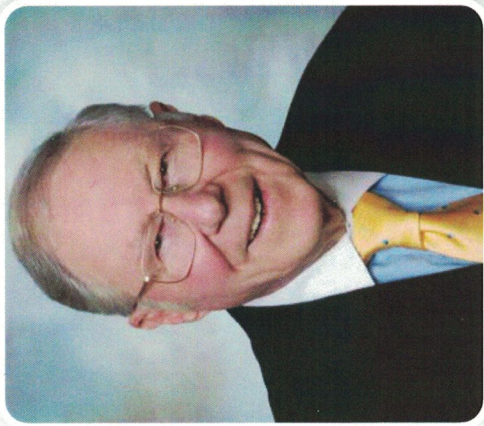




William Glasser, M.D.

Dr. Glasser is a world-renowned psychiatrist and author. He is the originator of the highly acclaimed and successful Reality Therapy (1965). In 1981 Dr. Glasser introduced what is now called Choice Theory Psychology, developing his ideas on therapy, education, management and personal wellbeing.

What is Choice Theory?

Choice Theory is a new psychology of personal freedom. It teaches that the only person I can really control is myself. Most attempts to control others are damaging in our search for positive relationships.

Mental Health and Personal Wellbeing are the goals of Choice Theory Psychology. Personal empowerment is achieved by taking charge of our own destinies, and proactively seeking positive changes in our lives that will lead us to longer-lasting happiness rather than short term pleasure or temporary relief with drugs.

Choice Theory Psychology provides an easily-understood explanation of human experience that can be used immediately to improve our lives and relationships. It is also the basis of Reality Therapy, Quality Schools and Lead Management as taught by the Institute.

William Glasser Institute Ireland

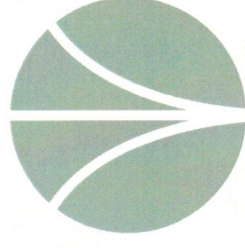
The mission of The William Glasser Institute is to teach people Choice Theory and to use it as the basis for training in Reality Therapy, Glasser Quality Schools and Lead-Management.

Since its formation 25 years ago, over 4,000 people have been trained by the Institute in Ireland.

Courses are held throughout the year and are suitable for individuals, mental health service providers, teachers, and people managers. The only entry requirement is a willingness to learn.

Counselling with Choice Theory, the new Reality Therapy, has been recognised by the European Association of Psychotherapy as a scientifically validated modality.

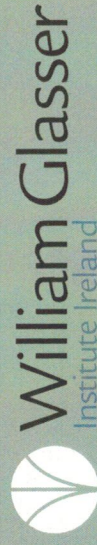
For further information and details of our upcoming courses please contact the Institute.



William Glasser
Institute Ireland

Teaching Choice Theory

A New Psychology of Personal Freedom



William Glasser
Institute Ireland

Choice Theory

A New Psychology of Personal Freedom

William Glasser Institute Ireland

www.wgii.ie

Reality Therapy, Quality Schools,
Lead Management, Personal Wellbeing



Choice Theory Applications



Personal Wellbeing

All of us want to be happier! Good relationships with the people we need in our lives are at the core of human happiness. Choice Theory Psychology teaches us how to get along well with each other. Understanding its insights leads to a different approach to connecting with family, friends, partners and colleagues. Through a unique process of self-evaluation we can learn how to make more need-satisfying choices and how to get and stay close to the people who matter to us.

Reality Therapy

Reality Therapy is counselling using Choice Theory. It is a proven counselling modality used by many in the helping professions to help people with emotional and psychological problems. In the safety of a respectful, empathic relationship, people are encouraged to share their story, to explore their needs and wants, to look at what choices they are making in their lives, and to self-evaluate how effective those choices are. They may then plan for changes that may get them closer to the more satisfying life they want. The focus is on the present, not the past, and on the important relationships in their lives.

Education

Choice Theory is the basis of the Glasser Quality Schools System. It demonstrates how, without coercion, teachers can create involvement with students so that they produce quality work in a positive teaching and learning environment, based on mutual respect.

Dr. Glasser writes:

"Joy is a word not usually associated with what goes on in most of our schools and many of our homes. But it is a word frequently associated with a Glasser Quality School and with homes in which everyone practices choice theory"

The Glasser Quality School System has been proven internationally to improve the quality of education for students. Currently there is one Approved Glasser Quality School in Ireland with a number of others working towards accreditation.

Lead Management

Combining the Choice Theory of William Glasser with the wisdom of W. Edwards Deming, Lead Management explains both what Quality is and what Lead Managers do to achieve it.

Removing old style 'boss management' and implementing Lead Management principles creates a more productive, co-operative, creative and stress free environment where everyone wins.

Managing people is never easy. Applying Choice Theory Psychology, Lead Management offers a systems approach to management. This can make a significant difference to the quality of working relationships and to the motivation and energy that people are willing to invest in producing quality work.

"Applying Choice Theory Psychology to management problems is effective not just in the workplace, but wherever people are in a system needing leadership- whether that is in the family, in the community, or in the classroom."