



MRT

32-HOUR COURSE

Moral Responsibility
for Today

Total Hours: 32

Format: 80 chapters of blended instruction (video lessons, written reflections, and quizzes)

Delivery: 100% online

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TOPICS

Honesty & Self-Reflection

Participants confront denial, reflect on past behavior, and learn that lasting change begins with honesty and self-awareness.

Trust & Acceptance

Focuses on rebuilding trust through consistent actions, accepting responsibility, and moving forward without blame.

Awareness & Decision-Making

Teaches how impulsive thinking leads to negative outcomes and helps participants recognize triggers, pause reactions, and make better choices.

Relationships & Communication

Develops communication skills, empathy, and accountability to repair and strengthen relationships at home, work, and in the community.

Community & Support

Encourages connection, service, and support systems that build self-worth and long-term stability.

Goals & Life Structure

Participants identify long-term goals and break them into realistic, daily steps to support progress and accountability.

Integrity & Values

Emphasizes ethical decision-making and aligning daily actions with personal values.

Maintenance & Emotional Control

Focuses on emotional regulation, relapse prevention, and consistency for long-term success.

Pro-Social Living

Encourages participants to see themselves as positive contributors, role models, and responsible members of society.

PROGRAM OUTCOMES

Participants will:

- Demonstrate honesty, integrity, and accountability
- Recognize harmful thinking patterns
- Improve emotional control and decision-making
- Strengthen family, workplace, and community relationships
- Build habits to support long-term positive change