

Everything you do is based on the choices you make. It's not your parents, your past relationships, the economy, the weather, an argument, or your age that is to blame. You and only you are responsible for every decision and choice you make, Period.

-- Unknown

Submitted by Bob King



**WILLIAM GLASSER**  
**INTERNATIONAL**

William Glasser International – July 2013

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## William Glasser International Conference

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*Come be inspired and enjoy Toronto*

Early Bird registration: August 1, 2013 to January 31, 2014

Call for papers: October 1, 2013 to February 15, 2014



“Toronto offers a special opportunity for you to unite with fellow Choice Theorists from every corner of our world representing every possible application of this psychology. Toronto offers a chance to get new ideas and to share them, a time for serious discussion and serious fun.

As chairperson of our world-wide organization, William Glasser International, I invite you to Toronto, 2014 and look forward to seeing you there. We have much to offer the world in the future”

~ *Brian Lennon*

<http://wgicanada.org/conf/>



## Letter for our Chairperson

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The workload of the international board has been such that of late we have been having our online meetings on a monthly basis with lots of emails and online discussion in the intervening weeks. Something that is developing very well is the involvement of members in our discussion and in our work.

### *Incorporation*

After what proved to be a marathon process we finally became incorporated in the U.S. State of California under our new identity in April 2013. Although we are fully international, for legal, insurance and other reasons we need to exist in some known location. As you know our final name is “William Glasser International, Inc.” although we will normally refer to it simply as “William Glasser International” or WGI. This is the international body replacing the original WGI and having the full support of the Glassers. There is still a little background work to do on the official roles within the incorporated body but further details about these will be published on the website in due course.

### *Logo*

As part of the new identity of William Glasser International, the board members believed that a new logo would be very important. We were extremely lucky to have the help of Marinela Mendes who had offered her assistance. She identified a website ([www.designcrowd.com](http://www.designcrowd.com)) with a very clever approach to graphic design. We send a project brief and an estimated cost. They advertise the brief on their site and many designers send in a logo as requested. We then vote on the offered designs and the winner gets the contract. Apart from the cleverness of this approach the worldwide dimension appealed to us as an international board.

Marinela took our ideas and constructed a very complete design brief. She then acted as our go-between with Designcrowd. By our deadline, we had over seventy designs and the board voted on these to reduce them to a shortlist to offer our members. The end result is the logo that you see heading this newsletter. It is a wonderful combination of our traditional logos with a modern sense of our global purpose. The story of the original logo with two sets of hands and a flame was lost in time and nobody really knows what the designer’s full meaning was but our members have identified very well with the new logo.

For me personally the hands represent what we offer to the whole world and this world, as in the logo, is one of many colours, many layers, a wonderful mixture of cultures and traditions. The

“hands” are really a cross between hands and flames conveying both nurturing and inspiring, values that are important to us. But more important than any detailed analysis is the “feel-right” factor and I believe this logo achieves that.

## *Website*

Our website is [www.wglasserinternational.org](http://www.wglasserinternational.org) and it is vital that this become the focus meeting point for our members around the world. This is where news of forthcoming events will be shown and all important policy documents will be published. Kim Olover and Denise Daub have made wonderful progress in updating the excellent structure provided under the watchful eye of Juan Pablo Aljure. Please do get into the habit of visiting the site often and do not be shy about suggesting what you want to see there.

## *Discussions*

We are very aware at board level of the need to create structures for networking, for discussion. This is vital within the board since physical meetings are hard to arrange. We also need discussion forums for our members where they can tease out ideas and share resources. Finally, we need to foster discussion of our ideas with the public.

The internal board discussions have been working extremely well and an important development has been the idea of inviting members with special interests or skills to participate in designated discussions.

For our members, the website team is busy constructing a good discussion forum and it will be very important for as many as possible to participate in this. The first step is to register on the website by creating an account there.

Several excellent public discussion arenas have been created in LinkedIn (<http://www.linkedin.com/groups/William-Glasser-International-4402773?gid=4402773&mostPopular=&trk=tyah>) and in Facebook (<https://www.facebook.com/groups/108100502557681/?fref=ts>). I encourage you to join these and share our views respectfully with a wider public.

## *International Conference*

Preparations for this are at an advanced stage and it is vital that you use the website for all the latest information about this major event. Toronto 2014 is not to be missed. Jim, Ellen and Rolf, together with a bigger team, are putting together an exciting programme. Meanwhile there are several national and regional events around the world and again, the website will keep you informed about these. Why not plan a holiday around one of these events?

## *Physical Meeting*

The original intention of the International Board was to have physical meetings coincide with international conferences. With the change to holding the conference every two years (the even years 2012, 2014 etc), it means that in odd years we need a different arrangement for our physical meeting. We intend to have our next one from the 15th to 20th October 2013 and this will again be held in Dublin. The venue was chosen due to the fact that Brian does not want to move far from home-base as his mother has failing health. We have chosen dates that make it

possible for the board members to participate in the annual Irish convention due to take place on Saturday 19th October 2013. Further details of this are available on the Irish website [www.wgii.ie](http://www.wgii.ie).

## *Elections*

We are happy to announce that Australia and New Zealand have elected a new delegate to the international board. This is John Cooper from Alice Springs and he will be known to many as the host of the last Australian conference. We welcome him aboard and know that he will represent his members very well.

In the near future there will be an election for a new delegate representing China, Hong Kong, Indonesia, Japan, Korea, Malaysia, Philippines, Republic of Singapore, Taiwan and Thailand. Similarly we will be having an election for a delegate to represent Austria, Belgium, Bosnia & Herzegovina, Croatia, Denmark, England, Finland, France, Germany, Ireland (Republic), Italy, Macedonia, Malta, Netherlands, Northern Ireland, Norway, Poland, Scotland, Slovenia, Spain, Sweden, Switzerland, Wales.

These elections arise from the fact that Peter Ho and John Brickell are coming to the ends of their terms of office as re-arranged by our new staggering arrangement. For those who missed the reference to this in a previous newsletter, the idea is that no more than a third of our board leave the board in a given year so as to protect the continuity of our work.

## *Other Work*

In the background to all of the above, there are plans afoot to re-examine our training approach for Reality Therapy and the Glasser Quality Schools. We believe it is vital to update our approach and to suit the demands of a changed and changing world.

We have also initiated a long process of revamping our database so that it will better serve the needs of our members and our organisation.

Finally, I wish to thank all those members who give us such great support. Some have done this in very practical ways by giving WGI hours and hours of their time and professionalism. Others have done this by sending messages of support and by participating in the many ongoing discussions. Many have sent suggestions and observations, all of which we value. It would be totally impractical for us to sound out members on everything we do and it is equally impossible to do everything that members request but, at the heart of the work of the board, is the very strong desire to have WGI represent our members and the vision we share together.

