

COGNITIVE BEHAVIORAL TREATMENT REVIEW

& Moral Reconciliation Therapy (MRT®) News
Correctional Counseling, Inc.

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Cognitive Behavioral Treatment Review

& Moral Reconciliation Therapy (MRT®) News

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Clients and Community Benefit from Idaho Mental Health Court Intervention

By Eric Olson, LCPC & Norma Jaeger, M.S.

The Bonneville County Mental Health Court was established in Idaho Falls, Idaho in 2002. The court was established because of the increasing concern about individuals in the Drug Court program who were failing due to serious mental health issues. The Drug Court was unable to deal with these serious mental health issues effectively and therefore the Mental Health Court was established.

The purpose of the court is to provide integrated treatment to individuals with simultaneously occurring serious and persistent mental illness, a substance abuse disorder, and criminogenic needs and risks and who are currently involved in the criminal justice system.

The philosophy of the mental health court is that provision of effective, integrated treatment of the mental health, substance abuse, and

criminogenic needs, will reduce recidivism, incarceration, hospitalization, and will promote recovery, increased independence and quality of life for these participants. Moral Reconciliation Therapy is an integral part of this treatment.

Mental Health Court Development

Central to the development of the Bonneville County Mental Health Court has been the continuing leadership and the ongoing, supportive court presence of the two mental health court judges, Judge Brent Moss and Judge Richard St. Clair. Judge Moss, who also serves as a drug court judge, noticed that certain felony drug court participants were failing to graduate from drug court because of their

—continued on next page—

IMPORTANT UPDATE!

Notice to CBTR Subscribers

CBTR is a quarterly publication featuring the latest cognitive-behavioral information and CCI news. Beginning with the next edition of CBTR, it will be distributed electronically to everyone on our mailing list. If you were either trained prior to the advent of email addresses or to insure that you are included, please forward your name and email address to valeriecci@bellsouth.net. Future newsletters will also be available on our website at www.ccimrt.com.

inability to maintain the strict behavioral compliance required. These participants often shared a common issue -mental illness. Through planning sessions with the drug court team, followed by a broader community planning group, the Bonneville County Mental Health Court was born.

This development came at a time when mental health courts were much more commonly used elsewhere in the country for misdemeanor cases. However, because of the comprehensive services and the integration of explicit efforts to impact criminality as well as mental illness, the Bonneville County Mental Health Court has continued to serve this population successfully. Both Judge Moss and Judge St. Clair have continued to preside over the court, providing the participants with consistent direction, clear but empathic monitoring, and regular behavioral reinforcement. Their relationship with each participant is clearly one of the active ingredients in the success of the court effort. This community mobilization work resulted in Judge Moss being recognized in 2006 with a Robert Wood Johnson Foundation Community Health Leadership Award, the first such award given by the foundation to a member of the judiciary.

Integrated Treatment

The integrated treatment model for the Bonneville County Mental Health Court consists of four main elements: Assertive Community Treatment (ACT), the Matrix Model of stimulant abuse treatment, and two cognitive behavioral therapy components -Breaking Barriers and Moral Reconation Therapy.

1.) The mental health treatment is provided by an Assertive Community Treatment Team (ACT team). Assertive Community Treatment is an evidence-based treatment model where staff replicate the services typically offered in a long term, inpatient psychiatric hospital but do so within an

outpatient, community environment. ACT has specific admission criteria. Participants must have a diagnosis of Schizophrenia, Schizoaffective Disorder, Bipolar Disorder, or Major Depressive Disorder, recurrent, with Psychotic features. Participants must also have a history of psychiatric hospitalization or incarceration. The ACT model is both very intensive and holistic. ACT treatment addresses nine specific functional areas: psychiatric, health/medical, financial, housing, family, basic living skills, social skills, vocational/ educational, and community / legal concerns, and increasingly provides for substance abuse treatment.

2.) The Matrix Model for substance abuse treatment addresses specific skills for clients to identify internal and external triggers and learn to practice using various coping skills and tools to remain clean and sober. The mental health and substance abuse treatment are integrated for the majority of clients who have dual diagnoses.

3.) Breaking Barriers is a program which introduces clients to skills for improved planning and decision-making, reduced criminal thinking, and directly addressing criminal recidivism.

4.) A key component of the treatment provided is Moral Reconation Therapy. MRT has proven to be vital to the integrated treatment program. Clients participate in MRT at the same time they are receiving ACT and Matrix services. It is critical for clients to learn about their criminal thinking, to understand their behavior and its impact on their relationships, and to address these issues and advance on the moral decision-making ladder.

Moral Reconation Therapy in the Mental Health Court

Moral Reconation Therapy has proven very successful with our mental health court participants. It is important to remember that the participants in this court have a primary diagnosis of Schizophrenia, Schizoaffective disorder, and Bipolar Disorder. It was initially questioned whether the participants would benefit from a cognitive behavioral program of this nature. There were concerns that such a program might prove to be too abstract for them and beyond their cognitive abilities. Our conclusion: MRT works very well with this participant population.

These clients like to draw and often have unusual ability in this area. Most clients express themselves much better in pictures than in words and enjoy doing so. The participants "own the group" and enjoy the process of voting for one another and holding each other accountable. Participants hold each other accountable, oftentimes, more effectively than staff would do so.

Cognitive Behavioral Treatment Review (CBTR) is a quarterly publication published by Correctional Counseling, Inc. © 2007 — All rights reserved. Correctional Counseling, Inc. provides a wide range of services and products and specializes in cognitive-behavioral interventions. Our major service areas are:

Cognitive-Behavioral Training and Materials
Moral Reconation Therapy® Training and Materials
Domestic Violence Treatment & Materials
Relapse Prevention
Drug Treatment Programming
Drug Court Services • DWI Programming
Mental Health Court Treatment
Specialized Probation/Parole Programs
Criminal Justice Staff Training
Therapeutic Community Programs

The MRT philosophy and approach mixes very well with the mental health court's orientation to participants acknowledging one another in court when they accomplish certain tasks. MRT also addresses managing and prioritizing time effectively. This overlaps with important elements of the substance abuse treatment through the Matrix Model and supports our efforts to integrate all elements of treatment.

Another critical overlap in MRT and the other mental health court expectations is that MRT emphasizes participants' commitment to honesty, building trust, following rules, remaining clean and sober, and not focusing on efforts to control things outside their control. These are critical overlaps for participants who have mental health, substance abuse, and commonly, co-dependent and damaged relationships.

MRT allows participants to see their part in damaged relationships and gives guidance in how to go about repairing them, as well as how to give back to others and give of themselves. MRT also provides structure and direction on how to start setting goals in life. MRT has been critical in helping participants realize that they truly can set goals, accomplish goals, and improve their feelings of self-worth. Most importantly, MRT teaches participants to expect that they can RECOVER.

MRT has not only been effective with the mental health court participants but has been well-received and popular with them as well. Since the inception of the mental health court there have been 13 graduates, all very seriously and persistently mentally ill individuals. Of these graduates, all but two have identified that the part of the program that helped them the most, and had the most impact on their lives, was MRT.

Outcomes

Since the Bonneville County Mental Health Court began four years ago, we have learned a great deal. An initial evaluation study was carried out after two years of the court, which showed that participants in the program had a 98% reduction in psychiatric hospitalization days and an 85% reduction in incarceration. A follow-up study of this nature is about to be conducted. To date, there have been 13 graduates from the program. Of these 13, only one has subsequently spent any time in a psychiatric hospital and only three have been re-incarcerated. There have also been 15+ participants in the program who have not graduated, but who have been successful and not committed further offenses.

We have learned that integrated treatment is critical. MRT is very effective in this integrated role. We have also learned that participants with a serious and persistent mental illness can and do learn from this cognitive behavioral program. MRT does work effectively in conjunction with the other mental health court interventions and equally important - the clients really enjoy it!

For additional information regarding the 7th Judicial District Mental Health Court, you may contact Eric Olson, Mental Health Court Coordinator, by phone at (208)360-0262 or by e-mail at ericolson@qwest.net or Norma Jaeger, Idaho Drug Court/Community Service Coordinator at (208)947-7406 or njaeger@isc.state.id.us.

Announcing the New Edition of MRT® How to Escape Your Prison!

Correctional Counseling Inc. is proud to announce that the new and updated edition of *How to Escape Your Prison* will be available early in 2007. It will be a more easily understood, user-friendly workbook that incorporates many of the suggestions that have been recommended over the years by MRT facilitators. In addition, the workbook contains an expanded number of pages for exercises so that all client exercises will be self-contained in the workbook. An updated *MRT® Counselor's Handbook* will also be available for trained facilitators. You can find additional details about the new edition of *How to Escape Your Prison* on page 17 of this newsletter. If you have any questions, please call or email CCI.

