

CHOICE THEORY & REALITY THERAPY TRAINING

STAGE 1: 18 - 20 JUNE 2026 (9AM - 6PM)

Are you passionate about making a positive impact in your life and the lives of others? Our Choice Theory and Reality Therapy Training is designed to equip you with the skills to:

- Enhance your ability to support and empower those around you.
- Master the art of asking impactful questions.
- Gain a deeper understanding of the motivations behind our actions.
- Foster stronger control over one's life and choices.

Venue: 10 Anson Road, International Plaza #03-11
Singapore 079903

Cost: 1050 SGD

Mode of delivery:
Stage 1: In-Person

Prerequisite: None

Closing Date: 31st May 2026

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

Who should attend?


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


Course Fees: Scan QR for more information



Organised by

Dr Anthony Wong, PhD

 admin@psykey.com.sg

 www.psykey.com.sg

Trainer's Profile



Dr Anthony Wong (PhD) is an SAC Master Clinical Member and Supervisor and a Certified Addiction Counsellor with a wealth of experience across community, educational, and hospital settings. Dedicated to supporting individuals through mental health challenges, trauma, and addiction, he blends clinical expertise with a passion for education and advocacy.

Beyond his therapeutic work, Anthony is deeply involved in training and public awareness, serving as a Trauma-Informed Care Trainer, QPR Suicide Prevention Instructor, and Certified Psychological Autopsy Investigator (accredited by the American Association of Suicidology). He is a strong advocate for building trauma-responsive communities, working collaboratively to promote understanding and systemic change. In his clinical practice, Anthony adopts an integrative, client-centered approach, skillfully combining narrative therapy, interpersonal psychotherapy (IPT), and trauma-informed methods to create tailored treatment plans. His holistic and adaptive style ensures clients receive personalized, evidence-based care that fosters resilience, insight, and meaningful growth.