



2020

Virtual Faculty Retreat

July 17<sup>th</sup>-19<sup>th</sup>

All times listed are in the Eastern Time Zone

### **Friday, July 17<sup>th</sup>, 2020**

5:00pm-5:15pm      Opening and welcome

5:15pm-6:00pm      Session One: Teaching Kids Choice Theory  
(Scott D'Alterio)

If our goal is to teach Choice Theory to the world, the best place to start may be with our children. Dr. D'Alterio will present a case study of how Choice Theory was taught to students in an International School in Shenzhen China through the use of the curriculum for The Get Happier Project, founded by Australian Psychologist Ivan Honey. Through the extended metaphor of a car, inspired by Dr. William Glasser's Choice Theory control system loop, students gain an understanding of their role as the foremost agent of their happiness. The project and accompanying curriculum, including a parent's guide, equips students with skills to build and maintain healthy relationships, make and own their choices, and resolve conflicts peacefully. We will overview the program, talk about the impact it had on students, and discuss the implementation with teachers and parents.

6:00pm-6:15pm      Q & A from Session One

6:15pm-7:00pm      Virtual Happy Hour

### **Saturday, July 18<sup>th</sup>, 2020**

1:00pm-1:45pm      Session Two: Beyond the Basics: A conversation with two old timers  
(Lucy Robbins and Bob Wubbolding)

Join Lucy Billings Robbins and Bob Wubbolding in this lively and informative conversation about mastery of the art of Reality Therapy. Go above and beyond the basic questions and take an in-depth look at the skills, techniques and understanding of Reality Therapy counseling. Expand your expertise.

1:45pm-2:00pm      Q&A time from Session Two

2:00pm-3:00pm      Difficult Discussions in Diversity (Please note this is a different Zoom number than the faculty retreat)  
<https://zoom.us/j/613423310?pwd=dUNGWXYrVDd3aXk1UU9Lall1SU9GZz09>

Meeting ID: 613 423 310

**Password: diversity**

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3:00pm-3:45pm      Session three: Working Smarter  
(Mona Dunkin)

Is it just me, or do you see it too? That many books, blogs, teachings, Ted Talks, etc. contain shades of William Glasser? I respectfully say that I am not suggesting Dr. Glasser was the be-all-end-all of psychic-relationship-insights and that others are merely an also-ran. Just as all are gifted with needs, so too all are gifted with talents and intellect. I am proposing that in Dr. Glasser's mastery of understanding himself and other mortals, he lived and wrote in such a way that his echo touches our psychic-souls and assists in perfecting them. Just as the world is ever-expanding, so too, must we at GIFCT and our ideas. Working Smarter incorporates the life transforming concepts of Reality Therapy Choice Theory and looks at new information from epigenetics and mind/heart sciences to bridge the wisdom gap.

3:45pm-4:00pm      Q&A time from Session Three

4:00pm-4:30pm      Break and game time

4:30pm-5:15pm      Session Four: A Few Controversial Ideas and a Demonstration for Implementation  
(Bob Wubbolding)

A hitch-hiker stands at a fork in the road, unclear about which path to take. The reality therapist points out that the hitch-hiker can take either road and helps in the decision by implementing such principles as:

1. One road is Happiness Highway and the other road is Tragic Turnpike.
2. Which road will help you and which road will harm you? You have an existential decision to make.
3. What steps do you need to take today?

This session includes a demonstration of counseling a client who faces this dilemma, "which way will I go?" It also emphasizes a re-evaluation of several conventional reality

therapy principles such as emphasizing current behavior. The presenter will explain by means of a role play how this principle applies to trauma and other past experiences as well as the significance of the client's perceived locus of control. The outcomes for participants include practical and usable ideas immediately implementable on the job.

5:15pm-5:30pm Q&A time from session four

### **Sunday, July 19<sup>th</sup>, 2020**

1:00pm-1:45pm Session five: Understanding the Revised Quality School Rubric (Jim Mishler, Sue Tomaszewski, Sharon Carder Jackson and Ashby Kindler)

Jim Mishler, Sue Tomaszewski, Sharon Carder Jackson and Ashby Kindler (all members of the Glasser Quality School Committee) will present the newly revised Quality School Rubric. The presentation will focus on the practical aspects of the Rubric as they apply to GIFCT Faculty Members. The presentation will include demonstrations and sample of the Quality School Committee's efforts.

1:45pm-2:00pm Q&A time from session five

2:00pm-2:30pm Break and virtual mingling

2:30pm-3:15pm Session Six: Abundance Becoming aware through Choice Theory (Lucy Robbins)

“Abundance is not something we acquire. It is something we tune into” - Wayne Dyer. Join in and tune in and explore abundance in your life with Lucy Billings Robbins using the concepts of Choice Theory. Allow abundance in to your personal and work life. Open your mind to it, feel it, and expect it.

3:15pm-3:30pm Q&A time from session six

3:30-4:00pm Break and game time

4:00pm-4:45pm Session Seven: Reaching the Twenty Something's! (John Mieras)

We are aging. My sons love to learn. As faculty our mission needs to be inspiring my sons to embrace Choice Theory within their lives.

4:45pm-5:00pm Q&A time from session seven  
5:00pm-6:00pm Virtual Happy Hour and Closing