MRT® as an “Evidence Based Practice”

MRT has been recognized as an “Evidence-Based Practice,” a “Best Practice,” “Innovative Practice,” and “Cost Effective Practice to Reduce Recidivism” by the following:

2005 — MRT cited as **Evidence Based Practice** with female juvenile offenders.

Source: Florida Department of Juvenile Justice (November 2005) *Moderate- and High-Risk Residential Programming for Girls*.

2005 — MRT cited as **Evidence-Based Practice** in probation.

Source: State of Connecticut—Judicial Branch (April 2005) *Re-Engineering Probation Towards Greater Public Safety: A Framework for Recidivism Reduction Through Evidence-based Practice*.

2005 — MRT cited as **Proven to Reduce Recidivism** in DWI courts.

Source: National Drug Court Institute (2005) *The Ten Guiding Principles of DWI Courts*.

2004 — MRT cited as **Evidence-Based Practice** in probation and parole.

Source: State of Connecticut, Judicial Branch, Court Support Services Division.

Ref: White, T. F. (February 2004) *A Framework for implementing evidence-based practice in probation and parole*. State of Connecticut, Judicial Branch, Court Support Services Division.

2002 — MRT cited as **Cost Effective** and **Proven to Reduce Recidivism**.

Source: Citizens Crime Commission of Portland, Oregon.

Ref: *A report of the recidivism reduction committee of the Citizens Crime Commission of Portland, Oregon* (May 2002).

2002 — MRT cited as **Evidence-Based Practice** with Adults and **Promising Practice** with Juveniles.

Source: SAMHSA - Appendix II: *Examples of Evidence-Based Programs, Guidelines for Building Mentally Healthy Communities*.

2002 — MRT cited as a **Best Practice** for offender substance abuse treatment.

Source: North Carolina Department of Correction.

Ref: Pearce, S. C., & Halbrook, D. (August 2002) *Research findings and best practices in substance abuse treatment for offenders*. North Carolina Department of Correction, Office of Research and Planning.

2001 — MRT cited as one of few programs that actually **Reduces Recidivism**.

Source: *United Nations Programme Network Institutes*.

Ref: MacKenzie, D. L. (2001) *United Nations Programme Network Institutes Technical Assistance Workshop*; Vienna, Austria, May 10, 2001: Sentencing and Corrections in the 21st Century: Setting the Stage for the Future. National Institute of Justice.

2001 — MRT cited as **Successful Approach** to reduce recidivism.

Source: University of Maryland research

Ref: Allen, L. C., MacKenzie, D. L., & Hickman, L. J. (2001) The effectiveness of cognitive behavioral treatment for adult offenders: a methodological, quality based review. *International Journal of Offender Therapy and Comparative Criminology*, 45, 498-515.

2001 — MRT cited as a **Proven Treatment** to reduce recidivism.

Source: Oregon Office of Alcohol and Drug Abuse Programs

Ref: *What works for offenders in substance abuse treatment?* (January 2001). Oregon Office of Alcohol and Drug Abuse Programs.

2000 — MRT cited as **Effective Approach** for ex-offender employment.

Source: Buck, M. L. (2000) *Getting Back To Work: Employment Programs For Ex-Offenders*. Field Report Series, Public/Private Ventures, Fall.

1999 — MRT cited as a **Program That Works** to reduce juvenile violence.

Source: Seifert, K. (1999) The violent child: profiles, assessment and treatment. *Paradigm*, Fall, 7-9.

1998 — MRT cited as an **Innovative Practice** in the Adult and Juvenile criminal justice systems.

Source: Koch Crime Institute, a private, non-profit organization devoted to improving criminal justice. Ref: Koch Crime Institute (1998) *Innovative Practices in the Criminal and Juvenile Justice Systems*. Topeka, KS: Koch Crime Institute.

WHY is MRT® the Best Choice for Your Prison Treatment Programs?

✓ Evidence-Based cognitive-behavioral counseling approach.

✓ Open-ended program with flexible client participation and pre-printed materials.

✓ 20-Year history of successful performance.

✓ Record of effective implementation at multiple sites.

✓ Comprehensive, proven training.

✓ Competitive costs.

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for additional
Information

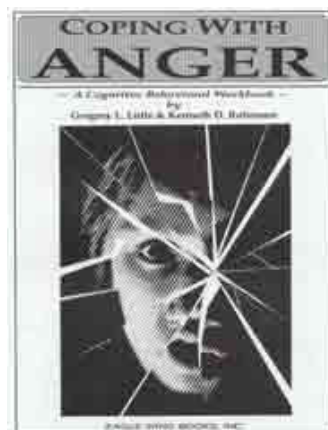
ANGER MANAGEMENT Group Starter Kit with Training DVD & Book on Tape

~NEW~

COPING WITH ANGER

A Cognitive-Behavioral Workbook

Coping With Anger is a 49 page cognitive-behavioral MRT® workbook designed for eight (8) group sessions and is one of CCI's most popular programs. Used in probation & parole, prisons, community corrections, and other treatment sites, *Coping With Anger* is ideal for use with violent offenders, argumentative or oppositional clients, and with those who have trouble expressing feelings of anger.



Training DVD Now Available! A 1.5 hour DVD has been created to assist programs and counselors who want to observe how the anger management program is conducted. The DVD shows how clients should complete homework for each of the program's 8 modules and how the homework in each module is presented in group. It is available in a newly packaged, discounted Group Starter Kit or can be purchased individually. A FREE CD with the training on a Quicktime file is included in the Group Starter Kit (for use on computers).

***Coping With Anger*, on cassette tape, also included in Starter Kit!**

The entire *Coping With Anger* workbook is now available on audio cassette for use with clients who have problems reading. The tape has Dr. Greg Little reading the text and explaining the exercises.

**Group Starter Kit, a \$345 value, is only \$245!
A 29% Discount**

Anger Management Group Starter Kit contains:

- 15 *Coping With Anger* workbooks
- 2 *Facilitator Guides*
- 2 *5-Minute Stress Manager* cassette tapes
- 2 *Relaxation/Progressive Muscle Relaxation* tapes
- 1 *Anger Management Training DVD*
- 1 *FREE Anger Management Training Quicktime CD*
- 1 *Coping With Anger on cassette tape*

ITEM PRICES

- Group Starter Kit— \$245
- Training DVD— \$100
- Book on Cassette Tape—\$50
- Coping With Anger* workbook— \$10
- Facilitator's Guide*— \$5
- 5-Minute Stress Manager* Tape— \$8.95
- Basic Relaxation/Muscle Relaxation* Tape—\$8.95

**Call
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to order**

What is MRT®?

Moral Reconnection Therapy® is a systematic, step-by-step cognitive-behavioral treatment system initially designed for offender populations. MRT is designed to alter how offenders think and how they make decisions about right and wrong. MRT:

- Addresses the unique needs of offender populations including criminologic factors, values, beliefs, behaviors, and attitudes.
- Enhances ego, social, and moral growth in a step-by-step fashion.
- Develops a strong sense of personal identity with behavior and relationships based upon higher levels of moral judgment.
- Reeducates clients socially, morally, and behaviorally to instill appropriate goals, motivation, and values.
- Is easy to implement in ongoing, open-ended groups with staff trained in the method.

Your staff can be trained in MRT in a week-long, state-of-the-art training. Once training is complete, your staff can implement the groups by obtaining copies of the appropriate MRT workbook for clients. Many drug courts require clients to bear the costs of workbooks and groups.

Questions? Call—

Sharron Johnson

or

Kimberly Prachniak

901-360-1564

FAX 901-365-6146

WHY is MRT® the Best Choice for Your RSAT or Drug Court Treatment Needs?

Because MRT Really Works! Research published over the past 15 years shows that MRT-treated offenders have a 30-50% lower recidivism rate than appropriate controls. MRT can easily be adapted for use in any program. Call Steve Swan at (901) 360-1564 for details.

- Nationally recognized cognitive-behavioral counseling approach.
- Open-ended program with flexible client participation and pre-printed materials.
- History of successful corporate performance for over 10 years.
- Record of effective implementation at multiple sites.
- Comprehensive, proven training.
- Competitive costs.

See our website at www.ccimrt.com for more information about MRT®.

OFFENDERS THINK LIKE CRIMINALS!

Offenders believe everyone lies, cheats, and steals.

Offenders believe no one can be trusted.

