



## A message from the President

**GIFCT-US Mission:** to lead the application and growth of Choice Theory to create a world in which people make responsible, respectful choices, and build healthy, fulfilling relationships by applying the concepts of Choice Theory



Greetings Friends,

The wind is howling and the snow is piling up outside as I hunker down and wait out this Nor'easter snow storm. The winter has been relatively mild and now we are paying for it. The GIFCT-US Board continued to stay busy during the month of January.

On January 4, 2021 the GIFCT-US held a Board retreat. Mark Germano joined us in conversation regarding the differences between nonprofit boards and boards for profit. After his presentation, we asked for his professional opinion regarding GIFCT-US. Mark suggested that we make our website more personal by inserting video clips of real people answering the question, "Why are you a member of GIFCT-US?". This would greatly enhance the website. We are looking for someone to take

on this project. If you would like to embark on this endeavor or you know anyone who would like to assist us in compiling these video clips, please contact the Executive Director Brian Patterson at [admin@gifctus.com](mailto:admin@gifctus.com).

GIFCT-US Membership Letter went out in early January. Please refer to your email to assure your membership does not lapse. We thank you for your continued support.

On January 21, 2021 we held our monthly board meeting. Due to continued safety concerns regarding COVID-19, we decided to hold our US conference as a virtual endeavor. Mark your calendar for October 2021 for this exciting US conference. More information to follow.

Upcoming Practicum Supervisor Training is being held soon. If you or anyone you know is ready to train at this level, please contact our executive Director Brian Patterson at [admin@gifctus.com](mailto:admin@gifctus.com)

WGI International Updates: It is with great pleasure I announce the approval of the GIFCT-US online basic intensive training (OBT). We are so excited to get this training off the ground. If you sign up for the WGI Online Global Symposium on February 20, 2021, you can get a sneak preview of the course. The global symposium is open for registration. Please see your email for more information. Thank you and talk next next month.

with Gratitude,  
Lois Dasilva Knapton, President



# WGI Global Symposium 2021

**February 20-21, 2021**

<https://www.wglasserinternational.org/global-symposium-2021/>

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Dear Friends,

*Making Sense of It* airs weekly inspiring a socially-distanced world with Choice Theory methods of overcoming and thriving. It is well received.

Knowing how much you love Dr. Glasser and his RT/CT/LM, please contact me with your willingness to share your experience of using his concepts and how they could benefit others. We are needing speakers from February on through 2021, new and those who have previously presented. Also would like series presenters.

Please contact me with your willingness to share. [monadunkin@gmail.com](mailto:monadunkin@gmail.com) or 254-749-6594.

Thank you. I look forward to your response.

Blessings,

Mona

# From GIFCT's Student Chapter

## Glasser Institute for Choice Theory

MONTHLY NEWSLETTER FROM THE STUDENT  
LEADERSHIP COMMITTEE

FEBRUARY 2021 | VOLUME 2  
ISSUE 2

Edited by: Shannon Norman



### A message from the VP

By Hunter DiGangi

The month of love is upon us. But what does that mean? To many it means finding someone to share life with, but it also can be an opportunity for self-love. William Glasser believed that love and belonging means so much more. This month lets focus on connecting or re-connecting with others such as our friends and family, partners, groups that you affiliate with, or even pets! Adjusting to this new world we have all been inadvertently placed in, gives us the opportunity to find a silver lining. With places closed and being mandated to stay home it gives us time to reflect and decide news ways that we as humans can find love and belonging in our lives. Why not start with yourself? According to William Glasser it is our choice to take control over our own thoughts and feelings to create a world that we have a sense of love and belonging in regardless of the mayhem around us.

#### JOIN US!

#### FEBRUARY MEETING

February 10<sup>th</sup> at 4 p.m. EST

Please email  
[lauren.joyce@snhu.edu](mailto:lauren.joyce@snhu.edu) for a  
meeting link

#### WGI Global Symposium

February 20<sup>th</sup>-21<sup>st</sup>

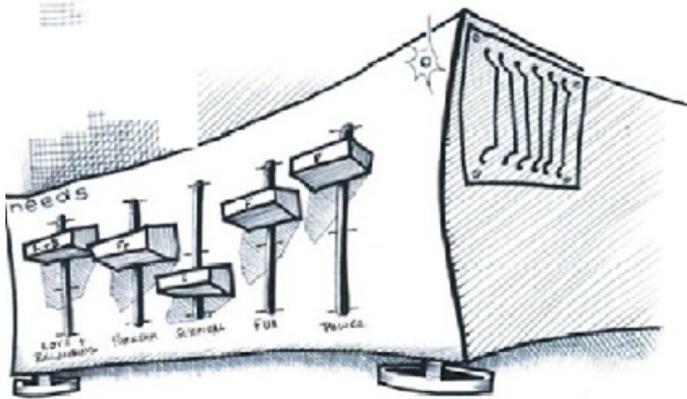
Please email  
[Lauren.joyce@snhu.edu](mailto:Lauren.joyce@snhu.edu) for  
details

