



Canadian Mental
Health Association
Mental health for all

Moral Reconciliation Therapy

How to Escape your Prison

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What is Moral Reconciliation Therapy?

- A tool that targets symptoms related to anti-social personality disorders and criminal behaviours that allows clients to look at themselves and their behaviours
- Re-evaluation of one's "conation" to reshape moral reasoning

Goals for MRT

- Lower Recidivism
- Reduce the use of community services
- Reduce prison costs

Why Does MRT Work?

- Currently in 50 states and 7 different countries
- Offered in different settings
- Behavioural oriented and cognitive based

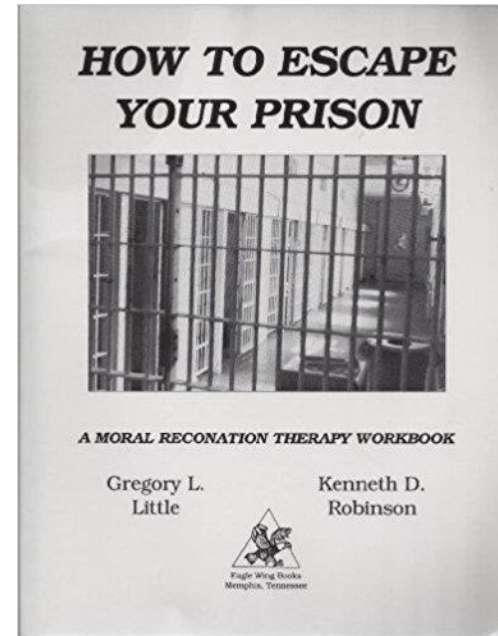
How does MRT work?

MRT focuses on seven basic treatment issues:

1. Confrontation of beliefs, attitudes, and behaviours
2. Assessment of current relationships
3. Reinforcement of positive behaviour and habits
4. Positive identity formation
5. Enhancement of self-concept
6. Decrease in hedonism and development of frustration tolerance
7. Development of higher stages of moral reasoning

How to Escape Your Prison

- Prisons without walls
- Moral Reconciliation Therapy Textbook
- Influence of those incarcerated
- Purchased by the client for \$25
- Participation builds trust



The Freedom Ladder

- 9 levels of the freedom ladder to face and unlock yourself from your prison.

Step 13-16: Evaluate relationship between inner self and personality → GRACE

Step 12: Choosing moral goals → NORMAL

Step 11: Keeping moral commitments → EMERGENCY (a sense of urgency)