Offenders believe that rules and laws don't apply to them.

Offenders look for short-term pleasures.

Offenders view relationships from an exploitative position.

Offenders have a negative identity.

Samenow and Yochelson pioneered research that captured the essence of criminal thinking. It is known that treatment approaches that don't alter criminal thinking and behavior fail to produce beneficial changes. MRT effectively alters criminal thinking and behavior and organizes the criminal personality into several stages. These stages also capture the essence of criminal thinking, but MRT does not directly address each criminal thought one by one. Some programs may wish to dispute each specific thought: from fundamental dishonesty, lack of trust, lack of acceptance, to ideas about relationships. *Thinking For Good*, does just that in preparing offenders for making changes. The MRT stages of Disloyalty, Opposition, Uncertainty, Injury, and Non-Existence are described in detail and specific criminal thinking commonalities are identified in each. Exercises explore each thought and allow for the disputation of each belief in groups.

Thinking For Good

70 pages; 8.5 X 11; 10 modules. \$10.00 per copy

One-Day MRT® Review Training for Trained & Certified MRT Facilitators

MRT Review Training is a one-day (8-hour) workshop designed to enhance MRT facilitators' knowledge of MRT, develop additional group facilitation skills, and review the objective criteria for operating MRT groups. This workshop is a refresher course available to only those individuals who have already completed basic MRT training. A certificate of completion is awarded to all participants.

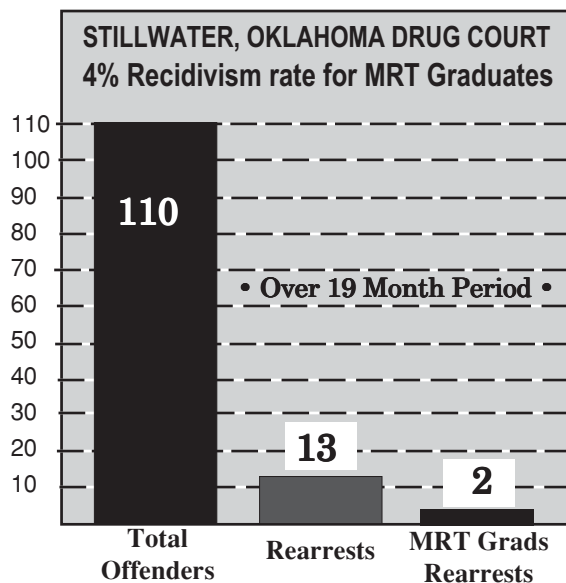
The One-Day MRT Review Training is held periodically in Memphis and can also be scheduled at other sites. The basic cost is \$150 per person. For more information or to schedule a training, call Sharron Johnson at 901-360-1564.

What Do Drug Court Professionals Know That You Should Know?



MRT WORKS! Research Shows...

Substantial research has been generated and published from programs utilizing MRT. Recidivism research covering 10 years after participants' treatment with MRT have shown consistently lower recidivism rates (25-60%) for those treated with MRT as compared to appropriate control groups. A 1996 evaluation of the Stillwater, Oklahoma Drug Court utilizing MRT as its primary treatment modality showed only a 4% recidivism rate of program participants nineteen months after graduation. Other data analyses have focused on treatment effectiveness (recidivism and re-arrests), effects upon personality variables, effects on moral reasoning, life purpose, sensation seeking, and program completion. MRT has been implemented state-wide in numerous states in various settings including community programs and drug courts. Almost 100 research evaluations have been conducted on MRT and published. These evaluations have reported that offenders treated with MRT have significantly lower reincarceration rates, less reinvolved with the criminal justice system, and lessened severity of crime as indicated by subsequent sentences for those who do reoffend.



- **Nationally recognized cognitive-behavioral counseling approach.**
- **Open-ended program with flexible client participation and pre-printed materials.**
- **History of successful corporate performance for over 10 years.**
- **Record of effective implementation at multiple sites.**
- **Comprehensive, proven training.**
- **Competitive costs.**

For information on implementing MRT in your drug court, call

Sharron Johnson
at 901-360-1564

MRT cited as Proven to Reduce Recidivism in DWI courts.

Source: National Drug Court Institute (2005) *The Ten Guiding Principles of DWI Courts*.

Research Report

Are violent delinquents worth treating? A cost-benefit analysis by M.F. Caldwell, M. Vitacco, and G.J. Van Rybroek (2006) *Journal of Research in Crime and Delinquency*, 43, 148-168.

This evaluation examined the cost benefits of intensive treatment for unmanageable juvenile delinquent boys compared to standard treatment at a secure juvenile correctional facility. This study utilized a matched comparison group and computed the treatment cost and subsequent criminal history and incarceration costs for each subject. The treatment sample of 101 juveniles was comprised of youth transferred to a specialized treatment center in Wisconsin where they received a more intensive, specialized therapeutic regiment that included cognitive-behavioral treatment with clinical staff responsible for day-to-day administration. The 101 juveniles in the comparison group received standard supervision and treatment services.

An analysis of subsequent criminal history showed that treatment status significantly predicted all offenses, felony offenses and violent offenses. "The standardized coefficient for the treatment variable was significant for all crimes (Beta=-.14, $p <$

.05), for felony offenses (Beta=-.174, $p <$.05), and for violent offenses (Beta=-.29, $p <$.0005). They found that juveniles in the matched control group on average had more than twice the number of charged offenses in the followup period and greater than three times the number of violent offenses.

In their cost benefit analysis, the authors examined both the cost of treatment as well as criminal justice costs following release. Their analysis revealed that the treatment group subject costs averaged 20% less than the comparison subjects. While there was an added cost per client of \$7,014 for more intensive treatment, this resulted in \$50,390 per juvenile in avoided criminal justice processing costs and incarceration costs. "This represents a cost-benefit ratio of 1 to 7.18, that is, the program produced benefits of \$7.18 for every dollar of cost."

The authors stated "... this research has produced consistent findings, that treatment services are cost-effective for this difficult population... initial results clearly support the notion that the optimal treatment approach is to devote relatively extensive resources to intensive treatment of high-risk offenders."

CCI's Affordable Research Services for Programs and Agencies

Memphis—Starting immediately, CCI is offering specific, targeted research services for smaller programs and agencies (such as drug courts and treatment programs) that will document results and establish a program's effectiveness. Services that are offered include:

- Identifying appropriate pre- and posttests that can be used to assess the effects of a program on personality variables and other dependent variables related to a program's target population and goals.
- CCI will supply the tests for agencies to reproduce, all copyright free, from an inventory of over 100 different objective measures. The tests all have normative levels established and are used with males, females, adults, and juveniles.
- Scoring scales will be supplied to agencies or CCI can score tests with the identity of clients hidden.
- Recommendations will be made on the utilization of other dependent variables and measures such as rearrests and recidivism as well as specific advice on how to obtain such data.
- Basic and advanced statistical tests can be applied to data either entered by CCI or supplied by the agency in specified formats.
- Results of statistical analyses can be furnished with or without a discussion and explanation.
- Consultation (phone) hours are included in all services to help agencies identify how to obtain and measure variables.

• Program Reports can be produced from information supplied by agencies and programs that desire to publish Annual Reports, a research study, or a Program Summary.

• Papers and reports can be produced to various standards: A full-color Annual Report; A Program Briefing; Paper suitable for publication.

• Research papers that are of publishable quality will include a recommended list of possible journals as well as Cognitive-Behavioral Treatment Review (if CBT methods were employed).

• Appropriate target populations for these services include offenders, parole and probation clients, substance abuse clients, domestic violence populations, drug courts, employment programs, educational programs, and others.

Costs—The costs of these services vary from only \$100 (the simple selection and supplying of appropriate pre- and posttests) to \$2000 (production of a comprehensive full-color annual report). Simple statistical analyses of test results and client characteristics (with small groups, e.g., 100 participants) generally are in the \$250 range. The addition of an explanation and description of results would be in the \$500 range.

For Information—If you are interested in obtaining a brochure on these services or to discuss your needs, call Kimberly Prachniak at 901-360-1564 or email: ccimrt@aol.com.

MRT-Based Programs—MRT based programs that require a fully independent analysis because of federal requirements should contact the nonprofit research agency Glacier Consulting, Inc. at 360-1564.

MAKING CHANGES FOR GOOD

A Cognitive-Behavioral Approach for Sex Offender Relapse Prevention

Making Changes for Good is a 56 page, 10 session workbook designed for sex offender relapse prevention. It is designed to be used in open-ended groups where offenders can enter ongoing groups at any time. Clients read each module prior to coming to group and complete structured exercises. Helps clients identify risky behaviors and thoughts and make plans to cope.

