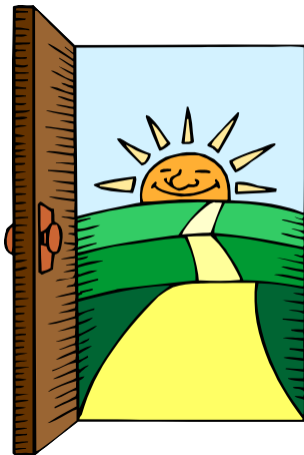


## Why MRT?

MRT has proven to be a successful self-help program. Graduates report as a result of MRT, they are able to better communicate their feelings and emotions and are able to repair and build more meaningful relationships. The program is built around the concept of making better choices.



Open a new door.

## Workshop Dates, Times, and Locations

### Western District of Washington

Virtual Meeting via Zoom

Men's Group

5:00 p.m. to 6:00 p.m. every Wednesday

### MRT Coordinator

Brenda Amundson  
206-491-2101

### MRT Trainers

Angela McGlynn  
206-437-2281

Jennifer Van Flandern  
206-498-6614

### MRT Facilitators

Blake Gjefle  
206-920-6347

Erin O'Donnell  
206-471-0290

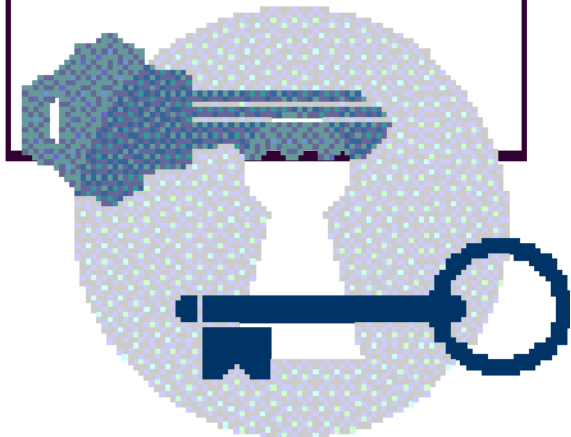
Julie Jansen  
206-276-8473



# Moral Reconation Therapy

## U.S. PROBATION & PRETRIAL SERVICES OFFICES

Seattle	206-370-8550
Tacoma	253-882-3730
Tukwila	206-428-1720
Everett	425-249-7000
Vancouver	360-326-7855



# Moral Reconciliation Therapy—“How to Escape Your Prison”

Do you feel trapped by your current lifestyle, your financial situation, or your addiction?

Are you in this situation because you made a poor decision?

Do you feel like you have lost control?

Are you ready for a change?

If you answered **YES** to any of these questions, Moral Reconciliation Therapy (MRT) may be a program for you.



Which road will you take?

## What is MRT?

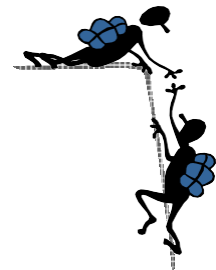
MRT is a systematic, step-by-step treatment strategy designed to enhance self-image, promote growth of a positive identity, and facilitate the development of higher stages of moral reasoning. MRT significantly raises moral reasoning levels, life purpose, and other positive personality variables.<sup>1</sup>

## Why would MRT benefit me?

MRT was designed with you in mind, so you can help yourself. The steps cover topics such as disloyalty, opposition, uncertainty, defense mechanisms and many others. MRT helps you learn to deal with the decision-making process and determine what is right and what is wrong.

I. Little, G. L. & Robinson, K. D., 1986

You are not alone. With MRT, you will have more success if you work with other people. A facilitator will be there to help you along the way, but it is the members of the MRT group that are in charge.



**Take the next step!** Talk to your supervision officer today. This program is offered **free** of charge.

