

# CHOICE THEORY & REALITY THERAPY

## STAGE 1

## BASIC INTENSIVE TRAINING

24 - 26 JUL 2023  
(0900 - 1700)

### Want to learn how to use Choice Theory and Reality Therapy to

be more effective in helping someone or yourself?

ask better questions

Understand why we do what we do

help someone or yourself be in better control of life?

**Prerequisite:** None

**Certificate:** 100% class attendance to be awarded the Basic Training Certificate by the William Glasser Institute (WGI)

**VCF funding available for charities.**

For more information please go to:

<https://www.ncss.gov.sg/grants-search/detail-page/VCFProfessionalCapabilityGrant-LocalTraining>

**Who should attend?**

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

**Organised by**

Anthony Wong

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 [www.psykey.com.sg](http://www.psykey.com.sg)

### REGISTER HERE



Cost: 850 SGD

810 SGD (Student Discount)

Closing date: 16th Jul 2023

### Trainer's Profile



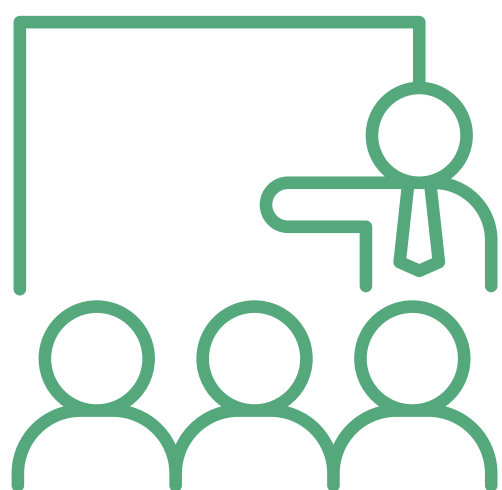
Anthony is a registered clinical supervisor and certified addiction counsellor based in Singapore. He has experience working with individuals in both community, education and hospital settings. His passion for helping people overcome the challenges of mental health issues, trauma and addiction has led him to pursue a Doctorate with a specialisation in trauma and crisis counselling. In addition to his professional work, Anthony is an active advocate for trauma and addiction awareness and education. He serves as a trainer in trauma-informed certification and a QPR suicide gatekeeper instructor, and he is also a certified psychological autopsy investigator by the American Association of Suicidology. He believes that creating a trauma-aware and responsive community requires collaboration and education, and he is committed to playing an active role in these efforts. When working with clients, Anthony takes an integrative approach to therapy, using a range of therapeutic techniques and approaches, including narrative, interpersonal psychotherapy, and trauma-informed therapies, to create personalised and effective treatment plans.



# Choice Theory & Reality Therapy

## Basic Intensive Training (Stage 1)

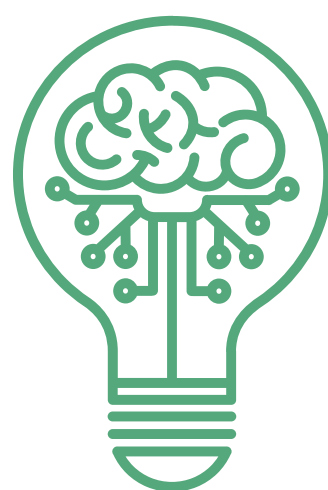
### COURSE OUTLINE



#### Introducing you to the principles and concepts of CTRT

- Introduction to Choice Theory and Reality Therapy
- Understanding the concepts of internal control psychology and external control psychology, and how they impact our behavior
- Exploring the Quality World concept and how it influences our actions and decisions
- Understanding the three filters of the perceived world (sensory filters, total knowledge filters, and valuing filters)
- Identifying and examining the Comparing Place, and its role in our decision-making process

DAY 1



#### More concepts and the learning to do counselling with Choice Theory (Reality Therapy)

- Understanding the Total Behavior Car (TBC) model and how it relates to the WDEP counseling framework
- Learning the WDEP counseling framework, which stands for Wants, Doing, Evaluation, and Planning
- Understanding the Solving Circle concept and how it can be used in CTRT to help clients solve problems and achieve their goals
- Developing skills for effective counseling with choice theory and reality therapy

DAY 2



#### Putting into practise and learn where else can CTRT be applied and have been applied.

- Applying CTRT to leadership management and understanding how to use CTRT in workplace and school settings
- Learning the Lead Management model, which emphasizes effective communication, clear expectations, and providing positive feedback to employees
- Reviewing and integrating the concepts covered in the course
- Developing an action plan for incorporating CTRT into your personal and professional life.

DAY 3