Designed for:

**Parole/Probation Supervision
Sex Offender Programs
Institutional Programs**

Making Changes for Good is \$18.00 The 12-page
Facilitator's Guide is \$10.00

UNTANGLING RELATIONSHIPS COPING WITH CODEPENDENT RELATIONSHIPS USING THE MRT® MODEL

Codependency is a controversial concept. But there is no doubt that offenders engage in manipulative and dependent relationships that complicate their many other problem areas. This workbook directly confronts these "codependent" relationships in a systematic, 12-group session format following MRT's model.

• Each Group Client Should Have Own Copy Of Book • Clients Complete Structured Exercises

Prior To Group • Clients Share Responses To Exercise In Group • 28 Pages, 12 Modules • 8.5 X 11 inches • Very User-Friendly • Easy To Implement • Addresses All of the Key Issues in Codependence

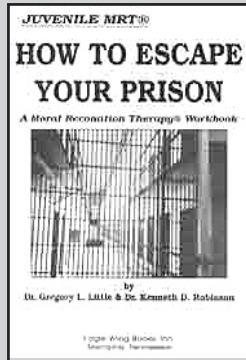
**UNTANGLING
RELATIONSHIPS**
COPING WITH CODEPENDENT
RELATIONSHIPS
USING THE MRT® MODEL



by
Dr. Gregory L. Little &
Dr. Kenneth D. Robinson
EAGLE WING BOOKS, INC.

Call (901) 360-1564

Juvenile MRT® Workbooks



A juvenile version of *How To Escape Your Prison* is available. Programs and institutions with trained MRT facilitators may order copies of this 117 page workbook. *Juvenile MRT* is written on a lower reading level but retains the basic flow of MRT concepts and exercises **and is very user-friendly**. The book is appropriate for delinquents and juveniles in chemical abuse/conduct disorder programs as well as those in offender programs. Order on page 19 or call CCI at 901-360-1564.

GLACIER CONSULTING, INC.

EVALUATION & RESEARCH SERVICES AVAILABLE FOR STATE CRIMINAL JUSTICE PLANNING AGENCIES & DRUG COURTS

GCI offers practical, cost-effective evaluation and research services for drug courts, treatment programs, facilities, and departments within the criminal justice and corrections system. GCI will design data collection systems for your agency and interpret the data for evaluation. GCI's research team has many years of research experience evaluating program effectiveness. Call Robert Kirchner, Ph.D., Research Director, at (901)360-1564 for additional information.

The Punishment Myth

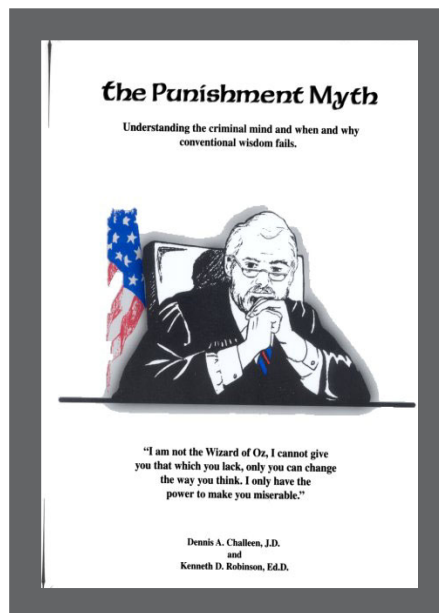
Understanding the criminal mind and when
and why conventional wisdom fails.

By Dennis A. Challeen, J.D. and Kenneth D. Robinson, Ed.D.

Have you wondered why some criminals never seem to learn?

Our criminal system is based on punishment...law abiding responsible people inherently know punishment works...it works on them...they use it on their children...they use it on their pets...they vote for politicians that promise to get "tough on crime."

Is it possible that punishment works best on people who don't cause problems and the least on those who do? If so, what works on criminals?



In this compelling book, the observations of a criminal court judge with four decades of experience are presented with those of a psychologist with three decades of experience with criminal populations.

The result is a penetrating insight into why our justice system is often part of the problem.

The insights may anger you, but you may also think about the problem in ways you've never before considered.

101 pages • 8.5 x 11 • \$20
See page 19 for ordering details.

MRT In U.S. Probation

Better Decision-Making Through MRT

by Fran Davis, Senior Probation Officer, U.S. Probation Office,
Western District of Washington

Editor's Note: This article was originally published in the U.S. Probation newsletter, News and Views, volume 31, number 14, 2006. It appears here in modified form. It is used with permission of the Editor.

The U.S. Probation Office in the Western District of Washington was the first federal probation office to offer an in-house MRT program, facilitated by U.S. probation officers, to help clients under supervision change the reasoning process by which they make decisions. Nine of the district's probation officers have been certified as MRT instructors, and several of them have earned advanced MRT instructor credentials.

Since instituting the program in 2002, the Probation Office has seen groups of clients complete MRT every year. Moreover, we are collaborating with both the district's Pretrial Services Office and the Washington State Department of Corrections to assist in MRT group facilitation.

Our 16-step MRT program is facilitated by probation staff and run by the group. The MRT groups -organized by gender and facilitated by coed facilitators-work from the MRT workbook, *How to Escape Your Prison*. To ensure success, group participants are encouraged to reach at least step 12.

We have found that clients who complete MRT by moving through the steps achieve a greater understanding of the concept that today's thinking and actions directly affect tomorrow's outcomes. They learn that although their choices are sometimes limited, they do have choices to make and that the power to make the choice is within the individual.

Graduation from the MRT program is a celebration attended by the clients, their families, their probation officers, and probation staff. Chief Probation Officer Bill Corn offers congratulations and certificates of completion.

For some clients, graduation from MRT program is the first time they have been recognized for something positive. The pride in their accomplishment is heartening to see. Most MRT graduates complete their supervision successfully. The few who violate their conditions commit low-level offenses and usually readily admit them.

Many of the officers who serve as MRT facilitators have said the program benefits them as well as the clients. For the officers, seeing the clients grasp the concepts and apply them to their daily lives is a positive and rewarding experience. The officers feel they are making an important difference in the lives of the clients that will follow them well beyond supervision.

In our experience, the MRT program has been a "win-win" situation all around- for the clients who participated, their families, the officers, the court, and society in general. We encourage all districts to consider MRT as one of the therapeutic program options available to help ensure supervision success.

IMPORTANT UPDATE!

Notice to CBTR Subscribers

CBTR is a quarterly publication featuring the latest cognitive-behavioral information and CCI news. Beginning with the next edition of CBTR, it will be distributed electronically to everyone on our mailing list. If you were either trained prior to the advent of email addresses or to insure that you are included, please forward your name and email address to valeriecci@bellsouth.net. Future newsletters will also be available on our website located at www.ccimrt.com. Please contact us if you need any additional information.

MRT® Group Quality Assurance Services Now Available by Video

Program fidelity is one of the most critical elements in the successful implementation of any program. CCI's video quality assurance services are a simple and economical method to insure your program utilizes MRT® as effectively as possible. Just follow this simple process:

1. To schedule Video Quality Assurance, call Kimberly Prachniak at (901) 360-1564 or email at kimcci@bellsouth.net.
2. Video your group or groups and send to Kimberly Prachniak, CCI, 3155 Hickory Hill Ste. 104, Memphis, TN 38115.
3. An MRT trainer will review the video.
4. An MRT trainer will call you and provide phone consultation about the group.
5. You will receive a comprehensive written report concerning the group.
6. CCI will return the video.

Cost: \$200 per Group

Comments from MRT® Facilitators using Video QA

"The one week training session for MRT is packed with information, but it is a great deal to learn in a brief span. So I feel that a professional critique of how well the program is being presented is essential to see that the tested application of the program is being followed. I know that I have changed how I have presented several steps and have also been more critical on several assignments. I thought that the increased requirements might get a great deal of resistance from the clients but found that they understand the assignments and what they are getting out of each step more and are more enthusiastic in participation in the group.

One of the most important things I learned from the video critique was that I needed feedback to apply the MRT program as designed. The three steps I sent for critique made me want to know what I needed to change in the other steps to make the program more effective.

I would recommend that anyone who wants to apply the tested principles of MRT in the most effective manner have your group critiqued. I think that the video worked best for me as to logistics and to comfort zone. You and the clients soon forget that a camera is present and everyone soon relaxes and a true image of the group can be reflected in the video."

