

Moral Recognition Therapy (MRT)

Moral Recognition Therapy is a cognitive behavioral program that focuses on seven basic treatment issues:

- Confrontation of beliefs, attitudes and behaviors (beliefs are not religious but rather a theoretical concept)
- Assessment of current relationships
- Reinforcement of positive behaviors and habits
- Positive identity formation
- Enhancement of self-concept
- Decrease of frustration tolerance
- Development of higher stages of moral reasoning

MRT has 12 steps:

- Honesty
- Trust
- Acceptance
- Awareness
- Healing Relationships
- Helping Others
- Goal setting and identity formation
- Consistency between short and long term goals
- Never give up
- Maintain positive change
- Backsliding / Firm Commitments
- Setting appropriate goals

When and Where:

- Mississippi County Library (Charleston) – every Tuesday from 4:00pm to 5:00pm
- Tanner Street Church of God (Sikeston) – every Thursday from 4:00pm to 5:00pm
- You are only required to go to one session per week

Scott County clients do MRT at the Scott County location, Mississippi County clients do MRT at the Mississippi County location