MORAL RECONATION THERAPY
WITHIN THE THERAPEUTIC COMMUNITY
NEW ZEALAND CONTEXT

• The AOD court treatment provider network / Auckland’s Drug Court Pilot in 2012.
• Therapeutic Communities, Odyssey and Higher Ground, and the Salvation Army.
• Growth in clients with offending history referred to TC
• Political environment
• Partnerships in Treatment
• MRT was identified as a suitable targeted intervention for
• AOD clients with a criminal offending history.
AUTHORS & THEORISTS
BEHIND MRT

Dr Gregory Little and Dr Kenneth Robinson

Erik Erikson

Carl Jung

Jane Loevinger

Piaget

Lawrence Kohlberg
STRUCTURE OF THE MRT PROGRAMME

• Consists of 16 steps, 12 of which are completed in groups.
• Each step builds on the next and clients cannot work ahead.
• Steps consist of a number of exercises, some of which are presented in group and subject to a group vote.
• Clients may be required to repeat steps.
• Groups held once or twice a week for 1 to 1 ½ hours
MRT-FOCUSES ON 7 BASIC TREATMENT ISSUES

• confrontation of beliefs, attitudes and behaviours
• assessment of current relationships
• reinforcement of positive behaviour and habits
• positive identity formation
• enhancement of self-concept
• decrease in hedonism and development of frustration tolerance
• development of higher stages of moral reasoning
IMPLEMENTATION OF MRT IN NZ

• First two groups of facilitators trained in February 2014.
• Two MRT facilitators became certified trainers in August 2014.
• Odyssey House & Higher Ground have all residents now participating in MRT.
• Community based MRT group for AODTC participants commenced in April 2014.
• Female vs. Male participants.
MRT POTENTIAL/ LIMITATIONS

• Compliments TC programmes
• Targeted intervention for antisocial thinking and behaviour-increases the confidence of practitioners.
• Open ended groups, run continuously and new participants can join at any time
• Movement between groups in different settings and retain progress made.
FUTURE DIRECTIONS

• Expanding the network of MRT providers to include more community based and prison based AOD treatment providers.

• Including MRT as an integral part of both pre and post treatment programmes.

• Continued evaluation of effectiveness of MRT in the New Zealand context.
LEARNINGS FROM PARTICIPANTS IN MRT THERAPY GROUPS

“I’m more aware of behaviours that I thought were okay, but in a normal world were unacceptable”

“I know now how to react to people and situations, I handle situations better now”

“To be honest and own my part in life”

“The most challenging part of MRT was being honest”

“Drives me crazy but I enjoy the sessions”

“The Testimonial forced me to realise the effect My drinking Had on my family”

“It has made me really sit back and think about my life, Were I have been, where I am going and what I want to Achieve”

“MRT has given me more confidence”

“Awesome”