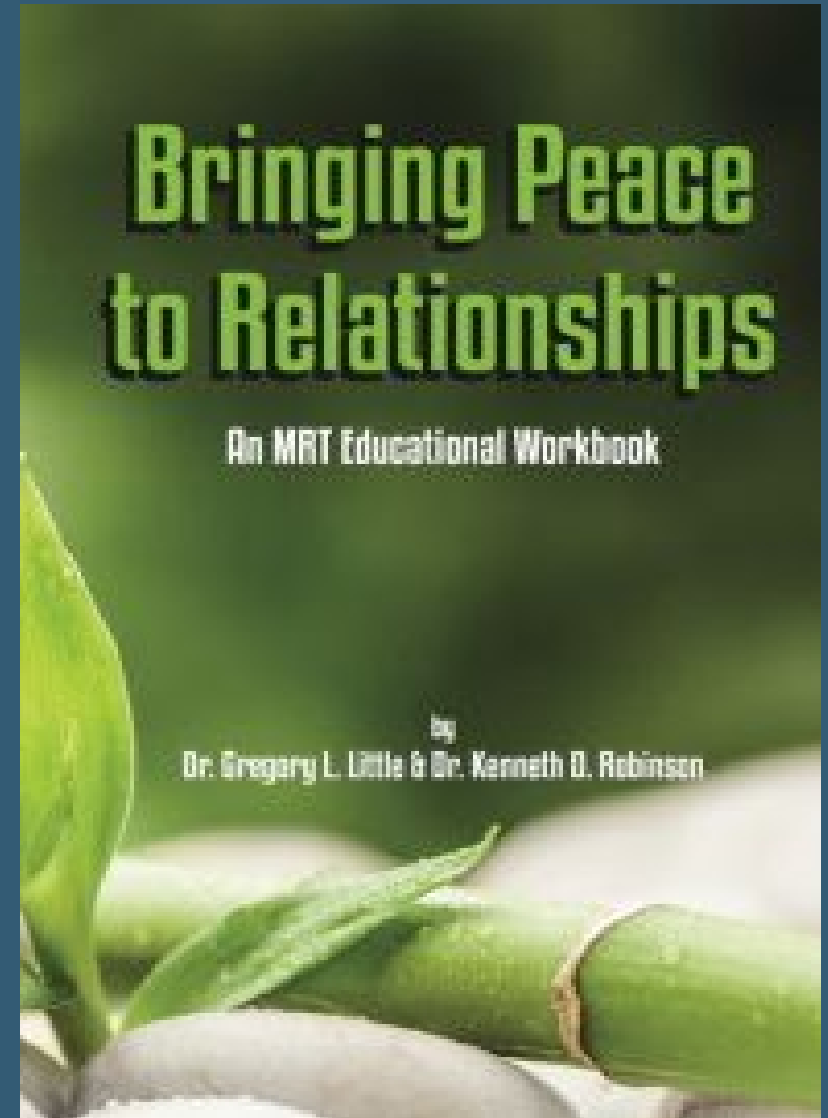


# Domestic Violence Moral Reconciliation Therapy (DV-MRT)



# What is Moral Reconciliation Therapy?

## Moral

The principles of right and wrong behavior and the goodness or badness of human character. A person's standards of behavior or beliefs concerning what is and is not acceptable for them to do.

## Reconciliation

Conation is a psychology term referencing the part of mental life having to do with striving, including desire and volition. "Re"conation was coined by the developers of MRT to describe changing conscious decision making.

## Therapy

Cognitive Behavioral Therapy works by changing people's attitudes and their behavior by focusing on the thoughts, images, beliefs, and attitudes that are held (a person's *cognitive processes*) and how these processes relate to the way a person behaves, as a way of dealing with emotional problems.

