

Coping With Anger Moral Reconciliation Therapy

Coping with Anger MRT focuses upon teaching and practicing anger management skills. The program is targeted for offenders who have difficulty managing feelings of anger and frustration in an appropriate manner. Coping with Anger is divided into 8 modules with each module completed in a group session. Clients complete homework for each module prior to attending group. At each session the client presents their homework and the facilitator passes the client to the next module or has the client redo the homework based upon objective criteria. The groups are open-ended: new clients can enter at any time. Each group session will usually have new clients as well as some finishing the program. The workbook is individualized to specific client needs by requiring the client to address specific triggers and formulate new responses.

Des Moines Municipal Court Probation Services is now facilitating Coping with Anger MRT. Any court/probation department is welcome to refer their clients to this course. MRT has been designated as an "Evidence Based Practice" by the Substance Abuse and Mental Health Services Administration and research has shown that it is effective in reducing recidivism.¹

Monthly compliance reports and a certificate of completion will be provided to the referring court.

Where: Des Moines Municipal Court
21630 11th Avenue S Suite C Des Moines, WA 98198

When: See Attached!

Duration: 8 modules minimum

Cost: \$40 includes workbook-Des Moines/Normandy Park Municipal Court
\$50 includes workbook-Outside Referrals

Questions or to Enroll:

Melissa Patrick at 206.870.6593 or email mpatrick@desmoineswa.gov

¹Ferguson, L. Myles, Wormith, J. Stephen. (2012). "A Meta-Analysis of Moral Reconciliation Therapy", International Journal of Offender Therapy and Comparative Criminology.