



You Do It Counselling and Training  
Teaching Skills to Last a Lifetime

## **REALITY THERAPY & CHOICE THEORY TRAINING**

### **Basic Intensive Training**

#### **Regina, Saskatchewan**

#### **May 29 - 31, 2024**

Reality Therapy, developed by Dr. William Glasser, is a method of helping people to gain more effective control of their lives. The practice of Reality Therapy teaches people to clarify what they want, what they need and what they are currently doing to get it. This approach asks people to evaluate their own behaviour, and to make decisions about whether or not what they are doing is working and whether they can realistically obtain what they want.

Reality Therapy is based on Choice Theory, which explains why and how people behave as they attempt to satisfy their needs for survival, love/belonging, power, freedom and fun. Choice Theory follows several principles:

- Because relationships are the primary way we meet our needs, unsatisfactory or non-existent connections with other people are the source of almost all human problems.
- We behave for a purpose - to try to shape our environment to match inner “pictures” of what we want.
- Our behaviour is our best attempt to get what we want given what we believe our choices are at the time
- As individuals, we are responsible for our own behaviour and we can learn to choose more effective behaviours that satisfy our needs
- We have a right to meet our needs in a healthy way while being respectful of the needs of others.

Reality Therapy and Choice Theory provide a framework for working with people and has proven effective in counselling, education (The Quality School Program) and management (Lead Management).

### **BASIC INTENSIVE TRAINING**

The Basic Intensive Training in Reality Therapy is designed to teach participants the concepts and process of Choice Theory, and how to utilize Reality Therapy techniques both personally and professionally. It involves lectures, discussion, and participation in group process exercises, role-play, and planning sessions with self-evaluation and peer feedback.

### **SCHEDULE**

#### **DATES/TIMES:**

Wednesday, May 29, 2024

9:00 am. – 4:30 pm.

Thursday, May 30, 2024

9:00 am. – 4:30 pm.

Friday, May 31, 2024

9:00 am. – 4:30 pm.

The William Glasser Institute requires that participants be in **full** attendance on all three days to obtain credit for training.

Lunch and coffee are on your own.

For more information about registration contact: **Sheila Wignes-Paton** 306-569-1977 (Work), or  
**email: [swignes-paton@phoenixregina.com](mailto:swignes-paton@phoenixregina.com)**

## REALITY THERAPY CERTIFICATION

There are no educational pre-requisites for attendance at the Basic Intensive Training, or for pursuing the course of study leading to Reality Therapy Certification.

The Glasser Canada certification program consists of 5 major segments:

- Basic Intensive Training
- Basic Practicum
- Advanced Intensive Training
- Advanced Practicum
- Certification Training

A minimum of twelve months is required between Basic and Certification Training. Advancement to each level requires the recommendation of the instructor or practicum supervisor. There is no requirement to continue or complete training within a specified time. Persons completing all requirements may use the designation "Choice Theory/Reality Therapy Certified" (CTRTC).

Training in Choice Theory, Reality Therapy, Quality School Education and Lead-Management provided through the auspices of William Glasser International, takes place throughout the world. Places as diverse as Russia, Israel, Australia, Ireland, Slovenia and Canada to name a few, have embraced these concepts. Choice Theory is a non-controlling psychology that can assist **all** people to sustain the relationships that lead to healthier, more productive lives.

### **Instructor:**

**Sheila Wignes-Paton**, RTC, BAET, CPRRP, is the Executive Director at Phoenix Residential Society, a community based health care organization in Regina. She has a Diploma in Psychiatric Nursing, and a Bachelor of Adult Education and Training. Sheila is also certified in Psychiatric Rehabilitation. Sheila has worked in the mental health and disability field her entire career. She is a Basic Training Instructor in Reality Therapy/Choice Theory/Lead Management through the auspices of William Glasser International.

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**Registration Form**  
***Reality Therapy/Choice Theory Basic Intensive Training***  
**May 29-31, 2024**

**Name:**

**Mailing Address:**

**Phone: Work:**

**Phone: Home:**

**Email:**