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**Federal Probation and Pretrial districts increase use of  
MRT<sup>®</sup> cognitive behavioral program with offenders**  
*Western Washington District undergoing ‘train the trainer’ program*

**MEMPHIS, Tenn. —May 13, 2009—**Federal Probation and Pretrial agencies, charged with supervising federal pretrial defendants and probationers in 94 districts nationwide, are expanding use of Moral Reconciliation Therapy<sup>®</sup> (MRT), a cognitive behavioral program developed to reduce recidivism and change criminal behavior. Federal officers are using MRT with pretrial defendants and probationers considered at risk for technical violation. The increased use of MRT by federal agencies comes amid greater focus to apply evidence-based programs and practices in corrections.

MRT is the most researched cognitive behavioral program in corrections, with more than 100 studies validating its use. MRT confronts and seeks to change faulty criminal thinking by enhancing offenders’ social, moral and behavioral deficits. MRT recently earned a place on the National Registry of Evidence-based Programs and Practices. This registry is compiled by the Substance Abuse and Mental Health Services Administration, an arm of the U.S. Department of Health and Human Services. To be placed on the registry, an intervention program goes through a rigorous review process, including outcomes studies.

MRT was developed by Gregory Little, Ed.D., and Kenneth Robinson, Ed.D., and today is distributed by Memphis-based Correctional Counseling, Inc. In Seattle, Correctional Counseling Inc. is training three Federal Probation and one Federal Pretrial Service facilitators from the Federal District of Western Washington as “master MRT trainers.” These federal officers will then be able to train other federal officers in other districts nationwide on how to conduct MRT group counseling sessions with offenders. In fact, these federal MRT trainers have requested trainings in Oklahoma, Texas and California in coming months.

The Federal District of Western Washington employed MRT intermittently between 2001 and 2005, but since May 2006 the agency has used MRT continuously. Currently, the district runs both a female and male MRT group each week. MRT is a 16-step program, including 12 mandatory steps and four optional steps. Offenders typically participate in a MRT program for up to six months.

“We are pleased that the Federal Probation and Pretrial Service departments are expanding use of MRT,” said Robinson, president of Correctional Counseling Inc. “Supervising officers tell us that MRT helps improve offender decision-making skills so that technical violations or criminal activity are avoided. This is an important step in saving money and avoiding future crime.”



With recent reports highlighting enormous and costly prison and jail overcrowding problems nationwide—mainly due to repeat offenders—governmental agencies are turning their attentions to programs such as MRT as a solution for reducing the flow of inmates into the system.

**About Correctional Counseling Inc. ([www.ccimrt.com](http://www.ccimrt.com))**

Based in Memphis, Tenn., Correctional Counseling, Inc. was formed in 1987. CCI specializes in providing cognitive behavioral staff training, treatment workbooks and materials as well as adult and juvenile outpatient, offender-specific substance abuse and accountability services. CCI provides correctional services to a variety of criminal justice agencies in the United States and commonwealths. CCI conducts multiple training sessions throughout the U.S. each year. CCI's Moral Reconciliation Therapy cognitive behavioral program has been used with more than 1 million offenders since first introduced in 1986.

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