

# Choice Theory & Reality Therapy

## Basic Training

16, 17, 19 Jan- 9 am -6 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 an 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 2 Jan 2026

Training Venue: to be confirmed.

Group Size 3 to 6.

### 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: 16, 17, 19 Jan 2026**

**Venue: To be determined**

**Normal Fee: \$850**

**Early bird payment by 2 Jan 2026: \$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*