



MORAL RECONATION THERAPY (MRT)®
Facilitated by Franklin County District Court

Moral Reconciliation Therapy (MRT)® is an evidence-based cognitive-behavioral treatment program. MRT is effective for a variety of populations and presenting issues, with research showing that MRT reduces recidivism rates.¹ MRT enhances moral reasoning and improves conscious decision making.² It also helps improve an individual's self-image and encourages the growth of a healthy identity. MRT involves 16 steps, referred to as the Freedom Ladder:

- ❖ Steps 1 and 2: Honesty and Trust
- ❖ Step 3: Acceptance
- ❖ Step 4: Raising Awareness
- ❖ Steps 5 and 6: Healing Damaged Relationships and Helping Others
- ❖ Steps 7 and 8: Long-Term Goals and Identity and Short-Term Goals and Consistency
- ❖ Steps 9 and 10: Commitment to Change and Maintain Positive Change
- ❖ Step 11: Keeping Moral Commitments
- ❖ Step 12: Choosing Moral Goals (After passing Step 12 an individual is considered a graduate of MRT and can choose to work on the following steps on their own or continue in group).
- ❖ Steps 13-16: Evaluating the Relationship Between one's Inner Self and Personality

MRT requires homework outside of group time which includes reading, writing/drawing assignments, and self-reflection, the results of which are then shared with the group or individually with the facilitator depending on the specific step.

Franklin County District Court is now facilitating a MRT program. We will be welcoming all referrals from the community to these groups.

Where: Franklin County District Court Courtroom 224, 1016 N 4th Ave. Pasco, WA 99301

When: English Female group: Tuesdays 11am-12pm facilitated by Alyssa Pearce

English Male group: Thursdays 3pm-4pm facilitated by Alyssa Pearce

Spanish Female group: Fridays 11am-12pm facilitated by Jose Chavez

Spanish Male group: Mondays 3-4pm facilitated by Jose Chavez

Duration of Course: Weekly commitment for a minimum of 6 months

Cost: \$125 which includes the required workbook

Questions/Referrals: Please contact Alyssa Pearce with District Court at 509-542-5929 or apearce@franklincountywa.gov

Prior to beginning group, you will need to report to the District Court office to pay the program fee, sign a participant agreement outlining the rules/expectations of the program, and receive your MRT workbook *How to Escape your Prison* which will be utilized for the entirety of the program.

¹ Ferguson, L.M. & Wormith, J.S. (2012). A meta-analysis of Moral Reconciliation Therapy, *International Journal of Offender Therapy and Comparative Criminology*.

¹ Correctional Counseling, Inc. (n.d.). *What is MRT - Moral Reconciliation Therapy?* Retrieved from MRT - Moral Reconciliation Therapy: <http://www.moral-reconciliation-therapy.com/index.html>