Recently we witnessed a wonderful outpouring of best wishes for Dr. Glasser on the occasion of his 88th birthday. On behalf of all of you around the world may I convey our shared good wishes and our gratitude for his amazing insights.

Brian Lennon,  
Chairperson William Glasser International

## Dr. William Glasser: The Christopher Columbus of Mental Health

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by Kim Olver

The DSM-5, the Diagnostic and Statistical Manual for the diagnosis of mental illness, is receiving strong push back from both within and outside the psychiatric community. It seems the creators and followers of the DSM-5 and the medical model believe the earth is flat. In essence, they are saying pathology in the brain is the cause of “mental illness” and most “mental illnesses” must be treated with psychiatric drugs that often have serious side-effects, or more accurately stated, other unintended effects.



Long before the DSM-5 was being discussed, Dr. Glasser was saying, *Wait a minute. I don't believe the earth is flat. There is no pathology in the brains of the people being diagnosed with "mental illnesses." What if it's acting and thinking in a particular way over time that creates changes in one's physiology?* You will find Dr. Glasser's quotes speak the same criticism about the DSM-IV that present-day resistance is speaking about the DSM-5. Dr. Glasser's ideas were truly revolutionary at the time he spoke them and remain on target today.

As far back as 1965, Dr. Glasser wrote in his book *Reality Therapy*, “We believe that, regardless of how he expresses his problem, everyone who needs psychiatric treatment suffers from one basic inadequacy; he is unable to fulfill his essential needs . . . What is labeled mental illness, regardless of the causation, are the hundreds of ways people choose to behave when they are unable to satisfy basic genetic needs, such as love and power, to the extent they want . . . We believe that the current accepted concept that clients are the victims of mental illness caused by a neurochemical imbalance over which they have no control is wrong.”

In 2003, in Dr. Glasser's controversial book, *Warning: Psychiatry Can Be Hazardous to Your Mental Health*, he wrote, “The ‘mental illnesses’ that establishment psychiatrists diagnose, treat, and list in the DSM-IV should not be labeled illnesses, because none of them is associated with any brain pathology.”

On May 20, 2013, the British Psychological Society Division of Clinical Psychology (DCP) issued a position statement titled, “Classification of Behaviour and Experience in Relation to Functional Psychiatric Diagnoses: Time for a Paradigm Shift.” Their statement reads as follows: “The DCP is of the view that it is timely and appropriate to affirm publicly that the current classification system as outlined in the DSM and ICD, in respect of the functional diagnoses, has significant conceptual and empirical limitations, consequently there is a need for a paradigm shift in relation to the experiences that these diagnoses refer to, towards a conceptual system which is no longer based on a ‘disease’ model.” You can download this statement here: [http://dcp.bps.org.uk/document-download-area/document-download\\$.cfm?file\\_uuid=CB57D38C-9D29-0589-848A-3380FE5DD661&ext=pdf](http://dcp.bps.org.uk/document-download-area/document-download$.cfm?file_uuid=CB57D38C-9D29-0589-848A-3380FE5DD661&ext=pdf).

The International DSM-5 Response Committee, sponsored by Division 32 of the American Psychology Association – the Society for Humanistic Psychology, issued a statement of concern. This committee is comprised of leaders in the mental health field within the United States, the United Kingdom and across the globe. You can find their statement of concern here: <http://dsm5response.com/statement-of-concern/>. And if interested, you can sign their petition called, “Statement of Concern about the Reliability, Validity

and Safety of DSM-5” here: <http://www.ipetitions.com/petition/protectnormal/>.

In 2005, Dr. Glasser wrote, “Psychiatrists, clinical psychologists, social workers and counselors call themselves mental health professionals but few of them ever define, describe or explain what mental health or mental well-being actually is.

“If you ask these professionals what they do, they will tell you that they use the DSM-IV to diagnose mental illnesses or brain disorders. Following that almost all the psychiatrists tell you that they treat these disorders with brain drugs and strongly imply that the people they see and their families can do nothing to help themselves. The other professionals practice psychotherapy or counseling and achieve comparable results without drugs” (*Defining Mental Health as a Public Health Issue*, 2005, p. 1).



Dr. Glasser defines mental health: “You are mentally healthy if you enjoy being with most of the people you know, especially with the important people in your life such as family, sexual partners and friends. Generally, you are happy and are more than willing to help an unhappy family member, friend, or colleague to feel better. You lead a mostly tension-free life, laugh a lot, and rarely suffer from the aches and pains that so many people accept as an unavoidable part of living. You enjoy life and have no trouble accepting other people who think and act differently from you. It rarely occurs to you to criticize or try to change anyone. If you have differences with someone else you will try to work out the problem: if you can’t you will walk away before you argue and increase the difficulty.

“You are creative in what you attempt and may enjoy more of your potential than you ever thought possible. Finally, even in very difficult situations when you are unhappy—no one can be happy all the time—you’ll know why you are unhappy and attempt to do something about it” (*Defining Mental Health as a Public Health Issue*, 2005, p. 2-3).

These two articles submitted by senior faculty member, Al Katz, came from huffingtonpost.com and Yahoo News respectively and summarize some of the criticism of the DSM-5:

[http://www.huffingtonpost.com/2013/05/15/dsm-5-mental-health-psychiatric-manual-\\_n\\_3281434.html](http://www.huffingtonpost.com/2013/05/15/dsm-5-mental-health-psychiatric-manual-_n_3281434.html) and <http://news.yahoo.com/shrinks-critics-face-off-over-psychiatric-manual-182839126.html>.

Allen Francis, Duke University professor emeritus, author of, *Saving Normal: An Insider’s Revolt against Out-of-Control Psychiatric Diagnosis, DSM-5, Big Pharma, and the Medicalization of Ordinary Life*, has written an article outlining the criticism of the DSM-5 outside of the US in countries that don’t even use it. You can find that here: [http://www.huffingtonpost.com/allen-frances/reaction-to-dsm-5\\_b\\_3146659.html](http://www.huffingtonpost.com/allen-frances/reaction-to-dsm-5_b_3146659.html).

Another article from Dr. Francis highlights the DSM-5’s diagnosis of Female Sexual Dysfunction. He talks about a direct correlation between the ability to make money and the “twisting” of the DSM-5. If pharmaceutical companies have a drug to market to a certain diagnostic category, it is likely that diagnosis will miraculously appear in the DSM-5. Find this article here:

[http://www.huffingtonpost.com/allen-frances/female-sexual-dysfunction\\_b\\_2295721.html](http://www.huffingtonpost.com/allen-frances/female-sexual-dysfunction_b_2295721.html).

The Citizen’s Commission on Human Rights has a website dedicated to helping individuals understand



the consumer's miseducation by psychiatry and psychopharmacology at <http://www.cchr.org/>. They have several well done publications at <http://www.cchr.org/cchr-reports/overview.html> and a free information kit available at <http://www.cchr.org/freeinfo.html>. Dr. Glasser appears briefly in this kit on the DVD entitled, *Making a Killing: The Untold Story of Psychotropic Drugging*.

