



MRT™ THINKING FOR GOOD NEVER COMING BACK

Synopsis: The program is designed to help you identify thinking patterns that entrap you. These thinking processes will be identified by you directly through a series of pre-written questions and discussion topics. No matter the reason, this program will help you identify ways to navigate your present for a rewritten future. It combines education, group and individual counseling, and structured exercises designed to foster moral development. In other words, MRT addresses beliefs and reasoning. It is a systematic, step-by-step group counseling treatment approach to help you identify new ways of living. Moreover, the program will help you identify what imprisons you as an individual. You will be meeting with your facilitator once per week for 1 to 1.5 hours and will be working on one book:

Thinking for Good. You will be in this program for a minimum of 10-12 group sessions, depending on your level of engagement.

Your assignments are based on the facilitator's instructions. Some assignments may be done in class, while others may be done prior to class. Once you receive a module topic, please work on the items within it, or as discussed/instructed by your facilitator.

If you have any needs pertaining to hearing, seeing, or comprehension of the material, please voice this to your facilitator upon entering the class or as the class progresses.

Disclaimer: After completion of 4 sessions, you are eligible for a \$50 incentive. Speak to your Career Coach about how to benefit from this. There is another \$50 incentive upon completion of all 10 modules.

Also, note that this is an approved Department of Corrections program and warrants the receipt of 60 days of educational good time days off of Parole. If you are on Probation, completion of this course should be communicated with your officer for potential additional incentives granted through the DOC to include educational good time.

Name: _____

I acknowledge the receipt of this Program Description. I know that I have to come on time and engage with the group in order to receive the incentives offered.

Signature: _____ Date: _____

Name of the person who told me about this group: _____

IDENTIFYING FLIGHT,
FIGHT, OR FREEZE
RESPONSES

STABILIZING MOOD AND
MENTAL, BEHAVIORAL,
PHYSICAL, AND
EMOTIONAL HEALTH

FOCUSING ON A
DIFFERENT TOMORROW

IDENTIFYING MISSED
CHANGES

WHAT IS YOUR
PURPOSE
IN LIFE?



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