# Is MRT a reputable program?

1986

- Introduced in prison setting

Early  
1990's

- Widely implemented in drug courts and juvenile programs

2008

- Designated as an Evidence-Based Program by Substance Abuse Mental Health Services (SAMHSA)

Present

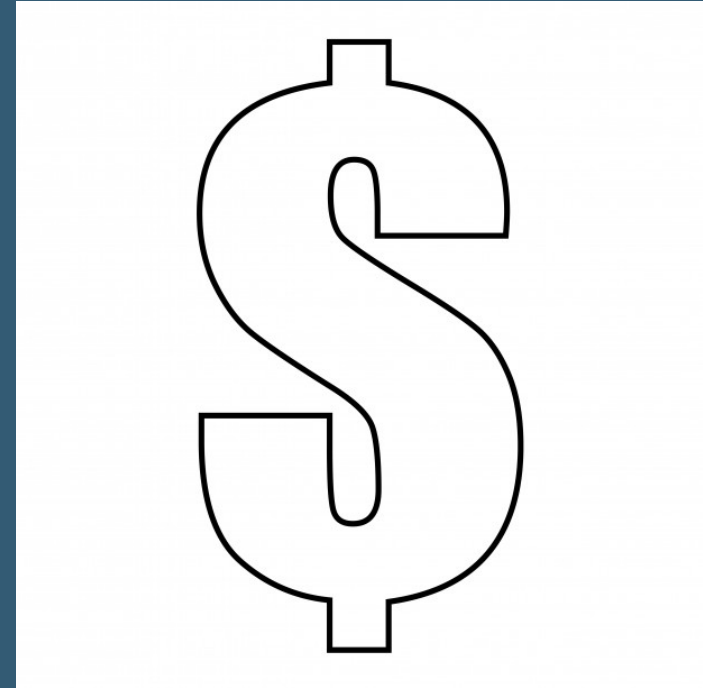
- Currently used in 50 states and 9 countries
- Studies show reduced recidivism

# Washington State \*Certified\* Intimate Partner Violence Providers

Number of Providers – By County

Adams	1	Douglas	0	King	12	Pacific	2	Stevens	0
Asotin	0	Ferry	0	Kitsap	3	Pend Oreille	0	Thurston	2
Benton	2	Franklin	2	Kittitas	1	Pierce	12	Wahkiakum	0
Chelan	2	Garfield	0	Klickitat	0	San Juan	0	Walla Walla	0
Clallam	0	Grant	1	Lewis	0	Skagit	2	Whatcom	3
Clark	3	Grays Harbor	4	Lincoln	0	Skamania	1	Whitman	0
Columbia	0	Island	0	Mason	1	Snohomish	2	Yakima	6
Cowlitz	2	Jefferson	0	Okanogan	0	Spokane	4		

