Choice Theory & Reality Therapy Basic Training

(4, 6 & 8 Dec- 2026 -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 has been a Senior Faculty Member/Instructor at the William Glasser Institute (US) since 1999. She was the first in Singapore to be certified in Reality Therapy in the US. She has trained 16 WGI instructors and 36 practicum supervisors.

She has been a psychologist since 1991 and has extensive experience working with children, adolescents, adults and families. She was Head of science teacher in a secondary school, a Senior Educational Psychologist at the MOE, a School Psychologist in the USA, and an adjunct lecturer in master's-level psychological courses. She currently provides psychological and counselling services and supervision for master's candidates and practising counsellors, social workers and psychologists. She is trained in the Satir model, CBT, EMDR, play therapy, Expressive Therapy and Somatic Experiencing. She is a full member of the APA, a Registered Psychologist/Supervisor (SRP, Singapore) and a Registered Counsellor and Master Clinical Supervisor (SAC, Singapore).

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).

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

For more information or registration, please contact Dr Clare Ong at clareokh@gmail.com or 96182542

CLARE ONG PSYCHCONSULT PTE LTD

Registration No: 201200097C

Choice Theory & Reality Therapy Basic Training

Registration Form

Dates: 4 Friday ,6 Sunday & 8 Tuesday Dec 2026

Venue: To be determined

Normal Fee: $850

Early bird payment by 21 Nov 2026 $800

Current enrolled student in a Diploma/undergraduate/Master's Program:
Early bird fee is $750
or $800 after the early bird period.

Name:_____
Name to be printed on Certificate

Occupation:_____Organisation_____

Mailing Address:_____

Email:_____Phone: _____

Payment Details
Amount: SGD_____ or Cheque no: _____

Payment methods:
Please transfer payment via online banking or PAYNOW
Email to clareokh@gmail.com upon transfer and state the name of the payee

UOB Account Name: Clare Ong Psychconsult Pte Ltd
PayNow with UEN 201200097C

Please scan registration form to clareokh@gmail.com ***or write the particulars of this form in an email***