Another article by Dr. Francis, supported by the work of Suzy Chapman, UK health advocate, speaks of the danger of the new "Somatic Symptom Disorder." This disorder will allow people to be diagnosed as mentally ill if they have symptoms of unknown medical origin. You can read about this here: [http://www.huffingtonpost.com/allen-frances/mislabeling-medical-illne\\_b\\_2265198.html](http://www.huffingtonpost.com/allen-frances/mislabeling-medical-illne_b_2265198.html). **In fact, at last count, the DSM-5 had 886 pages with 374 mental disorders listed!**

Dr. Glasser writes, "Because few, if any, of the mental health professionals embrace mental health as an entity, for over a century the entire mental health delivery system has been based on what is called the medical model. This is an illness model that recognizes symptoms, looks for pathology to support those symptoms, but does not diagnose disease unless supportive pathology is found.

"But when this model is used to diagnose a mental illness such as those described in the DSM-IV, one of the basic tenets of the medical model is completely ignored. In those instances, mental illness is diagnosed from symptoms alone and no supportive pathology is required. This misuse of the medical model has led to the present ever-increasing assortment of diagnoses and treatment, none of which even comes close to meeting the requirements of medical science. As long as mental health professionals continue to use the medical model to deliver what they call mental health, they will never be able to embrace the concept that mental health is an entity completely separate from mental illness" (*Defining Mental Health as a Public Health Issue*, 2005, p. 6).

In an article by Dilip V. Jeste, M.D., he writes, "The primary criterion for any diagnostic revisions should be strictly scientific evidence. However, there are sometimes differences of opinion among scientific experts. At present, most psychiatric disorders lack validated diagnostic biomarkers, and although considerable advances are being made in the arena of neurobiology, psychiatric diagnoses are still mostly based on clinician assessment." [Read more here: [http://www.huffingtonpost.com/dilip-v-jeste-md/dsm-5\\_b\\_2280155.html](http://www.huffingtonpost.com/dilip-v-jeste-md/dsm-5_b_2280155.html)].

Another article submitted by senior faculty and WGI board chair, Brian Lennon, starts asking the question: *Does Mental Illness Really Exist?* and can be found at: <http://www.guardian.co.uk/society/2013/may/12/medicine-dsm5-row-does-mental-illness-exist>. Dr. Glasser has been speaking about this for decades.

It has been said that Dr. Glasser does not believe in mental illness. This is not true. What is commonly referred to as mental illness, Dr. Glasser recognizes as a set of creative behaviors designed by the individual to rebalance his or her life the best way he or she knows how at that particular point in time. Dr. Glasser does not use the title mental illness, because he does not believe there is any "illness" in the person's brain. You can read about Dr. Glasser's thoughts on mental illness in his 2003 book, *Warning: Psychiatry Can be Hazardous to Your Mental Health*. Dr. Glasser later wrote in a correspondence with Susan Katz, "There are brain diseases caused by brain pathology but none of them are in the DSM-IV. Examples are Parkinson's disease and epilepsy, which are both diagnosed and treated with brain drugs or surgery by neurologists and neurosurgeons. But to be so diagnosed and treated, they have to fulfill the neurological criteria that none of the disorders in the DSM-IV can satisfy; they must have tangible

pathology in the brain that can be demonstrated by specific medical tests such as a CAT Scan or an MRI.

“The mental disorders that psychiatrists diagnose and describe in the DSM-IV cannot satisfy these criteria. They are diagnosed not by science but by common sense. The psychiatrists who diagnose these people cannot conceive that they can think, behave and feel like they do without pathology in their brains even though so far no reputable scientist can find any. If there is no pathology, there is no brain disease.”

However, PET scans and chemical imbalances have also been used to diagnose mental illnesses and Dr. Glasser would argue the diagnostic veracity of these methods. He does not argue that different parts of the brain light up in the presence of certain diagnoses or that there may be different levels of dopamine, lithium, or serotonin in some categories of mental illness. However Dr. Glasser would question which came first.

This again speaks to Dr. Glasser as the Christopher Columbus of mental health. The medical model field of psychiatry believes an “illness” happens in the brain that causes the symptoms of mental illness, in essence saying the world is flat. Dr. Glasser has been saying that it’s the acting and the thinking in a certain way over time that causes the non-voluntary components of total behavior to occur, the feeling and physiology, hence his world is round. What if Dr. Glasser is correct?

In his theory, Choice Theory™, far ahead of its time, Dr. Glasser introduces the concept of total behavior. Total behavior is the concept that all behavior that exists contains four components – acting, thinking, feeling and physiology. Dr. Glasser teaches that people have total control over their actions and almost complete control over their thinking. (Not that anyone can stop some random thoughts from occurring but when they do, a person can redirect one’s thinking without difficulty.) People do not have direct control over their feelings or their physiology. They cannot be changed or adjusted directly at will. Feelings and physiology are a result of one’s acting and thinking.

Dr. Glasser teaches that if people want to change their feelings and physiology, they need to start acting and thinking differently. Because he believes most long-term psychiatric problems are relationship problems or problems being successful, he thinks the

changes in actions and thoughts would be most productively directed toward repairing or developing the important present relationships in one’s life.



People who have the symptoms, aka the behaviors, which are listed in the DSM-5 are simply using those behaviors as their best attempt to get something they want, at least that’s how the behaviors got started.

Whenever we encounter a situation and we don’t have behaviors for managing it to our maximum advantage, our brains kick in and search what Glasser calls our Behavioral System. Our brains are searching for behaviors we’ve used in the past that could work, and may combine bits and pieces of behaviors we’ve used before, or may come up with a completely new behavior. This process is sometimes conscious, as when we make a pros and cons list or a conscious decision about something but many times it is out of our conscious awareness.

We want something that we currently don't have and our subconscious offers us a behavior or solution, if you will. Depressing might be the answer. Depressing can provide many things a person may want: attention, help without having to ask for it, freedom from responsibility, slowing life down so the person can think, or even keeping a person free of suicidal or homicidal behavior. (It's well-documented that when people start to recover from depression, suicide risk increases.)

Should someone creating mental health symptoms experience a benefit in them, then the behavior is likely to be used again and again. In fact, repeated use will create neural pathways that if exercised and strengthened will become, and remain, the default behavior long after the initial benefits are no longer present. Most people respond vehemently against the idea that a person actually "chooses" these maladaptive behaviors. They complain we are blaming the victim. This is mainly because most often the behaviors are not chosen consciously so they don't "feel" like a choice and because they can only see the detriment, without the benefit, of those choices.

