

# Choice Theory & Reality Therapy Basic Training

(7,8, 10 June 2024- 9am - 5.30 pm)

## Dr. Ong Kwee Hiong, Clare.

Senior Instructor from William Glasser Institute, USA



*Ph.D., Ed.S., MSc., R.T.C.,  
Dip Ed.S, B.Sc.  
Consultant School &  
Counselling Psychologist.  
Indiana U. USA. APA; NASP;  
Registered  
Psychologist/Supervisor.  
Counsellor/ Clinical  
Supervisor.*

*Clare is a Senior Faculty Member/  
Instructor of William Glasser Institute (US)  
since 1999. She was the first in Singapore to  
be Certified in RT in US. She has trained 17  
WGI instructors and 25 practicum  
supervisors.*

*A psychologist since 1991, she has extensive  
experience in working with children,  
adolescents, adults and families. She was a  
Senior Educational Psychologist at the MOE,  
a School Psychologist in USA, and an  
adjunct lecturer in Masters/degree level  
psychological courses for 15 years.  
Currently in private practice, she provides  
psychological/counselling services, provide  
supervision for Masters candidates and  
practising counsellors/social workers and  
psychologists. She is trained in Satir model,  
CBT, EMDR, play therapy, expressive  
therapy, and Somatic Experiencing.*

### Workshop details

Fee: Normal S\$850 or early bird \$800 valid  
with full payment by 3<sup>rd</sup> May 2024

Training Venue: to be confirmed

### How to register

1. Email registration form or particulars to [clareokh@gmail.com](mailto:clareokh@gmail.com)
2. Email to notify payment for Internet transfer or e-invoice

## What is Reality Therapy?

A counselling approach developed by psychiatrist Dr William Glasser since 1965 that is highly focused, interactive and widely applicable. Reality Therapy focuses on the present and helps people to understand that they can choose a better present and future. This is based on Choice Theory that states, regardless of what has been occurred in the past, to be happy and effective we must live and plan in the present.

Oftentimes people's wants lead them to engage in behaviours that don't get them what they need. Using Reality Therapy, we assist them to create more achievable wants or choose behaviours that will better satisfy what they want.

**This 24-hr workshop is for: Counsellors/teachers/  
parents/managers interested in helping and relating with  
others more effectively.**

## Training

1. Components of Choice Theory and Reality Therapy (CTRT), the counselling environment, procedures of RT, applications in school, the workplace and at home
2. Concepts will be taught through role-plays, lectures, videos, and facilitation of activities.
3. Special emphasis is given to the practice of Reality Therapy by participants. They will be supervised in small groups and receive individual feedback.
4. Implementing CTRT through practical skills in relation with students, children and colleagues.
5. At the end of this workshop, participants will be awarded a Certificate of Basic Intensive Training from the William Glasser Institute (International).

For more information or registration,  
please contact Dr Clare Ong at [clareokh@gmail.com](mailto:clareokh@gmail.com)  
or 96182542

Registration No: 201200097C

**Choice Theory & Reality Therapy Basic Training**

**Registration Form**

**Dates: 7, 8,10 June 2024**

**Venue: To be determined**

**Normal Fee: \$850**

**Early bird payment by 3 May 2024: \$800**

**Current enrolled student in a Diploma/undergraduate /Master's Program:**

**Early bird fee is \$750**

**or \$800 after early bird.**

Name: \_\_\_\_\_

*Name to be printed on Certificate*

Occupation: \_\_\_\_\_ Organisation \_\_\_\_\_

Mailing Address: \_\_\_\_\_

Email: \_\_\_\_\_ Phone: \_\_\_\_\_

**Payment Details**

Amount: SGD \_\_\_\_\_ or Cheque no: \_\_\_\_\_

(post-course VCF funding is possible)

**Payments methods:**

*Please transfer payment via online banking:*

**Email to [clareokh@gmail.com](mailto:clareokh@gmail.com) upon transfer and state the name of payee**

**UOB Account Name: Clare Ong Psychconsult Pte Ltd**

**PayNow with UEN 201200097C**

*Please scan registration form to [clareokh@gmail.com](mailto:clareokh@gmail.com) or write particulars of this form on email*