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—Albert Ellis, Ph.D.

# COUNSELLING *with* CHOICE THEORY

The New Reality Therapy

WILLIAM  
GLASSER, M.D.

Foreword by Peter Breggin, M.D.

# Counseling With Choice Theory

**William Glasser**

## **Counseling With Choice Theory:**

*Counseling with Choice Theory* William Glasser, 2001 In this book Dr William Glasser takes readers into his consulting room and illustrates through a series of conversations with his patients exactly how he puts his popular therapeutic theories into practice These vivid histories bring Dr Glasser's therapy to life and show readers how to get rid of the controlling punishing I know what's right for you psychology that crops up in most situations when people face conflict with one another

**Counseling with Choice Theory** William Glasser, 2001-05-15 In Counseling with Choice Theory Dr William Glasser takes readers into his consulting room and illustrates through a series of conversations with his patients exactly how he puts his popular therapeutic theories into practice These vivid almost novelistic case histories bring Dr Glasser's therapy to life and show readers how to get rid of the controlling punishing I know what's right for you psychology that crops up in most situations when people face conflict with one another Practical and readable Counseling with Choice Theory is Dr Glasser's most accessible book in years *Choice Theory* William Glasser, M.D., 2010-11-16 Dr William Glasser offers a new psychology that if practiced could reverse our widespread inability to get along with one another an inability that is the source of almost all unhappiness For progress in human relationships he explains that we must give up the punishing relationship destroying external control psychology For example if you are in an unhappy relationship right now he proposes that one or both of you could be using external control psychology on the other He goes further And suggests that misery is always related to a current unsatisfying relationship Contrary to what you may believe your troubles are always now never in the past No one can change what happened yesterday

### **Reality Therapy and Choice Theory Workbook , The**

**Language of Choice Theory** William Glasser, M.D., Carleen Glasser, 2010-11-16 In this companion volume to the bestselling Choice Theory Dr William Glasser and his wife Carleen Glasser have imagined typical conversations in real life situations between parent and child two partners in a relationship teacher and student and boss and employee On the left hand page is a typical controlling order or threat and on the right a more reasonable version using choice theory which is more likely to get a favorable response from the child lover student or employee Through these examples the principles of choice theory come alive

**Contemporary Issues in Couples Counseling** Patricia A. Robey, Robert E. Wubbolding, Jon Carlson, 2012-05-04 Contemporary Issues in Couples Counseling explores the most difficult issues that people in the helping professions face when treating couples and provides concrete solutions for addressing them effectively Using the revolutionary choice theory and reality therapy approaches to couples counseling the book shows clinicians how to combine a relationship based approach with the pragmatism of cognitive behavior therapies Both experienced and beginning clinicians will find Contemporary Issues in Couples Counseling ideal for helping clients focus on the here and now not the past and for creating treatment plans that meet clients individual needs while also addressing the needs of their partners

### **Treatment**

**Planning with Choice Theory and Reality Therapy** Michael H. Fulkerson LPCC-S, 2020-05-06 Choice Theory Reality

Therapy Treatment Planning describes how to write a theory driven treatment plan compatible with person centered recovery planning principles and satisfy the expectations of insurance companies. Designed to be a primer for mental health practitioners desiring from a choice theory reality therapy perspective the author describes how to conceptualize a case study from a choice theory lens and how to implement a treatment plan using reality therapy. Formerly entitled Treatment Planning from a Reality Therapy Perspective this third edition includes three new chapters including one on case conceptualization integrating choice theory reality therapy with person centered recovery planning and a case study example with a case conceptualization treatment plan and a description of the treatment plan implementation. Author Michael H Fulkerson provides an explanation of how choice theory reality therapy treatment planning differs from traditional treatment planning models which are usually based on the medical model and or external control psychology. He offers a synopsis of his experience and research using reality therapy as a treatment modality presents a review of different treatment models and compares them to reality therapy provides examples of how to write treatment plans from a public health model rather than a medical model covers documentation of progress notes and discusses case studies