Dr. Glasser says, "To be depressed or neurotic is passive. It happened to us; we are its victim, and we have no control over it" ([http://www.brainyquote.com/quotes/authors/w/william\\_glasser.html](http://www.brainyquote.com/quotes/authors/w/william_glasser.html)). He also said, "When we depress, we believe we are the victims of a feeling over which we have no control" ([http://www.brainyquote.com/quotes/authors/w/william\\_glasser\\_2.html](http://www.brainyquote.com/quotes/authors/w/william_glasser_2.html)). These quotes point out the powerlessness felt when a person is labeled with a diagnosis of mental illness.

The good news is that once a person recognizes it's a choice to engage in their symptomology, then they can consciously begin to make new choices! Dr. Glasser says, "It is almost impossible for anyone, even the most ineffective among us, to continue to choose misery after becoming aware that it is a choice" ([http://www.searchquotes.com/quotes/author/William\\_Glasser/1/](http://www.searchquotes.com/quotes/author/William_Glasser/1/).)

When people are given a diagnosis, they believe it means there is something "wrong" with their brain. This means it must be "treated" with psychotropic medication in order to heal. There is absolutely no biological basis for these claims.

Dr. Glasser has been advocating treating mental health as we do physical health with a public health model of counseling and teaching. Dr. Glasser further states, "The use of the traditional medical model to attempt to deliver what is called mental health will be hard to abandon. But even more than tradition, the stumbling blocks to moving from the medical model to the public health model, are not philosophy and science; they are money and power.

"The drug companies will do everything they can to hold on to the billions they earn from the medical model – billions that could disappear if we were willing to change to the public health model. But it goes further than that. The medical model provides huge psychological rewards in both power and prestige to those who diagnose mental illnesses and prescribe medication." (*Defining Mental Health as a Public Health Issue*, 2005, p. 7).

To get your own free copy of Dr. Glasser's revolutionary, *Defining Mental Health as a Public Health Issue* and to get our free newsletter published every four months, please visit [www.wglasserinternational.org](http://www.wglasserinternational.org) and sign up for our mailing list.

## Sunshine Coast Environmental Education Centre

### Choice Theory in the Bush

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**Trent Webb is principal of the Environmental Education (SCEE) consisting of two sites (Bilai and Sunday Creek) within the North Coast Region in Queensland. The sites offer three educational program types, Day, Residential Camp and Wilderness Trek to deliver learning experiences across all learning phases. Trent and his staff have used their understanding of Choice Theory and its applications in this centre to work effectively with a range of students.**

In 2012, two teachers from Education Queensland's Environmental Education on the Sunshine Coast participated in a Glasser Basic Intensive Training .Throughout the course, both teachers told stories relating to their work, and the application of Choice Theory within their various programs.

#### *The Sunshine Coast Environmental Education Centre Vision is*

*"Students participating in programs will work towards acquiring a greater love for, and understanding of themselves, each other and the earth, and a willingness to take positive action based on their new awareness".*

The Centre's programs have various sites, durations and focuses, but all programs have the base belief that students are working productively within their learning community.

The centre's pedagogical teaching theory is based on the Experiential Learning model, therefore, all children are taken into the environment to experience real life learning.

The Centre runs day programs on the creeks, in the forests and around the beaches of the Coast, with canoeing, walking and dip netting. It also has a residential facility in the Conondale National Park, used for students to attend school camps. At this site, students bushwalk, open fire cook, and participate in group and team challenges

A particular focus on Choice Theory through another program was based out of the residential camping site. The program is a three day Wilderness Trek, which covers up to 45km. The students carry a full pack with all the necessary equipment to last three days in the Wilderness; tents, sleeping bags, food and water packs, and cooking equipment.

The program has been designed to offer students the opportunity to create a preferred future and a sense of actively shaping their lives. It not only caters for students who have been identified as "at-risk" but any student who feels unsatisfied about their current direction in life.

#### *What assumptions are driving the Wilderness Trek Program?*

The Wilderness Trek program draws its theoretical assumptions and consequent practices from a variety of fields including: Choice Theory and Adventure Based Counselling. Assumptions arising from the interpretation and interaction with these fields as well as their own experiences are:

- We are all worthy and have the capacity to succeed and love life
- Our capacity to be successful and fulfilled is dependent on having experiences of success

to draw from

- our awareness of our needs and desires
- our willingness to be responsible for satisfying our needs and desires
- our awareness of how well our current strategies and behaviours satisfy our needs and desires
- our willingness to take risks and question our current beliefs and behaviours
- our faith in our creative ability to problem solve and discover new ways of being
- believing that we are worthy and deserve the best

### *We learn best*

- In challenging environments
- When we feel safe emotionally and physically
- When we feel supported
- When we can apply specific learning experiences to many aspects of our lives

The wilderness environment provides a powerful context to seek personal perspective, clarity and inner strength.

### *How are these assumptions reflected in the Wilderness Trek Program?*

Flowing from these theoretical assumptions the Wilderness Trek has been designed to support students by:

- Maximizing their chances of experiencing success in reaching a difficult goal by providing them with an environment that requires them to persist
- Allowing students to experience the natural consequences of their actions without being judged for them.
- Providing series of sequenced briefs and debriefs over the three days which encourages students to:
  - Get in touch with what they're feeling and observing in the present.
  - Experiment with different ways of relating to themselves, others and the environment.
  - Reflect on upon their recent experiences while on The Trek and what they mean for them on their return back to school and home.
  - Get in touch with what they really want to get out of life.
  - Consider whether what they're doing at home and school is helping them realize their dreams, "Quality World Picture".
  - Commit to a plan of action or a series of strategies and short term goals that will improve their chances of success in getting what they want out of life.

Even though Mother's Day has passed this is a good reminder any day of the year. And don't forget Fathers too.

### **Revere and Love Your Mothers Today!**

What do you know? It's Mother's Day once again!  
Thus, it is appropriate to honor her, your very best friend.  
After all, she has always been there for you,  
and has done everything she could to lighten your load too.

So kindly be sure to let her know how much you love her,  
plus revere her, cherish her, and never murmur.  
If you will do so she will truly appreciate your kindness,  
and overlook your faults with loving blindness.

Having been a very loving example for each of us,  
she has taught us all to not argue, criticize, or even cuss!  
Though she has not always been perfect in all things,  
she still has earned her angel's wings!

So be sure to remember her fondly this Mother's Day,  
and love her with a perfect love throughout all of her days.  
And if you can occasionally help her along the way,  
be sure to do so, this much I pray!

# Happy Mother's Day

**Thomas S. Parish, IJCTRT Editor.**  
**May 12, 2013**

## Tribute to Dr. Glasser on His 88th Birth Anniversary from Nepal!

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Usha & Bikal with Shramsheel School Teachers

*“As the world celebrates Dr. William Glasser’s 88th Birth Anniversary today, we humbly offer Our Tribute to you on this auspicious occasion”*

*“The most beautiful people I know,  
Are those who have known defeat,  
Known struggle,  
Known suffering,  
Known loss,  
Have found their way out of the depth,  
These people have an appreciation, sensitivity, and an understanding of life that  
fills them with compassion and a deep loving concern.*

Dr. William Glasser is certainly one of such beautiful people I know and admire.

