

## 1. What is MRT?

CATS MRT is committed to partnership in cognitive-behavioral treatment that not only targets the deeply ingrained “thinking errors” and long-standing cognitive issues that create and drive criminal behaviors, but also develops pro-social attitudes and behaviors in individuals. Please note, **SAMHSA** considers **MRT** an evidence-based therapeutic program.

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## 2. Who is recommended to participate in MRT?

Generally, clients who have moderate to high scores on criminal thinking and ideation are appropriate for MRT using *How to Escape Your Prison* as the primary program.

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## 3. How does group facilitation work?

Facilitators maintain the environment and facilitate the process. Their role is to motivate, encourage, and increase participation. Facilitators foster an atmosphere where participants are inspired to help themselves. The structure of cognitive-behavioral groups will help clients to change. Facilitators also conduct weekly one-to-one sessions with each client to evaluate progress and positive change.

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## 4. Can clients in the same group be on different steps?

Yes, MRT is self-paced so you should always have clients on different Steps. Each client should work on whatever step he/she is on each week. For example, a client may complete Step 4 and progress to Step 5, while another client does not “pass” Step 4 and remains on that Step. Groups can start with only 3-5 clients and then gradually add more so they are spread out on different steps.

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## 5. What are the qualifications to become an MRT facilitator?

Moral Reconciliation Therapy (authored by Dr. Gregory L. Little and Dr. Kenneth D. Robinson) requires the successful completion of MRT Core Program training. CATS has two licensed MRT facilitators certified under Katherine Burnette, CCI-Germantown, TN.

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## 6. Which MRT & MRT-based programs are currently available at CATS?

### MRT Programs

- MRT – “How to Escape Your Prison” (24 sessions, 90 days)
- MRT for Veterans – “Winning the Invisible War” (24 sessions, 90 days)

### MRT-based Programs

- Breaking the Chains of Trauma (male/female, 10 sessions, 10 weeks)
  - Cognitive Life Skills – “Thinking for Good” (10 sessions, 10 weeks)
  - Hostility Management/Aggression Control – “Coping with Anger” (10 sessions, 10 weeks)
  - Character Development – “Through Willpower and Self Discipline” (8 sessions, 8 weeks)
  - Relapse Prevention – “Staying Quit – A Cognitive Behavioral Approach” (8 sessions, 8 weeks)
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