

---

---

# **CHOICE THEORY AND REALITY THERAPY**

Choice theory gives us an understanding of what influences an individual's "Total Behavior" (actions, thoughts, feelings and physiology); the "pictures in his head" that drive his behavior, how positive and negative perceptions play a crucial role in his behavior choices and enables us to facilitate a plethora of behaviors for the person to act upon. Thus enabling personal responsibility of chosen behavior. Reality Therapy is a method of counseling based on Choice Theory aimed at helping counsees to gain more effective control over their own lives. It can also be used by individuals to improve the effectiveness of their own lives.

## **Training Details**

**The Reality Therapy Certification** training programme in India adheres to the guidelines, policies and procedures as laid down by the international/parent organisation, the 'William Glasser Institute', located in the USA, and is administrated and coordinated by the The Centre for Reality Therapy India. Faculty Instructors and Practicum Supervisors are registered with the William Glasser Institute.

The 12 month (minimum) programme of study known as the 'Certification Programme' is designed to be accessible and flexible so that the participants can proceed through the training at their own pace. The training is structured in a five-part, sequential programme, as follows:

1. **Basic Intensive Workshop**
2. **Basic Practicum**
3. **Advanced Intensive Workshop**
4. **Advanced Practicum**
5. **Certification Week**

The above stages are summarised below:

### **Basic Intensive Workshop**

A minimum of 30 hours, usually 4 to 4 1/2 days, consisting of lecture, discussion, video, role play, demonstrations, skills practice and experiential exercises. This is conducted by a qualified Basic Workshop Instructor.

### **Basic Practicum**

A minimum of 30 hours, with evening and / or weekend meetings / sessions (dependant upon location). Consists of study-group meetings, role-play practice, experiential activities, casework, skills practice and various study assignments. The practicum is supervised and facilitated by a qualified Basic Practicum Supervisor / Facilitator.

---

---

---

### **Advanced Intensive Workshop**

Consists of a minimum of 30 hours, again, usually 4 to 4 1/2 days. Participants have the opportunity to study the Choice Theory and Reality Therapy concepts in much greater depth. More time is given to the practice of the skills and processing of role-plays. The workshop is supervised and facilitated by a qualified Advanced Workshop Instructor, who is also a senior faculty member of the 'William Glasser Institute'.

### **Advanced Practicum**

A minimum of 30 hours and, again, organised weekend and / or evening sessions. This practicum phase prepares the participant for the Certification Week, concentrating on more intensive practice of the skills and deeper understanding of the theory and its wide applications. Again this is done via small group meetings; evening and / or weekends. The practicum is conducted by a qualified Advanced Practicum Supervisor/Facilitator, whose additional task is to help the participant self-evaluate their 'readiness' to participate in the Certification Week.

### **Certification Week**

Consists of a minimum of 32 hours, over 4 to 5 days. This is not a 'test-out' or pass/fail situation, but a 'verification' of the participant's 'readiness' to become 'RTC' (already ascertained in the Advanced Practicum). During the course of the week, each participant is involved in demonstration, self-evaluation and feedback from his/her peers and instructor. Each participant is expected to demonstrate his/her skill in using Reality Therapy to deal with both familiar and unfamiliar role-play scenarios. Each participant is also expected to complete a short (15 to 20 minute) presentation or mini-workshop to the rest of the group members on a topic of their choosing, relating to where they have experienced or observed the Choice Theory/Reality Therapy and/or Lead Management concepts and /or skills in action; be it in their work, their personal life or elsewhere. At the successful completion of the Certification Week, each participant is awarded a certificate which entitles them to use the designation of 'Reality Therapy Certification' or 'RTC'.

### **Length of Time**

The training consists of a minimum 150 hours, in total, and is not usually completed in less than 12 months.

### **Qualification / Recognition / Accreditation**

Reality Therapy Certification is the recognition by the William Glasser Institute, USA, that a person has completed the certification process and demonstrated knowledge and skills in Choice Theory, Reality Therapy and Lead Management. Those completing the 18 month program are entitled to use the designation of 'Reality Therapy Certification' (RTC).

Following certification, ongoing professional development is available through membership of regional branches and through annual national and international conventions.

*Each stage of this training is a complete unit in itself, as well as a prerequisite for the next stage.*

### **Eligibility**

Professionals in the fields of Psychology, Counselling, Human Resource, Teaching, Social Work and Coaching.

### **Venue**

Prafula Psychological Services, St Dominic Savio High School, Andheri (East).

### **Timings**

10.00 a.m. to 6.00 p.m.

## Dates of Training

- |                                |  |
|--------------------------------|--|
| 1. Basic Intensive Workshop    | 22 <sup>nd</sup> to 25 <sup>th</sup> January, 2018   |
| 2. Advanced Intensive Workshop | 13 <sup>th</sup> to 16 <sup>th</sup> June, 2018  |
| 3. Basic & Advanced Practicum  | Sessions will be held as per a pre-decided schedule which will be presented at the time of training. |
| 4. Certification Week          | To be announced  |

## Cost of Training

- |                                |  |
|--------------------------------|--|
| 1. Basic Intensive Workshop    | 12000/-  |
| 2. Advanced Intensive Workshop | 12000/-  |
| 3. Basic & Advanced Practicum  | 8000/-   |
| 4. Certification Week          | Estimated at 18000/- to 24000/-<br><i>(as a Senior Faculty from Glasser International will be present)</i> |

**Fee includes Tea/snack, training material and membership to William Glasser Institute, US. Participants can carry their lunch or avail of the variety of local eateries.**

**For the certification, participants may have to travel to Goa should the numbers be small.**

## About the Faculty

**Farida Dias, MBA, MA, RTC**

*Dr. Farida D'Silva Dias, is a qualified Clinical Psychologist, Educator and Trainer. She is a certified Sr. Faculty Instructor of the William Glasser Institute (WGI,) USA, since 1999 and teaches Reality Therapy in India under the umbrella of the Centre for Reality Therapy India (CTRI), an affiliation of WGI, USA. Farida has over twenty years training experience in Human Resource Management and sixteen years experience in psychological counseling, coaching and behavioural training, all of which were achieved during her tenure in UK, USA, Kuwait, Dubai and India (the latter ten years).*

### **Practicum Supervisor: Mimansa Popat**

*Ms. Mimansa Popat pursued her Post Graduation in the fields of Special Education; Counselling Psychology and Education Management. She later went on to train in NLP, AMR, and Kinesiology. She is a Faculty member of William Glasser International, which offers a therapeutic approach using Choice Theory & Reality Therapy. She has completed the Somatic Experiencing Practitioners course offered by Federation of Human Enrichment and assists trainings in Somatic Experiencing in India and overseas. Mimansa conducts Group Work & Basic Trainings in Integral Somatic Psychology in India. A Teacher Trainer with over 20 years experience, Mimansa is also a Practitioner using both the mind and body in relationship counselling with self and others, enabling clients to choose correctly, overcome their phobia, deal with fears and anxiety issues etc. for the last 15 years.*

**The next Training starts in Mumbai in January 2018.**

For further clarification email [prafultaandheri@gmail.com](mailto:prafultaandheri@gmail.com)