Dr. Glasser, the founder of the Reality Therapy and the Choice Theory, is and will remain in our hearts as long as we live and chiefly because we all are influenced directly and or indirectly by the quality of work that happens inside and also outside the classrooms.

On this auspicious day, we (**Bikal Prasad Sherchan & Usha Malla Singh**) declare our stand to bring Dr. Glasser's teaching philosophy into the classrooms in Nepal starting with public schools. We are at the verge of launching a pilot project to develop a model classroom where cooperative and collaborative learning is being encouraged and practiced and where Competency Based Classroom (C.B.C) is emphasized. The teachers, students and parents are grounded on The Reality Therapy, The Choice Theory and Lead Management. Schools, where, teachers every morning, proudly walk into their classrooms with the sense and skills of the need to play the role of a Modern Manager. We request support from the Glasser Quality Schools Consortium around the world to help us educate, grow and develop the competencies, knowledge and skills to lead this project in Nepal.

**Love & Greetings from Nepal!**

**Mr. Bikal Prasad Sherchan/ Mrs. Usha Malla Singh** ([bikalprasad@gmail.com](mailto:bikalprasad@gmail.com), [mallasinghusha11@gmail.com](mailto:mallasinghusha11@gmail.com)) Kathmandu, Nepal



Teacher's Training-Mustang Public School





Teachers of GBS school



Bikal & Usha with the Principal & Teachers of GBS School, Pokhara, Nepal

## Another Country Has Joined William Glasser International!

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by Ivan Honey



On Sunday 27th May 2013 at Moonriver Lodge in the Cameron Highlands of Malaysia, a pro temp committee was established to create a Malaysian Branch of William Glasser International. The thirteen CTRTC founding members elected Father Paul Kee from the city of Ipoh, and Dr Anasuya Jegathevi Jegathesan from HELP University, as the chairpersons of the committee.

The wholly Malaysian group had completed Certification, and demonstrated high levels of skill, internalisation of the ideas and presented quality demonstrations of the use of the ideas.

Although other Malaysians have been trained in CT|RT, this group is the first to take action to establish a local branch. Many of the members are associated with HELP University in Kuala Lumpur, which is widely regarded as the key university in Malaysia for Counselling Psychology.

It is a dynamic and progressive faculty, where there is a strong focus on relationship and quality outcomes, and where staff specialise in areas such as the psychology of fun and games, and where students work in local schools to create games to enhance learning.

The focus is now on locating other Malaysians who have completed training to join the new branch. Any such people should contact Dr Anasuya ([anasuyaji@help.edu.my](mailto:anasuyaji@help.edu.my) or [ajegathevi@yahoo.com](mailto:ajegathevi@yahoo.com))

## Member Contributions

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**Nano Farabaugh**, Practicum Supervisor from Indiana, recommends this article as [\*An Example of Lead Management\*](#).

**Janet Morgan**, Basic Instructor from Georgia and International Board Representative, had this to say:”



*“Dr. Robert Wubbolding, Senior Faculty of WGI, was the keynote speaker in Savannah, Georgia, at the Licensed Professional Counselors 25th Silver Anniversary Convention and Conference, June 14, 2013, where he delivered an outstanding presentation highlighting the significance of positive relationships in counseling clients as well as in our personal lives. His optimistic, upbeat stories of triumph did more than inspire the counselors as they incorporated the significance of relationships throughout the other training that was offered at the conference. Thank you, Dr. Wubbolding, for such a professional workshop, motivating keynote speech and experiential role plays that helped put theory*

*into action. Your honored presence validated WGI in the State of Georgia and, as a member of the LPCAGA, I look forward to following in your footsteps!”*

## Tribute to Dr William Glasser

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by Ken Pierce

*Dr. William Glasser has been a major influence in Ken’s life and work. As the world renowned doctor turns 88 this year, Ken shares the perspectives that have made Dr. Glasser one of the fathers of modern psychology.*

### *Glasser’s Genius*

Dr. William Glasser is 88 years-old this month. He is a study in self-control. He is a study in paradox. He is humbly assertive and seriously funny. He projects an inspiring presence which attracts students from around the globe. He is full of gratitude for his life, certainty of who he is, and love for his work and those around him.

Bill demonstrates regularly what I consider his greatest contribution, his self-control. He has the ability to maintain this self-control in the face of acolytes and attackers, acceptance and rejection, and support and challenge.



### *Recognized Worldwide*

My first study of Bill’s work began about 35 years ago. Besides Albert Ellis, he is most likely the only other living therapist whose model and approach to psychological intervention is recognized

worldwide.

While Bill's life's work and influence covers not just psychology but also education and business, I want to focus on his earliest focus of mental health.

### *Three unique perspectives...*

There were three unique perspectives which drew me to Bill's work.

The first was his unique perspective regarding the usefulness of many of the psychological labels. He had already figured out labeling people only helped about half the time. The other half of the time labels limited people in their learning and evolution.

*"The 'mental illnesses' that establishment psychiatrists diagnose, treat and list in the DSM-IV should not be labeled illnesses, because none of them is associated with any brain pathology."*  
~ William Glasser

The second perspective was his rejection of the use of most psychotropic medications. He viewed them as merely masking the situation. Such medications were originally designed for four to six weeks use to enable the person to rest until they were more ready to learn. Bill's concern with how they stalled people's growth was distinctive and today still considered revolutionary in some circles.

*"By putting drugs into your brain that interfere with its normal functioning, he [physician, psychiatrist, psychologist] is a hazard to your mental health."*  
~ William Glasser

The third perspective was his position on feelings. Bill contended there was little value in talking about past or present feelings because it was counterproductive to learning. This evolved from his analysis of human behavior. This exploration was responsible for one of Bill's most valuable contributions to modern psychology; that of what he called, "total behavior."

*"What happened in the past that was painful has a great deal to do with what we are today, but revisiting this painful past can contribute little or nothing to what we need to do now."*  
~ William Glasser

### *Total Behavior...*

Bill's concept of "total behavior" expanded my understanding of all human behavior. He noticed each human behavior contains four parts. They are what a person is doing with their body; what they are thinking in regards to the situation they are in and simultaneously what they think about themselves being in the situation; what feeling is generated by those actions and thinking; and what physiological response is generated within the body by those actions and thinking.

This simple but powerful concept has been critical in assisting people around the globe to learn they have ability to exercise self-control in ways they had not thought possible. People readily take to the idea they have choices about what they do. It is more difficult to get them to consistently take control of their thinking in the same way. Bill's simple and practical model

proved useful to me in many contexts. It gave me a concept and tool to enable others to prove to themselves, they could exercise self-control. This was a critical and essential step in their personal growth.