-Chuck Cook, Josephine County Community Justice, Grants Pass, OR

"We have been providing MRT groups for over 2 years and I found the feedback you provided us very educational, clarifying, and also supportive of what I was doing O.K. ...the information you provided us came in written and telephone means which allowed me to ask you questions and then review it once I received the written part of it. I think everyone would benefit from having you provide them feedback because we go to the training and it is all new to us; then we come back and implement it to the best of our understanding and perceptions of what we learned at the training. Not to mention I think we get in our own ruts that aren't necessarily a good thing.

Additional benefits from doing a video are to watch myself and learn from observing it and my process. At first it is intimidating to take the risk to video tape, but the clients and myself forgot it was even taping."

-Denise Olson, Josephine County Community Justice, Grants Pass, OR

COGNITIVE-BEHAVIORAL TRAINING IN BASIC MRT® & MRT® DOMESTIC VIOLENCE PROGRAMMING

How MRT® Is Implemented:

MRT® is a trademarked and copyrighted cognitive-behavioral treatment system for offenders, juveniles, substance abusers, and others with resistant personalities. The system was developed in the mid-1980s and has had substantial outcome research published in the scientific literature showing that recidivism is significantly lowered for ten years following treatment. MRT® is performed in open-ended groups typically meeting once or twice per week. Clients complete tasks and exercises outside of group and present their work in group. The MRT-trained facilitator passes clients' work according to objective guidelines and criteria outlined in training. ***Programs using MRT® must supply clients with a copy of an MRT® workbook that are purchased from CCI for \$25 per copy.*** MRT® formats are in use for general offenders, juveniles, perpetrators of domestic violence, and others. MRT® trainings are held routinely across the United States and monthly in Memphis. Accredited CEUs for MRT training are offered from Louisiana State University at Shreveport for participants who complete training. Training dates and a registration form can be found below. Feel free to call or write for more details.

— MRT® Trainers —

CCI staff conduct each training session. Trainers may include Dr. Ken Robinson (a co-developer of MRT®), Kathy Burnette, M.S. (CCI's Vice President of Clinical & Field Services), Steve Swan, M.Ed., Kimberly Prachniak, M.S., Laura Gilreath, M.S., or a regional CCI licensee. Dr. Robinson has over 25 years direct experience in criminal justice programming. Ms. Burnette has over 15 years direct criminal justice and substance abuse treatment experience and was involved in the initial implementation of MRT®.

CCI's DOMESTIC VIOLENCE PROGRAM:

- 24 Sessions
- Printed Formats & Manual
- Objective Cognitive Behavioral Criteria
- Meets State's Requirements on Power & Control Model
- CEUs Offered

For Information
call or write CCI:
Kimberly Prachniak
or Sharron Johnson
3155 Hickory Hill • Suite 104
Memphis, TN 38115
(901) 360-1564
e-mail ccimrt@aol.com

MRT® OR DOMESTIC VIOLENCE TRAINING REGISTRATION FORM

Please register the following persons for MRT or Domestic Violence Training:

| | <u>COST</u> |
|--------------|-------------|
| NAME 1 _____ | \$600 |
| NAME 2 _____ | \$500 |
| NAME 3 _____ | \$500 |
| NAME 4 _____ | \$500 |

**CREDIT CARD
ORDERS
CALL
(901) 360-1564**

AGENCY _____
ADDRESS _____
CITY/STATE/ZIP _____
PHONE # _____

TRAINING DATES SELECTED: _____ TOTAL: _____

Mail form with payment to: CCI • 3155 Hickory Hill • Suite 104 • Memphis, TN 38115

Payment Enclosed (please check one): ☐ Check ☐ Money Order ☐ Purchase Order (attached)

Be sure to check that your training dates correspond to the training for which you are registering (e.g. MRT or Domestic Violence). A \$50 processing fee will be assessed on refunds due to participant cancellation 10 days or less before training. Note that some training dates have limited availability of open slots. CCI reserves the right to cancel training dates if insufficient participants have enrolled.

Upcoming Trainings In MRT® & Domestic Violence

MRT® TRAININGS:

January 23, 2007 to January 26, 2007 - Boulder, CO
 February 5 to February 8, 2007 - Portland, OR
 February 6 to February 9, 2007 - Los Angeles, CA
 February 12, 2007 to February 16, 2007 - Memphis, TN
 February 27, 2007 to March 2, 2007 - Bowling Green, OH
 March 20, 2007 to March 23, 2007 - Gretna, LA
 March 20, 2007 to March 23, 2007 - Everett, WA
 March 27, 2007 to March 30, 2007 - Papillion, NE
 April 16, 2007 to April 20, 2007 - Memphis, TN
 April 16, 2007 to April 19, 2007 - New York City, NY
 May 14, 2007 to May 18, 2007 - Memphis, TN
 Dates to be Announced- Miami, FL

DOMESTIC VIOLENCE TRAININGS:

March 19, 2007 to March 23, 2007 - Memphis, TN
 May 22 to May 25, 2007 - Houston, TX

MRT® ADVANCED TRAININGS:

February 8 to February 9, 2007 - Portland, OR

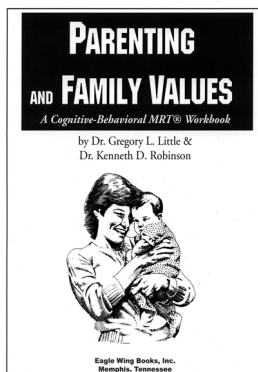
Note: Additional trainings will be scheduled in various locations in the US. See our website at www.ccimrt.com or call CCI concerning specific trainings. CCI can also arrange a training in your area. Call 901-360-1564 for details.

PARENTING AND FAMILY VALUES

A Cognitive-Behavioral MRT® Workbook

A 12 group session workbook aimed at assisting parents and caregivers to discover and develop appropriate and effective parenting methods while focusing on the underlying family values. In this 75-page workbook, parents confront their own parenting styles, values, and methods of discipline.

- Parent Values
- Parenting Young Children
- Values In Children
- Handling Children's Problems
- Parenting Adolescents & Teens
- Problems In Adolescents & Teens
- The Healthy Family



- Parents of Delinquents
- Offenders With Children
- Substance Abusers With Children
- Parents Experiencing Problems
- Parents Seeking Understanding

*Parenting
and Family Values*
is \$15.00 per copy.

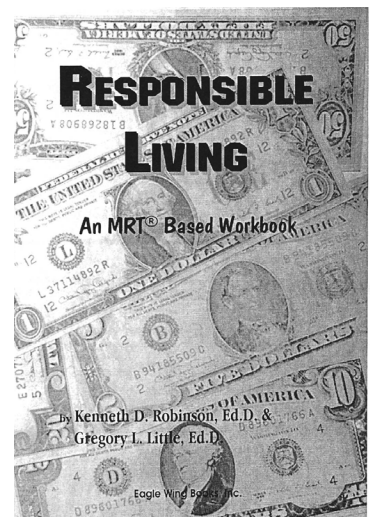
RESPONSIBLE LIVING:

An MRT® Based Workbook

An MRT® based, 8 session, open-ended, group workbook primarily for misdemeanants in brief programming.

Includes modules on rules, relationships, feelings for others, personal exploration of values, goal setting, and making commitments.

**Bad Checks
Repeat Traffic
Offenders
Shoplifters
Petty Larceny
Theft
Petty Crime
Restitution**



\$10.00, 26 pp., 8 modules.

Order online at www.ccimrt.com
or use form on p. 19.

An Examination of the Success of the Payne County Drug Court

By

Melanie Page, Ph.D., Yvette Segura, M.S., Christina Warner, Andrea Turner, M.S., & Brian Hendrix
Oklahoma State University & Payne County Drug Court

Introduction

Drug Courts are an alternative to a jail sentence for people who commit non-violent drug-related offenses. It was previously found that the Payne County Drug Court was successful in reducing recidivism over an 18 month follow-up period for graduates of the program (Huddleston, 1996). The purpose of the current study is to perform an evaluation that includes psychological outcome variables, as well as look at recidivism over a longer follow-up period.

The Payne County Drug Court began operation in March 1995. The Payne County Drug Court was nationally recognized by the National Association of Drug Court Professionals in 1996 when the court was among seven selected from over two hundred operational drug courts to serve as a mentor court site. Payne County Drug Court continued as a mentor court site until June 2000 and hosted several national trainings along with numerous visits from individual planning teams from both inside and outside Oklahoma. The Payne County Drug Court was also the site of the first drug court implementation of MRT.

