

Choice Theory & Reality Therapy

Basic Training

(6, 8 to 9 Dec- 9 am - 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 30 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. 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. She is APA full member, Registered Psychologist/Supervisor (SRP, Singapore) and Registered Counsellor and Master Clinical Supervisor (SAC; Singapore)

Workshop details

Fee: Normal S\$850 or early bird \$800 valid with full payment by 21 Nov 2025

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: 6, 8 to 9 Dec 2025

Venue: To be determined

Normal Fee: \$850

Early bird payment by 21 Nov 2025: \$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