



ODYSSEY

changing lives



MORAL RECONATION THERAPY WITHIN THE THERAPEUTIC COMMUNITY

**HIGHER
GROUND**
DRUG REHABILITATION TRUST



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.





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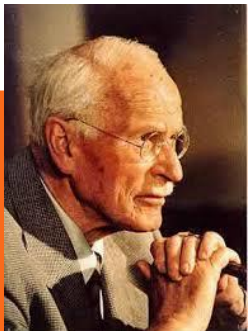


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BEHIND MRT



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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, Where I have been, where I am going and what I want to Achieve”



“MRT has given me more confidence”

“Awesome”