*“If you want to change attitudes, start with a change in behavior.”*  
~ William Glasser

## ***Bill’s Genius***

I remember having dinner one evening with Bill while he was in my hometown speaking to a group of educators. I was sharing with him my opinion that the “total behavior” concept was one of his greatest contributions. I asked him how he uncovered it. He was characteristically the nonchalant genius, when he said, “It just seemed so evident to me from my work!”

It was an idea many people had a sense of, yet it took Bill Glasser’s genius to note it, develop it and use it to change the face of modern psychology.

So Bill ... thank you for noticing it, thank you for pursuing it and thank you for evolving humanity’s sense of itself.



Ken Pierce, a business psychologist, international speaker and author, has worked for 35 years in psychology, education and corporate development, presiding over his own company, Clarendon Consulting, a consulting and counseling practice. He holds Senior Faculty status in the William Glasser Institute of Los Angeles and the Demartini Research and Education Institute of Houston, Johannesburg and Sydney. ([read more...](#))

## **Book Review**

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This section of the newsletter is for members to share their opinions on any books they believe support Dr. Glasser's work by submitting a book review. The member who writes the review will be given credit and the review posted in an upcoming issue of this newsletter.

### ***The Leaderless Revolution: How Ordinary People Will Take Power and Change Politics in the 21st Century*** by Carne Ross

Michael Bell ([Michael.Bell@Leadingpotential.com.au](mailto:Michael.Bell@Leadingpotential.com.au)) recommends this book and the following is his review:

Ross is an ex British diplomat with a first-hand experience of global politics in action. Through his inside experiences of some of the last decade’s high stakes international crises (where he was integral to the negotiations), he describes the fatal cracks in our systems of governance. Ross’s analysis is insightful, piercing and ultimately satisfied my suspicions. “They” don’t have the

answers and what's more "They" cannot actually deliver us what we need.

The bulk of the book is dedicated to outlining the reasons we need to embrace the 'leaderless revolution'. In essence, this is because the only way out of our current 'mess' is through local level actions that directly address the issues we face. We can't afford to wait on government or big business to solve the problems. It's a revolution because it overturns the way we have done things. But why leaderless? Well it's without leaders in the normal sense – Ross illustrates why we need to stop hoping the leaders in business and politics will solve our social dilemmas. But it calls on the leader in all of us to step up and take action. He outlines nine principles for action. Here are a few principles to whet your appetite:

**Excavate your convictions** – Follow your sense of rage or injustice to identify where to start. Let your anger or conviction fuel your action. In a testimonial to internal control, Ross calls us to choose for ourselves – “do not let others tell you what to care about” (p 183) he says. This, for me, is the first step in self leadership – working out what you care about. What gets our back wheels spinning give us an insight into our quality world.

**Who's got the money? Who's got the gun?** – Work out who else has a stake in the issue you want to tackle. If a state of affairs exists, you can guess someone is getting their needs met and so has a vested interest. Knowing who and how is vital to making change. Social media and Internet search engines can be a great source of information on who has a stake in the status quo.

**The means are the end.** – Ross takes aim at what he calls “the great lie of communism” and “the deception of capitalism.” The utopian claims (someday everything will be right) of each of these systems justify the “gross inequalities and humiliation” of today. There is only here and now so live as if the means of today are also the ends. Treat each other well, take care of your relationships and extend a hand to those in need. This is the end we would wish for and it's the means to achieving that end.

**Refer to the cosmopolitan criteria** – Not sure exactly how to proceed? “There is... a way to decide what to do and how to calibrate your own action. Ask people what they want. They are usually more than willing to tell you.” Enough said.

**Kill the king.** – In chess, all the moves are orchestrated towards a single result; killing the king. If we are to take on the leaderless revolution, then we must keep that objective in mind. Signing petitions, getting celebrity support or holding rallies may be some of the moves towards that end result but success is in the real world on the thing you are trying to change. Don't be satisfied with anything else. Hold out for the time when the real world lines up with that carefully nurtured and polished gold of our quality world.

It was a momentary decision to buy this book (instead of junk food in an airport). The title spoke directly to my need for autonomy. (I hate being told what to do – I hate thinking someone else might be thinking of telling me what to do.) This book said to me, “Hey – there might be more freedom to be had!” There is. Ross's book, it seems to me, calls to the heart of an internally controlled life. It invites us to consider the ways we might more honestly embrace our connection with other human beings and the ways we can expand our freedoms and increase our power.

It's a good read, sometimes alarming, often discerning and ultimately inspiring . . . far more satisfying than a burger, fries and cola.

## What's in a Name?

### Choice Theory Psychology

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by Lucy Billings Robbins

*I have been getting some questions about why WGI is now calling Choice Theory™, Choice Theory psychology. I didn't know the answer but when I began asking around, I was told it was Lucy Billings-Robbins who advocated for the change in the name, so I went to Lucy and asked her if she would write the explanation for our newsletter. Here is what Lucy had to say:*

Dear Kim,



Thank you for inviting me to share my thinking about the use of the phrase Choice Theory psychology. You flatter me with your suggestion that I originated it. I cannot take credit for it. It has been in use since 2000 and I give Dr. Glasser full authorial credit for it.

When I am asked what I do in the world, I reply, "I teach Choice Theory psychology." I am sure that I have been saying it this way since 2000 and for me it is the most accurate way to describe what I teach.

Adding the word psychology gives people a familiar concept or common word to ask additional questions which allows me the opportunity to share Choice Theory psychology with them.

When I say "I teach Choice Theory" most people have no ideas what I am talking about. They start guessing. *You are a theorist? Is this about pro-choice and abortion? Is this part of game theory?* Or they question their common word "teach." *Are you a classroom teacher?* Or more often they just let it drop because they don't know what to ask and I lose the chance to tell them about Choice Theory psychology.

People may argue that saying Choice Theory psychology is redundant. Like bed sheets and widow woman, it is an unnecessary repetition of the same meaning. For me it is an intentional repetition that defines and gives clear meaning of the name Choice Theory and differentiates it from other psychology.

A conversation has been going around within faculty about whether we can "do" Choice Theory. The argument was that you cannot "do" a theory. By definition a theory is an explanation or best guess and not an application. My comment to the international board was that this was never a question for me. Choice Theory is *not* a theory. It is the name of a psychology. From the title to the last page of his book, Dr. Glasser said Choice Theory is a psychology – a new psychology of personal freedom. He subdivided this book into the theory and the application. The first half, the theory, is the explanation of this new psychology. The second half tells how to apply it in counseling, schools, marriage and management. In his next book,

*Counseling with Choice Theory*, Dr. Glasser said that Choice Theory is unlike many psychologies because it is active and doable. He then showed us how to “do” it in the case examples that he presented.