**[Download Student Newsletter](#)**

# The Basic Needs Equalizer

by Brian Patterson, Executive Director

Dr. Glasser's Basic Needs concept reminds me of a stereo equalizer. Sometimes, you can hear the bass on a car coming down the street a block away. It makes your teeth rattle if that car is beside you at the intersection. Turning up the Enya channel on Pandora doesn't help! Our Basic Needs equalizer is similar. No matter what is going on in our world, we have our own settings- our Quality World. We want it to look and sound a certain way. It is possible to reset our equalizer, but it determines the sound we project to the world around us.



If we are experienced with Glasser principles, we understand and teach these things. The only behavior you can control is your own! I would ask an evaluation question: "How is that working?" Do the people with whom I am interacting hear Choice Theory from me? Do they see it in me? I can preach it all day long and judge others as to whether or not they are doing so, but am I?

I would suggest that we ask ourselves that evaluation question in board meetings, in family discussions and everywhere we go. Everyone can choose to adjust their own equalizer to get along better with those around them. Glasser people can be the epitome of harmony.



## Living Life with Choice Theory

There are 10 scenarios included in this course, each one depicting a different troubling situation. The slides then take you through the thought process of identifying your thoughts, feelings and actions. You are then asked to evaluate whether the actions are helping the character to get what they really want. Several concepts of Choice Theory are then introduced, which result in giving the character various options to move forward.

<https://wgi-s-school.thinkific.com/courses/living-life-with-choice-theory>

## Difficult Discussions in Diversity

The Difficult Discussions in Diversity calls are moderated by Gloria Cissé, who is a Glasser Scholar. These calls do not have titles, but listen to a few of them to get a sense of how powerful these conversations can be. These calls are held on the 3rd Saturday of the month.

<https://wgi-s-school.thinkific.com/courses/diversity>



## Making Sense of It

February 3rd: Dr. Glasser in His Own Words, Part 2

February 10th: Ten Essential Questions with Andrea Bales

February 17th: Connect and Involve with Robert L. Martin

February 24th: Success through Quality World Picture Conflicts with Judith Ashley Klefman

**Wednesdays at 8 am Pacific/9 am Mountain/10 am Central/11 am Eastern**

<https://wgi-s-school.thinkific.com/courses/Making-Sense-of-it>



## Greet the Week



with Mona Dunkin and Friends

February 1st: Components of a Healthy Relationship (recording)

February 8th: Being a Sweetheart All Year

February 15th: Thinking and Feeling

February 22nd: Becoming Assertive

**Mondays - 1800 UTC (1:00 pm Central)**

<https://wgi-s-school.thinkific.com/courses/greet-the-week>

## Research Symposium

### Research Training

February 13: What it takes to be 'Evidence-Based' with Dr. Bob Wubbolding

### Research Committee Meeting

February 26th, 2021

Time: 1:00 PM Eastern



<https://wgi-s-school.thinkific.com/courses/research-symposium>

**COVID-19 NOTICE – Due to social distancing all trainings have either been postponed or are being done virtually. Please email the instructor, by clicking on the link below and then clicking on name of instructor, to find out the status of the training.**

## Basic Training

February 5-7, 2021  
Virtual with Lester Triché

April 2-4, 2021  
Virtual with Lester Triché

March 5-7, 2021  
Virtual with Lester Triché

April 5-8, 2021  
Virtual with Kim Olver

March 11-13, 2021  
Virtual with Mona Dunkin

April 15-17, 2021  
Virtual with Mona Dunkin

April 2-4, 2021  
Virtual with Lester Triché

## Advanced Training

April 5-8, 2021  
Virtual with Kim Olver

February 5-7, 2021  
Virtual with Lester Triché

April 15-17, 2021  
Virtual with Mona Dunkin

April 2-4, 2021  
Virtual with Lester Triché

For more information & to register for trainings  
<https://wglasser.com/events/training-certification/>



## Take Charge of Your Life

*This online course is adapted from Dr. William Glasser's book Take Charge of Your Life.*



**It's time to put yourself  
back in the driver's seat!**

Join us to learn:

- \* Why you do what you do
- \* How to stop letting people control you
- \* What really matters to you
- \* Letting people who control you
- \* How to create a meaningful, fulfilling, & happy life!

Apply the universal system for empowering yourself  
and improving your relationships with others.

<https://wglasser.com/tcoyl>