

# CHOICE THEORY & REALITY THERAPY

Basic Intensive Week  
(21 - 23 Jun 2021)  
9am - 5pm

This 3-days intensive course will introduce learners to the ideas of Choice Theory, which was formulated by psychiatrist Dr William Glasser. Choice Theory posits that all humans have 5 basic needs (survival, freedom, fun, power, and love/belonging) that we attempt to satisfy through our behavioural choices. According to choice theory, almost all behaviour is chosen, and we can only control our own behaviour. Reality Therapy is the method of counselling that is firmly based on Choice Theory. Successful application of reality therapy is dependent on a strong understanding of Choice Theory. Learn to apply Reality Therapy, Choice Theory and Lead-Management to professional and personal life.

## Mode of Delivery

Face to Face.

Participants will be involved in the demonstration, self-evaluation, role-plays and feedback.

## Who Should Attend

Counsellors, Social Workers, Psychologists, Therapists, Nurses, Helping Professionals, Managers, Educators and Parents.

## Attendance

Participants are expected to meet 100% class attendance to be awarded the Basic Training Certificate by the William Glasser Institute (WGI). This training is the first of the five stages in the certification process.

## Venue

Catholic Archdiocesan Youth Centre  
4 Lorong Low Koon, Off Upper Serangoon Road

## Cost

Early Bird : 750 SGD (before 31st May 2021)  
Normal : 850 SGD (closes on 7th Jun May 2021)

## VCF funding available for charities.

For more information please go to: <https://www.charities.gov.sg/Grants/VWOs-Charities-Capabilities-Fund/Pages/VCF%20Training%20Grant.aspx>

Register Here



<https://forms.gle/qbWiUMCDjp9YzFXE9>

For enquiry, please email  
[mayi83.aw@gmail.com](mailto:mayi83.aw@gmail.com)

## Trainer Profile



Sister Elizabeth Tham is a Canossian Sister. She was trained as an educational psychologist in UK from 1990-1992. She was one of the first two Singaporeans to be certified in Reality Therapy by Dr Glasser in USA. She specializes in the use of Choice Theory / Reality Therapy and is a founding member and past president of the Singapore Association for Reality Therapy as well as a Senior Faculty Instructor of the William Glasser International.