Step 10: Maintain positive change → DANGER

Step 9: Commitment to change → DANGER

Step 8: Short-term goals and consistency → NON-EXISTANCE

Step 7: Long-term goals and identity → NON-EXISTANCE

Step 6: Helping others → INJURY

Step 5: Healing damaged relationships → INJURY

Step 4: Awareness → UNCERTAINTY

Step 3: Acceptance → OPPOSITION

Step 2: Trust → DISLOYALTY

Step 1: Honesty → DISLOYALTY

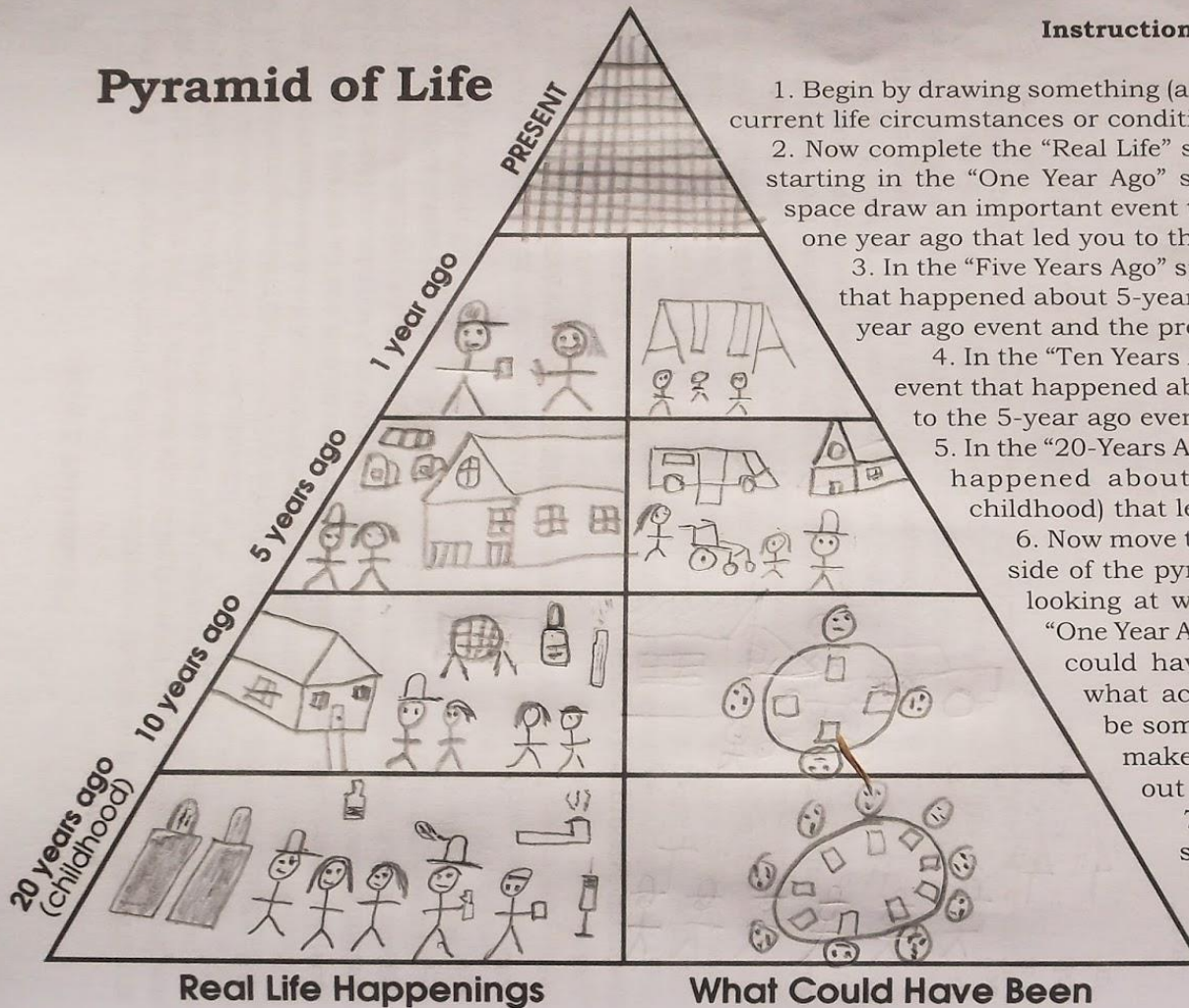
Running a Group

- Open group typically ran weekly
- Approx. 6-12 months to complete
- 90 minute groups: 60 min. presentations/discussions and 30 min study hall
- 8-10 people per group
- Redoing a step

Step 1- Pyramid of Life

Pyramid of Life

Instructions



1. Begin by drawing something (a picture) that represents your current life circumstances or conditions.
2. Now complete the “Real Life” side of the pyramid (left side), starting in the “One Year Ago” space. In the “One Year Ago” space draw an important event that actually happened about one year ago that led you to the present.
3. In the “Five Years Ago” space draw an important event that happened about 5-years ago that led you to the one-year ago event and the present.
4. In the “Ten Years Ago” space draw an important event that happened about 10-years ago that led you to the 5-year ago event.
5. In the “20-Years Ago” space draw something that happened about 20-years ago (or in your childhood) that led you to the present.
6. Now move to the “What Could Have Been” side of the pyramid (right side) and start by looking at what actually happened in the “One Year Ago” space. Draw something you could have done back then to change what actually happened—this should be something you could have done to make the things that happened turn out for the better.
7. Now go to the “Five Years Ago” space and do the same thing.
8. Do the same in the “Ten Years Ago” space.
9. Do the same in the “20-Years Ago” space.

Step 1 – Testimony

- “I have not been honest with Jennifer. Jennifer is the mother of my kids and the best in the world. I’ve betrayed Jennifer. I cheated her out of money, a good life, and happiness, and when she was nice, I started my shit again. When I was in my bad state of mind, my behaviour to my family wasn’t so good. I was kicking doors in and breaking walls down, not being a good father or son. The crimes like jumping on Jennifer’s car cost me my freedom and time with my kids and family. Drugs and alcohol were my go to. I was seeking the high to avoid pain, failures, and other issues by running away”.
- - Currently MRT client testimony

Making it fit for us

- Why was MRT a fit for our agency?
- Adapting to Harm Reduction
- Teaching mindfulness

Connecting with MRT

- Correctional Counseling Inc.
- www.ccimrt.com
- Facilitator training: 4 days, 32 hour training \$600 US
- Additional programs

Questions?

