

Moral Reconciliation Therapy (MRT)

Moral Reconciliation Therapy (MRT) is the premiere cognitive-behavioral program for substance abuse treatment and for criminal justice offenders. Studies show MRT-treated offenders have rearrest and reincarceration rates 25% to 75% lower than expected. MRT is a cognitive-behavioral counseling program that combines education, group and individual counseling, and structured exercises designed to foster moral development in treatment-resistant clients. Poor moral reasoning is common within at-risk populations.

MRT addresses beliefs and reasoning. It is a systematic, step-by-step group counseling treatment approach for treatment-resistant clients. The program is designed to alter how clients think and make judgments about what is right and wrong. The MRT system approaches the problem of treating resistant populations as a problem of low levels of moral reasoning. Moral reasoning represents how a person decides about what he or she should or should not do in a given situation.

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