

Choice Theory & Reality Therapy Basic Training

(9-11 Sept 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 12 August 2024

Training Venue: to be confirmed

How to register

1. Email registration form or particulars to 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
or 96182542

Registration No: 201200097C

**Choice Theory & Reality Therapy Basic Training
Registration Form**

Dates: 9-11 Sept 2024

Venue: To be determined

Normal Fee: \$850

Early bird payment by 12 August 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 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 or write particulars of this form on email