21.00
Clean & Sober Visualization CD - English (male voice)	\$12.00
Clean & Sober Vis. CD - Spanish (female voice)	\$12.00
Color Creation: A Mindfulness Coloring Book	\$5.00
Coping with Anger (Anger Management)	
English [Min. order 10]	\$11.00 ea.
Coping with Anger (Anger Management)	
Spanish [Min. order 10]	\$11.00 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
Driving the Right Way - English [Min. order 20]	\$10.75 ea.
Driving the Right Way - Spanish [Min. order 20]	\$10.75 ea.
Driving the Right Way Facilitator's Guide	Free with order
Dying for a Smoke Book and CD Set	\$29.95
Easy Money	\$13.95
Escaping a Bottomless Pit – English [Min. order 10]	\$11.00 ea.
Escaping a Bottomless Pit – Spanish [Min. order 10] ...	\$11.00 ea.
Escaping a Bottomless Pit Facilitator's Guide	Free with order
Family Support Workbook [Min. order 10]	\$10.00 ea.
Finding the Right Job	\$16.00

Five-Minute Stress Manager CD - English (male voice)	\$12.00
Five-Minute Stress Mgr CD - Spanish (female voice)	\$12.00
Five-Minute Stress Manager and Imaginary Future (both on one CD)	\$16.95
Five-Minute Stress Manager and Imaginary Time-Out (both on one CD)	\$16.95
Getting A Job	\$16.00
Getting A Job Facilitator's Guide	\$15.00
Imaginary Future CD - English (male voice)	\$12.00
Imaginary Future CD - Spanish (female voice)	\$12.00
Imaginary Time-Out CD - English (male voice)	\$12.00
Imaginary Time-Out CD - Spanish (female voice)	\$12.00
Job Readiness Workbook [Min. order 10]	\$10.00 ea.
Life in Color Children's Coloring Book	\$4.00
Living In An Unpredictable World	\$16.00
Making Changes for Good [Min. order 10]	\$20.00
Making Changes for Good Facilitator's Guide	\$10.00
Mind's Eye Visualization™: Deep Sleep (male voice)	\$21.95
Mind's Eye Visualization™: Deep Sleep (female voice)	\$21.95
Mind's Eye Visualization™: Feelings to Action (male voice only)	\$15.95
Mind's Eye Visualization™: Focused Visualization (male voice)	\$11.95
Mind's Eye Visualization™: Focused Visualization (female voice)	\$11.95
Parenting & Family Values [Min. order 10]	\$16.00 ea.
Progressive Muscle Relaxation - English (male voice)	\$12.00
Progressive Muscle Relaxation - Spanish (female voice) ..	\$12.00
Responsible Living [Min. order 10]	\$13.00 ea.
Rules Are Made To Be Followed English [Min. order 10]	\$11.00 ea.
Rules Are Made To Be Followed Spanish [Min. order 10]	\$11.00 ea.
Rules Are Made To Be Followed FG	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]	\$11.00 ea.
Something for Nothing Workbook Spanish [Min. order 10]	\$11.00 ea.
Something for Nothing Book on CD – English	\$35.00

Staying Quit Workbook - English [Min. order 10]	\$11.00 ea.
Staying Quit Workbook – Spanish [Min. order 10]	\$11.00 ea.
Staying Quit Book on CD – English	\$35.00
Staying Quit Facilitator's Guide	\$5.00
Systematic Desensitization - English (male voice)	\$12.00
Systematic Desensitization - Spanish (female voice)	\$12.00
Taking the High Road Workbook [Min. order 20]	\$11.50 ea.
Taking the High Road Audio CD Set	\$150.00
Taking the High Road DVD Set	\$200.00
Taking the High Road Facilitator's Guide	\$10.00
The Joy of Journaling	\$11.95
Thinking For Good – English [Min. order 10]	\$10.00
Thinking For Good - Spanish [Min. order 10]	\$10.00
Thinking for Good Facilitator's Guide	\$5.00
Untangling Relationships - English [Min. order 10]	\$11.00 ea.
Untangling Relationships - Spanish [Min. order 10]	\$11.00 ea.
Walking in Victory: A Spiritual, Cognitive-Behavioral Workbook	\$29.95
What Do I Do Now?	\$16.00
Where Do I Go Now?	\$16.00
Who Do You Want To Be?	\$20.00
You Can Get There From Here (12 Step Book)	\$9.00
Your LifeWork Workbook	\$16.00
Your LifeWork DVD Set	\$150.00

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
How to Establish and Build a Private Practice	\$14.95