Methods

There were 94 participants (69 men, 70 Caucasian) who were convicted of a drug-related offense and participated in the Payne County Drug Court from 1997 to 2000. There were 40 graduates and 54 non-graduates. In regards to prior offenses, most (75%) of the offenses were drug or alcohol related. The most common current offense is possession of a controlled substance, possession of marijuana, or driving under the influence (DUI). Only five people were charged with intent to sell violations.

Measures

The Life Purpose Questionnaire (LPQ) was used to estimate the participants' perceived purpose in life. Scores can range from 0-20, with higher scores showing a greater perceived purpose in life. The Short Sensation Seeking Scale (SSS) is used to measure level of hedonism. Scores range from 0-10, with higher scores indicating a hedonistic orientation (i.e., person is impulsive, seeks short-term fun even at risk of negative consequence). The Coopersmith Self-Esteem Inventory (SE) measures a person's view of himself or herself. High scores on the SE indicate a higher regard of self. The LPQ, SSS, and SE were administered to all participants prior to entering the program and again for graduates once the program was completed.

National Crime Information Center (NCIC) records were obtained from the Payne County District Attorney for crimes reported through September 2001. To measure recidivism rates, the NCIC records were coded for a variety of types of reoffenses, as well as when those offenses occurred. Urine Analyses (UAs) were also conducted to measure whether participants tested positive for substances at a given time.

Results

In terms of change from pre-program to post-program (for graduates only, since post-program data is only collected in graduates), there was a significant decrease in post-program SSS scores [$t(36)=2.28$, $P<.05$] and a significant increase in post-program LPQ scores [$t(36)=-2.68$, $P<.05$]. Thus, graduates were lower in sensation seeking and higher in life purpose after the program.

There were 2221 total UAs conducted. Of these, 1801 were negative (81%). For the graduates, there were 1091 negative screens (91%), 58 positive (4.8%), and 50 that could not be tested. For the non-graduates, there were 710 negative screens (69%), 275 positive (27%), and 37 that could not be tested. In terms of mean difference for positive and negative screens across groups, graduates had significantly fewer positives than non-graduates [$t(91)=3.96$, $P<.001$] and significantly higher negatives [$t(89)=5.40$, $P<.001$].

The follow-up period for NCIC criminal records was from 1 to 4 years (participants entered the program from 1997 and 2000). There was a significant difference between being arrested or not and graduation status (57% of non-graduates were rearrested vs. 11% of graduates.)

Discussion

Graduates of the Payne County Drug Court showed significantly fewer rearrests compared to non-graduates over a one to four year period. These results are very encouraging, especially in light of the fact that 24 out of 27 graduates who entered the program in 1997 or 1998 (thus a 3 to 4 year period) have not been rearrested (the 3 rearrests after the program are for people who entered the program during that time period). Also, graduates were less likely to be using drugs (as evidenced by UA screens), were lower in sensation seeking and higher in life purpose at the end of the program, and were less likely to be rearrested. The recidivism rates in this evaluation are very promising and very encouraging concerning the long-term effectiveness of drug court.

You can order books
online at
www.ccimrt.com.

Notice to CBTR Subscribers

CBTR is a quarterly publication featuring the latest cognitive-behavioral information and CCI news. Beginning with the next edition of CBTR, it will be distributed electronically to everyone on our mailing list. If you were either trained prior to the advent of email addresses or to insure that you are included, please forward your name and email address to valeriecci@bellsouth.net. Future newsletters will also be available on our website located at www.ccimrt.com. Please contact us if you need any additional information.

DRIVING THE RIGHT WAY

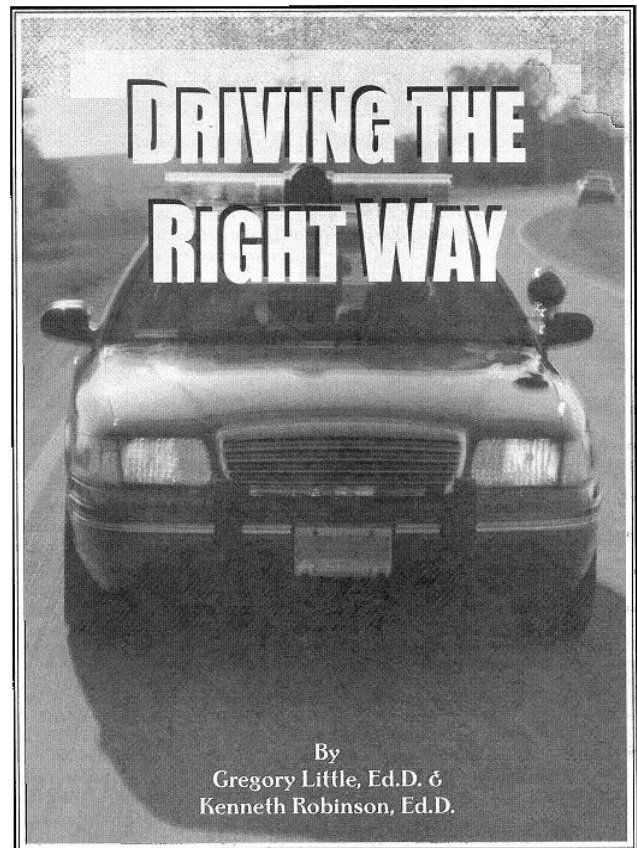
A New Cognitive-Behavioral Program for DUI/DWI Offenders by Dr. Gregory Little & Dr. Kenneth Robinson

Traditional educational programs for DWI and DUI offenders have been utilized for nearly 40 years, but research consistently shows that these programs do not impact subsequent reoffending. Cognitive-behavioral interventions-changing how offenders think and make decisions-are the preferred, state-of-the-art treatment approaches for offenders. The new *Driving the Right Way* program consists of four sessions, focused on changing thinking and decision-making. The program is implemented in ongoing, open-ended groups. A simple facilitator's guide is available as well as the program on cassette tape. CCI has also developed a one-day training to assist in program implementation.

In addition, CCI can customize workbooks for your state!

The workbook is only \$10.00 with discounts available for bulk purchases. The *Facilitator's Guide* is free with workbook purchase.

For additional information, please call CCI at 901-360-1564.



Correctional Counseling, Inc.
3155 Hickory Hill • Suite 104
Memphis, TN 38115

www.ccimrt.com
www.moral-reconation-therapy.com



PSYCHOPHARMACOLOGY

Basics For Counselors

by Dr. Gregory L. Little

279 page authoritative soft cover text for addictions counselors, counselors in training, and those seeking a basic understanding of how drugs work in the brain. Explains the basics of psychopharmacology in an easy-to-read and easy-to-understand style. No prior understanding of brain anatomy or chemistry is required. An extensive index and references are also included. Areas covered include:

Basic History of All Major Drug Categories

Drug Abuse & Addiction Levels

Behavioral Effects & Side Effects

Tolerance & Dependence

Mechanism of Action

Psychopharmacological Interventions

Genetic Predispositions

Psychotherapeutic Drugs

Psychopharmacology is \$24.95

See page 19 for order form

Parole/Probation Program

Shoplifting Program

Something for Nothing

This program recently gained highly positive media attention in Nashville, TN where 70 shoplifters completed the program at one time in a private probation service. Participants' comments, which were unexpectedly insightful and remorseful, were reported in the news. *Something for Nothing* is an eight-hour, 17-page CBT workbook designed to be utilized in weekend or weekly groups with shoplifters—by Greg Little. Easy to implement, easy to follow workbook, shows virtually 100% completion rate with initial offenders in program. Also available in Spanish!

Something For Nothing

English & Spanish versions: \$10 each.

Also Available: *Something For Nothing* Audiotape (English): \$50

EFFECTIVE COUNSELING APPROACHES For Chemical Abusers & Offenders

By Dr. Greg Little, Dr. Ken Robinson, & Kathy Burnette

A basic understanding of the major counseling theories is essential for the practicing substance abuse counselor and those working with offenders. *Effective Counseling Approaches for Chemical Abusers & Offenders* is an indispensable primer covering the most commonly used counseling approaches. Few counselors are familiar with the history and background of the counseling field and the relative short history of substance abuse counseling. This text presents that history as well as shows when each counseling approach is best employed. *Effective Counseling Approaches* represents a comprehensive overview of various counseling theories, their underlying personality theory and philosophy, essential terminology for each, and a review of treatment outcomes. Counselors, counselors-in-training, criminal justice personnel, and other mental health personnel will find the book useful. Areas covered in this text include:

History of Counseling & Substance Abuse Counseling

History of Drug & Alcohol Treatment

Relationship between Counselor & Client

Essential Counselor Skills & Abilities

Background & History of Major Counseling Theories

Philosophy, Personality Theory, & Terminology of Each

Counseling Processes

Appropriate Use & Limit of Each Approach

Understanding Defense Mechanisms

Client-Centered Counseling

Behavioral Approaches

Rational-Emotive Therapy

Reality Therapy

Cognitive-Behavioral Therapy

Gestalt Therapy

Transactional Analysis

Order Form is on page 19

How to Escape Your Prison MRT®: New Edition Frequently Asked Questions

1. *Is this edition different from the last?*

Yes, it's better. It is more user-friendly, meaning clients will understand more clearly what is expected of them for each exercise. There also will be more room to complete the exercises in the book, rather than on notebook paper.

