

CHOICE THEORY & REALITY THERAPY

Basic Intensive Week
(10 - 12 June 2022)
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

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

Venue: To be advised

Prerequisite: None

Cost

750 SGD (closes on 27th Ma7 2022)

Attendance

Min to start: 8 pax

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.

Who Should Attend

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

VCF funding available for charities.

For more information please go to: <https://www.ncss.gov.sg/grants-search/detail-page/VCFProfessionalCapabilityGrant-LocalTraining>

Register here



<https://tinyurl.com/CTRTRJune22>



Trainer's Profile

Sister Elizabeth Tham is a Canossian Sister. She was trained as an educational psychologist in the UK from 1990-1992. She was one of the first two Singaporeans to be certified in Reality Therapy by Dr Glasser in the 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 William Glasser International.



Organised by:
Healing Space Counselling & Psychotherapy
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