Couples Counseling With Reality Therapy and Choice Theory Patricia A. A. Robey, Robert E. E. Wubbolding, Jon Carlson, A Choice Theory Approach to Drug and Alcohol Abuse,

*Counselling with Reality Therapy* Robert Wubbolding, 2017-04-28 This practical resource is a follow on from the hugely successful *Counselling with Reality Therapy*. The second edition provides a jargon free and practical explanation of a theory and method of counselling which can be used in any therapeutic relationship. It presents a comprehensive succinct and practical overview of Reality Therapy and also contains ideas which can be used by parents, spouses, partners, children, family and anyone wishing for more satisfying relationships. This book forms an easy to use introduction to this approach and includes a discussion of the concepts behind reality therapy, choice theory, the counselling environment, procedures and special applications. Information on how this approach has a wide application including developing responsibility, motivation, self esteem, improving relationships, dealing with discipline and problems and addictions. Details of how this approach can be used in schools by the probation and prison services at work within clinics and the health service and in many other areas where counselling is applicable. Contents: A Brief History of Reality Therapy, Choice Theory, The Psychology Underlying Reality Therapy, An Overview, Creating the Counselling Relationship, Parts 1 and 2, The Procedures that Lead to change, The WDEP System, Reality Therapy and Group Counselling, Application to Schools, Relationship Counselling, Reality Therapy and Addictions Treatment and Paradoxical Techniques. Robert E. Wubbolding, EdD, LPCC, BCC is an internationally known teacher, author and practitioner of Reality Therapy. John Brickell, DC is Director of the Centre for Reality Therapy UK and a senior faculty member of the European Association for Reality Therapy (EART) and the William Glasser International (WGI) organisation.

For Parents and Teenagers William Glasser, M.D., 2008-05-06 The author of Choice Theory and Reality Therapy offers a powerful approach for helping troubled teens. In his decades as a therapist Dr

William Glasser has often counselled parents and teenagers His advice has healed shattered families and changed lives Now in his first book on the lessons he has learned he asks parents to reject the common sense that tells them to lay down the law ground teens or try to coerce them into changing behaviour These strategies have never worked asserts Dr Glasser and never will Instead he offers a different approach based upon Choice Theory Glasser spells out the seven deadly habits parents practise and then shows them how to accomplish their goals by changing their own behaviour Above all he helps parents keep their relationship with their child strong Dr Glasser provides a groundbreaking method that any parent can use with confidence and love

**The Practice of Choice Theory Psychology** Brian Lennon,2019-09-10 The Practice of Choice

Theory Psychology explores the use of Choice Theory psychology in a range of counselling and educational settings These

include relationships conflict bullying abuse loss responsibility drugs anger and the self The Choice Theory perspective is

explained and in most cases practical ideas are offered for counselling or dealing with these situations Although set in the

context of Glasser s Reality Therapy there are lots of ideas for counsellors from different theoretical backgrounds This is a

companion book to the author s The Practice of Reality Therapy

**Reality Therapy in Action** William Glasser,1999-12-08

Dr Glasser s therapy is based on inescapable truths Meaningful relationships are central to the good life the choices we make

will determine their quality and we can only create them if we take responsibility for ourselves without controlling the other

person His vivid stories and dialogues illustrate how to go about creating a good life From the foreword by Peter Breggin M

D In this long awaited continuation of his most successful book Reality Therapy Dr William Glasser takes readers into his

consulting room and illustrates through a series of conversations with his patients exactly how he puts his popular

therapeutic theories into practice Dr Glasser introduces us to among others Jerry who is trying to overcome his obsessive

compulsive disorder Bea and Jim a couple who want to rebuild their relationship after Jim s affair and Roger an alcoholic in

desperate need of a meaningful relationship These vivid almost novelistic case histories bring Dr Glasser s new version of

this therapy to life and show readers how to get rid of the controlling punishing i know what s right for you psychology that

cuts up in most situations when people face conflict with one another Practical and readable Reality Therapy in Action is Dr