2. *Do I have to go back to training to use this book with my clients?*

No, the exercises are the same, so what you learned in training is still appropriate for this edition.

3. *Can clients with the last edition and clients with the new edition be in the same group?*

Yes, the exercises are the same. Clients using the earlier edition may still need notebook paper for some of their exercises.

4. *Will the cover of the book look the same?*

Yes.

5. *How will I know if I am sent the new edition if the outside looks the same?*

CCI will send a notice in your shipment that tells you the books are the new edition.

6. *Will there be a new Counselor's Handbook?*

Yes, the page numbers will be different, so we will print a new Counselor's Handbook. This Handbook will also include a section in the back with different page numbers for the Juvenile version of *How to Escape Your Prison*.

7. *Will there be a new edition of the Juvenile version of How to Escape Your Prison?*

No. The juvenile version is very user friendly.

8. *How will we know when the new Counselor's Handbook will be available?*

We will make an announcement on our website (www.ccimrt.com) and we will send a notice in your shipment of books when it is ready.

9. *How can I get a copy of the new Handbook?*

CCI will have a PDF file of the new MRT® *Counselor Handbook* to email to any trained facilitator requesting it when the new edition of *How to Escape Your Prison* is available.

Is your relapse prevention component too complicated for your clients? Is it hard for them to understand or difficult to complete a 300 page "brief relapse prevention" workbook?

RELAPSE PREVENTION THAT WORKS STAYING QUIT:

A Cognitive-Behavioral Approach To Relapse Prevention

40-page client workbook based on principles of cognitive-behavioral relapse prevention—designed for eight group sessions. Focuses on risky situations, scripting changes, coping with urges and cravings, being around users, understanding support issues, and taking charge of life. *Recent research (Burnette, et. al., 2004; Little, 2002) shows that the addition of the Staying Quit relapse prevention program significantly increases Life Purpose, significantly shifts Locus of Control to a more internal locus, increases moral reasoning, and enhances several measures of social support.*

The *Staying Quit* client workbook is \$10. A simple-to-follow *Facilitator's Guide* is available for \$5. The *Staying Quit Audiotape Set* (boxed, \$50.00) contains the entire workbook text on cassette tape, a 15 min. relaxation exercise, a 15 min. progressive muscle relaxation exercise, a 20 min. clean & sober visualization, and a 25 min. desensitization tape. A Group Starter Kit is available and contains 11 workbooks, 1 Facilitator's Guide, review article, and a complete Audiotape Set. **The Starter Kit is \$140.00 (discounted from \$170).**

Call (901) 360-1564

Staying Quit Starter Kit—Contents

11 *Staying Quit* workbooks
1 *Facilitator's Guide*
Workbook on cassette tape
15-minute *Basic Relaxation* cassette tape
15-minute *Progressive Relaxation* tape
20-minute *Clean and Sober Visualization* tape
25-minute *Desensitization* tape

COGNITIVE BEHAVIORAL MATERIALS AVAILABLE FROM CCI

To order go online at www.ccimrt.com, use the coupon on page 19, or call 901-360-1564.

The Punishment Myth—Understanding the criminal mind and when and why conventional wisdom fails. 8.5 x 11 softcover by Dennis A. Challeen, J. D. and Ken Robinson. \$20.00.

Understanding & Treating Antisocial Personality Disorder: Criminals, Chemical Abusers, & Batterers — 65-page updated softcover text by Drs. Greg Little and Ken Robinson. Covers the gamut of treating the most resistant of clients. With 93 refs.; \$10.00.

Crisis Intervention Strategies for Chemical Abusers & Offenders — 61-page text covering crisis intervention techniques; \$10.00.

Five-Minute Stress Manager — cassette tape of three, 5-minute relaxation segments used in MRT®, Domestic Violence, & Anger Management; \$8.95.

Parenting and Family Values — 75 page, 12 session MRT® group workbook designed to be used with parents of children experiencing problems; \$15.00.

Imaginary Future — 15 minute cassette tape used in Step 7 of MRT® to assist clients in visualizing appropriate goals; \$8.95.

Imaginary Time Out — 15 minute cassette tape used in MRT® domestic violence to assist clients in visualizing appropriate time out strategies; \$8.95.

Family Support — 26 page (8.5 X 11 softcover) CBT workbook used in groups with clients who fail to pay child and family support. Exercises for group work; \$9.00.

Job Readiness — 26 page (8.5 X 11 softcover) CBT workbook designed for use in groups with clients who have faulty beliefs about the work world; \$9.00.

Something for Nothing — 17 page (8.5 X 11 softcover) CBT workbook used in groups with offenders who are charged with shoplifting. Exercises for group work; \$10.00.

Something for Nothing (Spanish)— \$10.00.

Something for Nothing (English audiotape)—\$50.00.

You Can Get There From Here — 85-page softcover book by Father Bill Stelling telling how addictions can be changed. A priest tells how he overcame alcoholism; \$8.95

Effective Counseling Approaches for Chemical Abusers & Offenders — 104-page softcover text by Little, Robinson, & Burnette summarizing 7 major counseling theories used with offenders. Designed for assisting counselors preparing for substance abuse certification; \$12.00.

The Joy of Journaling — 110-page softcover by Drs. Pat & Paul D'Encarnacao covers the hows and whys of journaling. Shows how counselors can use journaling as a CBT method of aligning clients' beliefs and behavior; \$11.95.

PSYCHOPHARMACOLOGY: Basics for Counselors — 279 page softcover text covering the basics of the field - up-to-date and comprehensive; \$24.95.

Coping With Anger—49-page anger management cognitive behavioral workbook. Designed for use in 8 group sessions; \$10.00

Coping With Anger Group Starter Kit—contains 15 *Coping With Anger* workbooks, 2 Facilitator Guides, 2 5-Minute Stress Manager tapes, 2 Basic Relaxation & Progressive Muscle Relaxation tapes, book on cassette tape, Training DVD, plus free Quicktime file of training on CD; \$245.00

Facilitator's Guide for Coping With Anger — 8 page how-to guide for implementing the *Coping With Anger* anger management groups; \$5.00.

Coping With Anger Training DVD— 1.5 hours, shows how to start and operate an ongoing anger management program; \$100.00

Coping With Anger (book on tape)—\$65.00

Making Changes for Good— 56-page workbook designed for sex offender relapse prevention group program; \$18.00.

Facilitator's Guide for Making Changes for Good - 12 page how-to guide for implementing the sex offender relapse prevention program; \$10.00.

Untangling Relationships: Coping With Codependent Relationships Using The MRT Model—28-page workbook for use with those who have codependent issues; \$10.00

Staying Quit: A Cognitive-Behavioral Approach to Relapse Prevention — 40-pg client workbook for relapse prevention groups. 8 program modules; \$10.00.

Facilitator's Guide to Staying Quit — 8 page how-to guide for implementing *Staying Quit* relapse prevention groups; \$5.00.

Audiotape set for Staying Quit — 3 boxed cassette audiotapes with the *Staying Quit* workbook on tape, basic relaxation, progressive muscle relaxation, clean & sober visualization, and desensitization; \$50.00.

Staying Quit Group Starter Kit — 11 client workbooks, 1 Facilitator's Guide, review article, and audiotape set; \$140.00.

Responsible Living — 26-page client workbook with 8 group sessions designed for "bad check" writers, shoplifters, and petty crime misdemeanants; \$10.00.

Thinking For Good — Group workbook directly addressing criminal thinking, behaviors, and beliefs from MRT personality stages. 10 sessions — Samenow's criminal thoughts are disputed; \$10.00.

Thinking For Good Facilitator's Guide — A simple, easy-to-follow facilitator's guide for implementing *Thinking For Good*; \$5.00.

Character Development Through Will Power & Self-Discipline — CBT group exercise workbook for use with probationers, parolees, and juveniles. Designed for 16 group sessions with scenarios discussed in group; \$20.00.

Character Development Facilitator's Guide — 54-page counselor's guide to Character Development; \$20.00.