Having had the wonderful opportunity to teach in Japan, I became aware that the full phrase “Choice Theory psychology” is used there very consistently. I learned that in translation using all three words gives a more accurate meaning. As we grow as an international organization into many countries, we may find this holds true in other languages and/or translations.

While I am talking about terms, I would like to share a few thoughts on two others: “external control” and “meeting your needs.”

Bob Hoglund in his presentation at the last faculty retreat asked us to define “external control.” My answer (after my group cleaned it up a bit) was that it is gobbledygook. Those of us who teach and talk Choice Theory psychology have used the term “external control” in so many ways that it now means everything and nothing. “External locus of control psychology” is more accurate and has quite a specific meaning.

When I read *Choice Theory: A New Psychology for Personal Freedom*, I stopped talking about “meeting your needs” and started teaching and emphasizing the axioms and concepts of Choice Theory:

1. Basic needs are encoded in genetic instruction.
2. Basic needs are only satisfied by satisfying a quality world picture.
3. The purpose of all behavior is to match a quality world picture in the real world.

I have no way directly or indirectly of knowing the contents of my genetic instructions. Of course, we all share the same set of basic needs but in this area as well, direct knowledge is not possible. Whatever knowledge I have of my basic needs can only be inferred from my total behavior. But more useful is knowing the intimate details of my quality world pictures and behaving to match them in the real world.

When you are asked, “How are you meeting your need for freedom (or any need)?” the only answer is – “By behaving to match a quality world picture in the real world.”

Here is a little tip I give everyone: “If you want to match your quality world pictures in the real world, simply surround yourself with things you love.”

I hope these thoughts have been helpful and might provide more clarity to the subject.

Yours,

Lucy Billings Robbins, Senior Faculty



## The Journey to Certification

by Melissa Navarro

Before I graduated from high school, I was a peer counselor. I had been a peer counselor since I was in 10<sup>th</sup> grade and continued there until I received my high school diploma. During those three years of intense study and training with Doctor Rearden, I learned about several theories and learned a lot about relationships. Those were very memorable and wonderful times. I truly enjoyed those moments. Among many theories, I was introduced to concepts of Rogerian Theory, Cognitive Theory, BF Skinner and Reality Therapy to name a few. Studying these different theories was always something that I found enjoyable and beneficial. I don't remember much about high school, but what I do remember is that Doc said, "Life is all about relationships, relationships, relationships." It made sense to me.



That was then. Let's fast forward a bit. Back to when I was in Basic Training I was thrilled to be reintroduced to a theory that I appreciated and respected. I felt refreshed and I was excited about new opportunities. Jonathan Erwin, teacher and author of *The Classroom of Choice* was the guest speaker. During Basic Week I learned a lot, had fun and remembered that I was the one in control of my own behavior.

Choice Theory is an opportunity to grow to nurture and it's even a chance to improve any current relationships. I am privileged to have tools that aid me in what I do on a daily basis. Working in education, you're bound to come across many different types of students. Each one is different, but what I love is that I know that they actually do share something in common. Everyone has basic needs and that includes any and all students. I've had many encounters with all different types of co-workers and kids and I've been able to implement techniques from Choice Theory in order to have good relationships with those around me. I believe that Choice Theory does help out because when it all boils down, we all have needs that require fulfillment.

Now it's the present and I'm undergoing the Certification process and on my way to becoming certified. I can say that it feels very rewarding. Getting together with others who are also learning this theory has been great because we are able to help sharpen and build each other up every time we meet. As a group we've been focusing a lot on role play and giving our own presentations on what we have learned throughout our training in Choice Theory. There have been a lot of interesting, unique and above all, great presentations given during certification. Role play and energetic activities keep things dynamic and interesting, too.

The best part about participating to get certified is that you have an opportunity to teach and show others what you have learned. To teach means to learn twice. If someone learns how to have satisfying relationships then they can fulfill their needs and experience happiness through the benefits of mental health. I like that Sonia and Juan Pablo are here, too, and that they explain things so lovingly and patiently to each of us. I am really glad that I've been able to be part of a community that focuses on quality relationships. It's not everywhere that you find a place of employment that you enjoy being at and that also offers techniques and seminars that help you build meaningful relationships, but more than that it

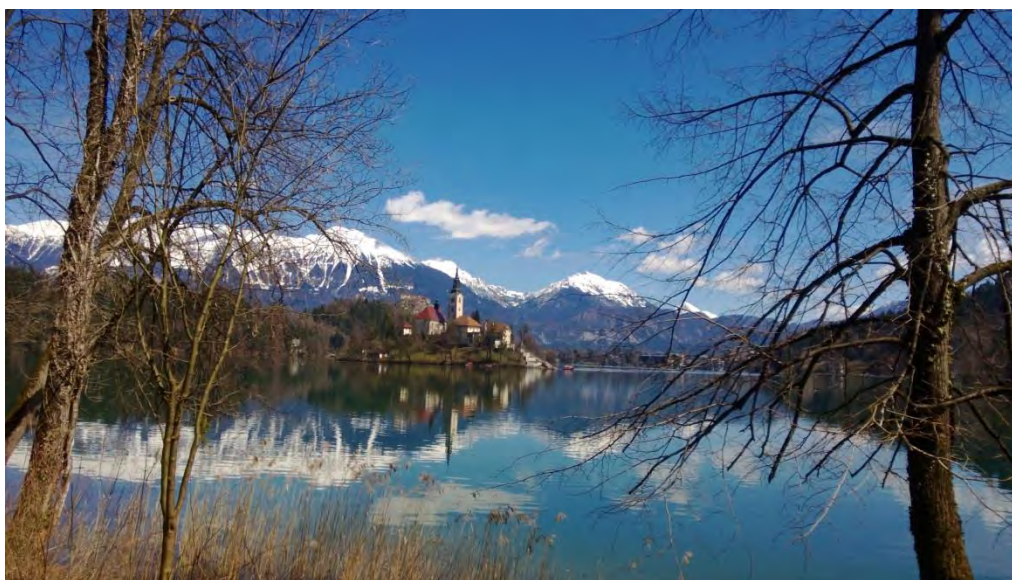
helps you understand yourself as well. I am grateful to be surrounded by so many loving people who are passionate about education.

I am so looking forward to getting my certification! It's been quite a journey and it's been a time that I have learned about myself especially. To those who are considering certification, I highly recommend that you got for it. You'll be so glad that you did. Congratulations to all my fellow classmates who all receive their certification this season! We made it!

## **Bled, Slovenia EART Conference 2013**

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by Beverly LaFond and Janet Morgan



Springtime in Slovenia was the ideal setting for the “Europe Chooses Choice Theory” Conference April 18-21 at the Four Star Kompas Hotel on beautiful Lake Bled. Not only was Bled, Slovenia a stunning location for the European Association of Reality Therapy Conference but the worldwide attendance was remarkable. Australia, Korea, Malta, Finland, USA; and many other countries were represented and those that attended we welcomed with cymbals, French horns and dancing!

