

CENTRE FOR REALITY THERAPY INDIA*
JEEVAN COMMUNITY CENTRE, 302 CITY CENTRE, PATTO, PANAJI, GOA

REALITY THERAPY CERTIFICATION PROGRAM

The Reality Therapy Certification process offered by the **Centre for Reality Therapy India**, is in accordance with the procedures, guidelines and approval of the ***William Glasser Institute, 22024 Lassen Street, Suite 118, Chatsworth, CA 91311, (Phone: 800-899-0688; Email: wginst@wglasser.com; Web: www.wglasser.com.**

Choice Theory offers an explanation of how and why people behave. Understanding the purpose of behaviour enables participants to develop insights into helping people gain more effective control of their lives. Reality Therapy is a communication model committed to empowering people to make successful and effective choices based on evaluation, responsibility and planning. Lead Management focuses on the principles of effective change either at the whole school level or within the classroom. Central to the development of a quality organisation is the concept that participants are involved as a learning community in striving for more effective outcomes.

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 18 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 18 months. There is no maximum time for completing it. The minimum length of time between a Basic Workshop and an Advanced Workshop, and then again between an Advanced Workshop and the Certification Week, is 6 months.

Qualification / Recognition / Accreditation:

There are no educational prerequisites for attendance at a Basic Intensive Workshop, or for pursuing the whole of the Certification Programme.

Reality Therapy Certification is the recognition by the William Glasser Institute, USA, that a person has completed the certification process and demonstrated knowledge and skill in Choice Theory, Reality Therapy and Lead Management. Those completing this are entitled to use the designation of 'Reality Therapy Certification' or '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.

William Glasser, M.D.

Born in Cleveland, Ohio in 1925, William Glasser was educated at Case Western Reserve University where he received his BS (1945) and MA (1948) in Clinical Psychology, and his M.D. (1953) in Psychiatry. He completed his medical internship at UCLA from 1954 to 1957, his Psychiatric Residency at the Veterans' Administration Hospital in Los Angeles, and was Board Certified in Psychiatry in 1961. The University of San Francisco awarded Dr. Glasser the honorary degree of Doctor of Humane Letters, Honoris Causa in 1990.

Dr. Glasser has written twenty-one books, most published by HarperCollins, including his best selling Reality Therapy (1965), Schools Without Failure (1969), Positive Addiction (1976), and The Quality School (1990), The Quality School Teacher (1993), and Choice Theory in the Classroom (1998). In the last four years, he has written Choice Theory (1998), Counseling with Choice Theory (2001) (paperback edition of Reality Therapy in Action published in 2000), What Is This Thing Called Love? (2000), Getting Together and Staying Together (2000), Every Student Can Succeed (2000), Fibromyalgia (2001), and Unhappy Teenagers (2002).

He is president of the William Glasser Institute in Chatsworth, California, an international organization consisting of over 59,000 people who have received training in choice theory, reality therapy, quality education and choice theory management all over the world.

Dr. Glasser worked in the private practice of psychiatry in West Los Angeles from 1956-86, while lecturing and writing on a concurrent basis. Since closing his office, he has devoted himself completely to writing, lecturing and intensively training people in his ideas. He has worked and consulted in every area of psychiatry and has taught and lectured at universities in many countries of the world. He is presently an adjunct professor of Counseling at California State University, Northridge.

His major effort is to teach the world *choice theory*, a new psychology aimed at replacing the present psychology of the world, which he calls, *external control psychology*. He believes that external control psychology is a plague on humanity because it destroys human relationships. In doing so, it prevents us from getting along any better with each other than we ever have as evidenced by our failure to improve marital, family, teacher-student and manager-worker relationships during the present century.

Since 1967, more than 59,000 people—among them educators, clinicians and managers—have completed the intensive introductory course in Reality Therapy. And, of those, more than 6,500 have gone on to complete the training process leading to Reality Therapy Certification by the Institute.

Though Reality Therapy was born in the United States, the activities of the Institute are now truly international, and Institute-approved training has taken place in more than 14 different nations around the globe.