**Nationwide: 80% of  
defendants are  
indigent**



**A**ctivating  
Event



**B**elief



**C**onsequence

# How does it work?

Thinking Errors

Beliefs

Anti-Social  
Attitudes



**Domestic Violence Freedom Ladder (MRT™)  
Bringing Peace To Relationships**

<p>Chapter 16 – Making Peace  (Making A Plan)</p> <p>(The Healthy Family) (Equality &amp; Peace) (What Would She Say) (Exploring My Inner Self)</p>	<p><b>Normal</b> People who experience this state have incorporated their identity into how they live their lives. Thus, they have their needs fulfilled without a great deal of effort. To someone in this stage, work isn't work. However, their identity nearly always involves the welfare of others, whether it is the welfare of their employees or family. They often become involved in social causes and have genuine concern for others. They give great consideration to their own conduct and are not quick to judge others. They attempt to keep all their relationships on honest, trustworthy levels where they are held accountable. It is clear that people in this stage have chosen the right identity (set of goals). Moral judgments are based about half and half on societal and ethical principles.</p> <p><b>Emergency</b> A sense of urgency in completing goals dominates this stage because the individual is totally committed to fulfilling their personal goals. The goals of a person in this stage are more broad and include the welfare of others rather than goals being narrow and self-serving. They feel in control of their lives, but often feel they have over committed and are in risk of failure if they slow down. Most of their decisions are based on what is best for society and their organization, but they show much higher, idealized ethical principles, as well. In addition, they sometimes "slip" to lower levels of reasoning and attempt to rectify this as soon as they realize it.</p>
<p>Chapter 15 – Making Firm Commitments</p>	<p><b>Danger</b> The major distinction between danger and nonexistence is that those in danger have committed to long-term goals. They feel the risk of danger and have communicated their desires to others. They feel a definite direction in life and see relationships as necessary, important, and satisfying. They usually gain their identity from their long-term goals and recognize the requirements of situations quickly. Most of these people make their moral judgments from the societal contract level and law and order. Many of them "slip" to lower stages of reasoning and feel a sense of personal let-down when this occurs.</p>
<p>Chapter 14 – Short-term Goals And Values Chapter 13 – Identity, Goals &amp; The Inner Self Chapter 12 - Identity</p>	<p><b>Non-Existence</b> Those in nonexistence do not have a firm sense of identity and do not feel connected to the world. They often feel little purpose in their life, but do feel responsible for what happens to them. While they feel somewhat alienated, they can have satisfying relationships. Moral judgments can be made from "law and order," pleasing others, reciprocity, or pleasure/pain.</p>
<p>Chapter 11 – Helping Others Chapter 10 – Continue Healing Damaged Relationships Chapter 9 – Begin Healing Damaged Relationships Chapter 8 – Identifying Anger Chapter 7 - Understanding How Injury Occurs</p>	<p><b>Injury</b> People in this stage know when they have hurt others or themselves and feel responsible for it. Low self-esteem, guilt, and feelings of inadequacy often predominate. While they seem to "let down" others and self frequently, they recognize that they are the source of the problem. This is the first stage that positive relationships can occur. People in injury have trouble following through on their goals and personal commitments. Moral judgments are based on pleasing others, pleasure/pain and reciprocity.</p>
<p>Chapter 6 – Awareness</p>	<p><b>Uncertainty</b> A person in this stage may lie, cheat, and steal, but they are uncertain if they should. They typically have no long-term goals and usually don't know if there is a direction that is right for them. They show rapidly changing beliefs and a basic uncertainty about other people. They say "I don't know" a lot and sometimes are uncertain whether they should or can change. This stage typically doesn't last long. Their moral judgments are based on pleasing others as well as pleasure/pain and reciprocity.</p>
<p>Chapter 5 - Acceptance</p>	<p><b>Opposition</b> People in opposition are quite similar to those in disloyalty. However, those in opposition are somewhat more honest about it; they pretend less. Those in opposition tend to blame society, the rules, or the unfairness of others for their problems and state in life. They are in open opposition to established order. They tend to be rigid and unadaptable and are more confrontational, hostile, and openly manipulative. Constant conflict is often seen. Moral judgments come from pleasure/pain and reciprocity.</p>
<p>Chapter 4 – Trust Chapter 3 – Honesty Chapter 2 – Who Batters Chapter 1 – Looking At The Majority</p>	<p><b>Disloyalty</b> The stage of disloyalty is the lowest moral and behavioral stage in which a person can function. Lying, cheating, stealing, betraying, blaming others, victimizing, and pretense (pretending) are the behaviors characterizing it. Negative emotions including anger, jealousy, resentment, hatred and depression dominate. Relationships are exploitative. People in disloyalty view the world as a place that cannot be trusted and believe that everyone else lies, cheats, steals, and feels negative emotions. Moral judgments are made on the basis pleasure/pain and reciprocity.</p>

Freedom Ladder  
based on:  
Piaget's Theory of  
Moral Reasoning  
and  
Kohlberg's Stages  
of Moral  
Development



# Tukwila Municipal Court MRT (2015 – 2018)

Of the total 225 who enrolled:

- 5 transferred to other programs
- 62 (28%) dropped out/terminated
- 158 (70%) graduated

# Tukwila Municipal Court MRT

(2015 – 2018)

## **Of those 158 who graduated:**

- There were 25 who had new DV charges
- Of new DV charges (19 convictions; 11 dismissed; 8 pending)
- **Percentage of graduates who have had subsequent convictions: 9%**

## **Of the 62 who dropped out/terminated:**

- There were 21 who had new charges
- Of the new DV charges (30 convictions; 16 dismissed; 8 pending)
- **Percentage of unsuccessful participants who have had subsequent convictions: 23%**

Questions?