Longtime and well-known members of the William Glasser International family, Leon and Boba Lojk, were on the organizing committee of dedicated members that produced the high quality program. It was good to see many young people involved including university students and parents with a one month old baby.



Irena Pudgar and Arthur Dunne welcomed us and Brian Lennon read a letter from the Glassers expressing their good wishes and telling us how much they enjoyed holding hands and walking around Lake Bled when they last visited Slovenia. We heard plenary lectures from Leon Lojk, Robert Wubbolding, and Mirjana Palcic before lunch. It looked like the United Nations because we all had earphones and could hear immediate translations in three languages. After lunch, a native guide led us up the mountain to the Bled Castle for a tour and a magnificent view of the area. At 5:00pm Brian Lennon presented “Choice Theory and the Psychology of Well-Being,” followed by Boba Lojk’s lecture and video on “Relationships.” I liked the focus on well-being very much and am inspired to do what I can to promote the idea. You could accrue up to 20 CEUs by attending workshops grouped under WELLBEING, SELF-EVALUATION, RELATIONSHIPS, APPLICATIONS OF CHOICE THEORY, AND ETHICS.

The gracious Janet Fain Morgan, one of our US reps to the WG International board, co-presented with Sr. Marinela on “International Connections with The Seven Habits.” Janet led us to a great place for evening meals. She posted pictures from the conference on her Facebook page. You can see the musicians and singers who performed in native costume on the 18th. The polka music got a few dancers into the aisles like the excellent Croatian presenter, Ines Ivanovski.



A major contribution to the EART Conference was the Artwork that symbolized Dr. Glasser’s beliefs and work. The artists read Dr. Glasser’s work and then created one-of-a-kind pictographs representing his work. They hung the pictograph collages in front of the windows, creating more symbolism as pieces were purchased and removed. This innovative, artistic approach was an underlying theme throughout the conference, found on the front of our programs, our nametags and in poster format.

On the 19<sup>th</sup> we had a choice of six workshops from 9:00-10:30am with a break/treat before a choice of eight workshops from 11am – noon. Before lunch, there were two more workshop choices and five poster presentations. After lunch, we boarded boats that took us to the magnificent St. Mary’s Church built on an island on Lake Bled. Many of us rang the bell three times and made a wish. There were six more workshops to choose from before the Gala Evening Dinner with live entertainment. Sr. Marinela led the singing of vibrant Croatian folksongs.

Bradley Smith, Loyola Marymount University, shared a draft of “Effectiveness of Choice Theory Connections (CTC): A Cross Sectional and Comparative Analysis of California Female Inmates.” He was one of many of us impressed with the intelligence and skill of Katja Dzindzinovic, the committee member who organized the off-site events. After the tour of the capital city Ljubljana on the morning of the 20th, we enjoyed lunch back at the hotel and a choice of four workshops before a break/ treat and six more workshop choices. I wanted to attend them all.

Sunday morning April 21 gave us the usual complete hearty breakfast at the hotel followed by a choice of six workshops, a break/treat, the conference evaluation sessions, and the closing ceremony from 12:15 to 1pm. Janko Bras spoke in Croation that was translated into Slovenian by Boba Lojk and into English by Davor Bozic Noel. Highlights for me were sharing a room with Glasser Scholar Mary Amanda Graham, seeing Linda Harshman and Christine Meier getting to hike in the Alps the day before the conference, and spending time with Janet Morgan, Sandie Wubbolding, Rose Inza Kim and daughter Julianna, plus Gayle Williams, the girl who gave us those great Aussie pens at WGI Scotland 2009.



Janet Morgan (left) with Beverly LaFond (right)

Finland won the vote for the next European Conference in 2017 with Heidi and Jari Harkonen leading the committee as hosts. Heidi is a family therapist, foster mom, and clinical supervisor. Jari is a Basic Intensive Instructor, psychotherapist, supervisor and clinical manager in the area of Addictions Counseling. You can be assured of another well planned and need-satisfying EART Conference with the Harkonen family as hosts.





Across the world, we are William Glasser International. Our relationships speak volumes about who we are and what we believe and through our regional, national and international relationships we are connecting CT/RT across the world.

## New Certifications

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### *Singapore Certifications – January 2013:*

Shawn Cheng Tze Yan

Julie Lim

John Teen Swee Yau

Jenny Ngoh Chang Sim

Geraldine Ng

Mrs. V. Ratnakumar

Joanna Koh Hui Min

Yasotha Narendran

Francesca Lok Lai Heng

Krishnan Thamarai Kanni

Rachel F. Bansan

Janice Tan

### *Japan Certifications – January 2013*

Sashiko Ishida

Keiko Abe

Takahiro Hisada

Maki Fujinaga

Yasue Kobayashi

Takeshi Sakata

### *US Certifications – February 2013*

Bea Waller

Daniel Hoffman

Yvette Brown

Michael R. Rios

Jill Bodie

Cynthia Himstedt

### **New Faculty**

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### *Japan New Senior Faculty - February 2013:*

Eiko Demura

Yuko Yamakawa

Kazuko Takano

## Wanted: The Next Generation of Choice Theory Leaders

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**WHERE:** TORONTO, ONTARIO, CANADA

**WHEN:** JULY 9-12, 2014

**WHAT:** FABULOUS, EXCITING YOUTH PROGRAM

**FOR:** HOPE FOR THE FUTURE: GETTING THERE FROM HERE WGI CONFERENCE 2014

**FEE:** \$200.00 per person (includes all activities, snacks and lunches)

Your conference Co-Chairs are very excited about what is shaping up to be a wonderful Youth Program for Toronto in July 2014.

Debbie Bush and Suzi Miller are 2 incredible women with years of experience dedicated to the education and mental health of youth. They have been designing a program that will provide great connecting and learning experiences for our youth aged 7 to 17.

A group of 8 to 12 would be ideal for the exploration of the largest city in Canada and of course, the amazing principles and application of Choice Theory!!

The biggest challenge for the conference committee is getting enough information ahead of time about possible attendance at the Youth Program.

We are asking you to forward this invitation to your members. We are hoping to get some idea of how many may be interested so that we can move forward with our planning of off-site events for the conference youth attendees.

Thank you for this...we are looking forward to seeing you in Toronto in just 13 months!!

Ellen B. Gélinas

*Conference - Toronto 2014 - July 9 - 12*  
*Faculty Day - July 13*



*Hope for the Future: Getting There from Here – Glasser in the 21st Century*

## **RSVP**

Please provide the following information:

Name:

Country:

Number of possible youth attendees:

Contact information for youth attendees:

Send to: [ellengelinas@gmail.com](mailto:ellengelinas@gmail.com)