Glasser s most accessible book in years

**Reality Therapy and Self-Evaluation** Robert E. Wubbolding,2017-03-27 This

unique resource discusses the core concepts of self evaluation and the WDEP system of reality therapy and answers the

commonly asked question How do I intervene with clients who appear to be unmotivated to make changes in their behavior

Choice theory reality therapy expert Robert Wubbolding provides mental health professionals with skill building strategies

for helping clients better self evaluate embrace the change process and make more effective life choices Detailed

interventions and sample counselor client dialogues throughout the book illustrate work with clients dealing with

posttraumatic stress anger issues grieving and loss self injury antisocial behavior career concerns relationship problems and

more Dr Wubbolding s techniques are readily applicable to mental health and educational settings with cross cultural

application to clients of various ages Requests for digital versions from the ACA can be found on wiley com To request print copies please visit the ACA website here Reproduction requests for material from books published by ACA should be directed to publications counseling org **Self-Counseling with STACT (Scripture Therapy and Choice Theory)** Les

Triché,2019-11-18 Faith leaders and organizational leaders alike need real usable strategies for counseling themselves and those they lead STACT provides these strategies by using The Human Operating Systems for Getting What God Wants You to Have Everyone who approaches their leaders for help or counseling do so because their needs are not being met in their own life These unmet needs lead to every problem facing people today STACT addresses these needs in a compassionate efficient manner and empowers people to make the choices that create healthy meaningful lives The principles are ones that everyone can learn without requiring years of intense counseling or intervention Using STACT frees leaders to delegate counseling when it is not within their own giftings or desires while helping to meet the needs of their congregations or organizations

**Role-Play Handbook** Brandi Roth,Carleen Glasser,2008-01-01 *The Practice of Reality Therapy* Brian Lennon,2019-09-10 The Practice of Reality Therapy explains Reality Therapy in such a way that the reader can begin to practise the different components that make up this powerful counselling modality The author pays attention to the process of learning to counsel and this together with the many useful exercises will be of interest to anyone engaged in counsellor training The book contains a clear explanation of Choice Theory psychology the theoretical foundation for Reality Therapy This is a companion book to the author s The Practice of Choice Theory Psychology **Counselling with Reality Therapy**

Robert Wubbolding,2017-07-05 Reality Therapy is a cognitive behavioural therapy method that continues to grow in popularity as a therapeutic approach owing to its wide applicability its highly practical and interactive methodology and its actual track record in counseling and helping people This book forms an easy to use introduction to this approach and includes a discussion of the concepts behind reality therapy choice theory the counseling environment procedures and special applications information on how this approach has a wide application including developing responsibility motivation self esteem improving relationships dealing with discipline and problems and addictions details of how this technique can be used in schools by the probation service in prisons at work within clinics and the health service and in many other areas where counseling is necessary *Take Charge of Your Life* William Glasser,2013-03-19 A game changer for anyone ready to become the captain of their own ship Dr Phil McGraw host of the nationally syndicated series Dr Phil Take Charge of Your Life urges readers to stop blaming and start accepting responsibility for choices Jeannine Chartier Hanscom ForeWord

Reviews Are you seeking a happier and more satisfying life In Take Charge of Your Life author Dr William Glasser explains choice theorya science of human behavior and principles for regaining and maintaining a life you controland how it can help you find personal freedom from relationship destroying external control Take Charge of Your Life a revision of his 1984 book Control Theory explains choice theory using personalized examples and illustrative stories that allow you to learn how to

improve your relationships and take charge of your actions Topics include marital and relationship problems parenthood addictions pain management and psychosomatic disorders For each situation Dr Glasser ties behavior to the pictures people create in their minds of what they want He explains how the pictures got there and how people can choose new behaviors to get what they really want In Take Charge of Your Life Glasser offers a real model of empowerment He shows how you can become a part of the equation that adds happiness and connection to the world in which you live now and to the world of future generations     **Choice Theory** Sylinda Gilchrist Banks,2009

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## **Counseling With Choice Theory Introduction**

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