It Can Break Your Heart—424-page softcover book outlines the issues involved in obesity and weight loss—comes with *SmartLoss 60-Day Health Journal*—81-page, large softcover book. **Special offer:** both books (normally retailing for \$40.90) can be purchased for a total of \$4.00 with any other order from CCI. Programs and individuals can order multiple sets.

Driving the Right Way—4-session client workbook for DWI/DUI offenders; \$10.00.

Facilitator's Guide for Driving the Right Way—4-page how-to guide for implementing *Driving the Right Way* DWI/DUI treatment groups; \$5.00 or free with workbook.

Only those trained in MRT® may order the following materials

MRT® Counselor's Handbook — Bound 8.5 X 11, 20-page book giving the objective criteria for each MRT® step. Includes sections on group processes, rules, dynamics, hints, and instructions for starting an ongoing MRT® group; \$10.00.

MRT® Freedom Ladder Poster — large white paper poster of MRT® stages, steps, and personality descriptions (B/W); \$10.00.

How To Escape Your Prison Cassette Tape Set — Three cassette tapes (3.5 hours in length) with the complete text of the MRT® workbook, *How To Escape Your Prison*, containing brief explanations by Dr. Little of exercises and tasks. For use with clients in groups where reading assistance is not present. Boxed in a vinyl tape book with color coded tapes for easy reference to steps; \$59.95.

How To Escape Your Prison — The MRT® workbook used in criminal justice, 138 pages, 8.5 X 11 perfect bound format, with all relevant exercises — by Drs. Greg Little & Ken Robinson; \$25.00.

How To Escape Your Prison in Spanish — The Spanish MRT® workbook used in criminal justice, 138 pages, 8.5 X 11 perfect bound format, identical to English version — by Drs. Greg Little & Ken Robinson; \$25.00.

How To Escape Your Prison Audiotape Set in Spanish — The Spanish MRT® workbook on three cassette tapes - boxed.; \$59.95.

Juvenile MRT® How To Escape Your Prison — MRT workbook for juvenile offenders, 8.5 X 11 perfect bound format, with all exercises.; \$25.00.

Domestic Violence Workbook — 119 pages in 8.5 X 11 format, titled, *Bringing Peace To Relationships*, for use with perpetrators of domestic violence. The MRT® format used on violent perpetrators, contains dozens of exercises specifically designed to focus on CBT issues of faulty beliefs, attitudes, and behaviors leading to violence in relationships; \$25.00. (Must be trained in MRT's Domestic Violence program to order.)

Domestic Violence Facilitator's Guide — 21 pg. how-to facilitator's guide to *Bringing Peace To Relationships* domestic violence groups; \$10.00.

Filling The Inner Void — MRT® workbook, 120-page spiral bound, used with juveniles, in schools - by Drs. Little & Robinson. Discusses the "Inner Enemy" (the Shadow in Jungian psychology), projection, and how we try to fill basic needs; \$25.00.

Discovering Life & Liberty in the Pursuit of Happiness — MRT® workbook for youth and others not in criminal justice; \$25.00.

CBT Materials Order Form

| Item | Price Each | # Ordered | Subtotal |
|--|------------|-----------|----------|
| The Punishment Myth | \$20.00 | | |
| Something for Nothing shoplifting (Workbook) | \$10.00 | | |
| Something for Nothing (Spanish Workbook) | \$10.00 | | |
| Something for Nothing (book on tape) | \$50.00 | | |
| Understanding & Treating APD | \$10.00 | | |
| Effective Counseling Approaches text | \$12.00 | | |
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| Family Support (CBT workbook) | \$9.00 | | |
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| You Can Get There From Here | \$8.95 | | |
| The Joy Of Journaling | \$11.95 | | |
| Psychopharmacology: Basics for Couns. | \$24.95 | | |
| Coping With Anger (workbook) | \$10.00 | | |
| Coping With Anger Facilitator Guide | \$5.00 | | |
| Coping With Anger Group Starter Kit | \$245.00 | | |
| Coping With Anger Training DVD | \$100.00 | | |
| Coping With Anger (book on tape) | \$50.00 | | |
| Making Changes Sex Offender Workbook | \$18.00 | | |
| Making Changes Facilitator Guide | \$10.00 | | |
| Untangling Relationships Workbook | \$10.00 | | |
| Staying Quit (workbook) | \$10.00 | | |
| Staying Quit Facilitator Guide | \$5.00 | | |
| Staying Quit Group Starter Kit | \$140.00 | | |
| Responsible Living workbook | \$10.00 | | |
| Thinking For Good workbook | \$10.00 | | |
| Thinking For Good Facilitator Guide | \$5.00 | | |
| Character Development | \$20.00 | | |
| Character Development Facilitator's Guide | \$20.00 | | |
| Driving the Right Way Workbook | \$10.00 | | |
| Driving the Right Way Facilitator's Guide | Free | | |
| MRT Materials below can only be ordered by trained MRT facilitators | | | |
| MRT Counselor's Handbook | \$10.00 | | |
| MRT Poster (Freedom Ladder) | \$10.00 | | |
| How To Escape Your Prison (cassette tapes) | \$59.95 | | |
| How To Escape Your Prison | \$25.00 | | |
| How To Escape Your Prison (In Spanish) | \$25.00 | | |
| How To Escape Spanish (cassette tapes) | \$59.95 | | |
| Juvenile MRT® - How To Escape Your Prison | \$25.00 | | |
| Domestic Violence (Must take Dom. Vio.) | \$25.00 | | |
| Domestic Violence <i>Facilitator's Guide</i> | \$10.00 | | |
| Filling The Inner Void | \$25.00 | | |
| Discovering Life & Liberty... | \$25.00 | | |
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You can now order online! Go to our web site at www.ccimrt.com and click on the Store link.

Ordering Instructions

To order materials, clip or copy coupon and send with check, money order, or purchase order. All orders are shipped by UPS — no post office box delivery. When ordering only one item, the shipping fee is \$6.00. If you order more than one item, you should call CCI at (901) 360-1564 for UPS shipping, insurance, and handling charges. Orders are typically shipped within 5 working days of receipt.

Materials below the line stating "MRT Materials..." can only be ordered by persons or agencies with trained MRT® facilitators. Call for details if you have any questions.

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Memphis, TN 38115

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Memphis MRT® Training Daily Agenda

*This schedule is for Memphis trainings only. Regional times and costs vary. Lunch served in Memphis only.
Lecture, discussion, group work, and individual exercises comprise MRT® training.*

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|---|---|
| 8:00 a.m. to 5:00 p.m. (Lunch-provided in Memphis) | 8:00 a.m. to 12:30 p.m. (Lunch - on your own) | 8:00 a.m. to 5:00 p.m. (Lunch - on your own) | 8:00 a.m. to 12:30 p.m. (Lunch - on your own) | 8:00 a.m. to 2:00 p.m. (Lunch - provided in Memphis) |
| Introduction to CBT. Treating and understanding APD and treatment-resistant clients. Background of MRT® personality theory. | Personality theory continued. Systematic treatment approaches. MRT® Steps 1 - 2. About 2 hours of homework is assigned. | MRT® Steps 3 - 5. | MRT® Steps 6 - 8. About 2 hours of homework is assigned. | MRT® Steps 8-16. How to implement MRT®. Questions & answers. Awarding completion certificates. |

MRT® Or Domestic Violence For Your Program
Training and other consulting services can be arranged for your location. For more information please call 901-360-1564.

Upcoming Trainings

MRT® TRAININGS:

January 23, 2007 to January 26, 2007 - Boulder, CO
February 5 to February 8, 2007 - Portland, OR
February 6 to February 9, 2007 - Los Angeles, CA
February 12, 2007 to February 16, 2007 - Memphis, TN
February 27, 2007 to March 2, 2007 - Bowling Green, OH
March 20, 2007 to March 23, 2007 - Gretna, LA
March 20, 2007 to March 23, 2007 - Everett, WA
March 27, 2007 to March 30, 2007 - Papillion, NE
April 16, 2007 to April 20, 2007 - Memphis, TN
April 16, 2007 to April 19, 2007 - New York City, NY
May 14, 2007 to May 18, 2007 - Memphis, TN
Dates to be Announced- Miami, FL

DOMESTIC VIOLENCE TRAININGS:

March 19, 2007 to March 23, 2007 - Memphis, TN
May 22 to May 25, 2007 - Houston, TX

MRT®ADVANCED TRAININGS:

February 8 to February 9, 2007 - Portland, OR

COGNITIVE-BEHAVIORAL TREATMENT REVIEW

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