



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 All,

I am amazed how fast time is whizzing by. I can't believe it is already July! As you know, as a nation, we are transitioning out of the Pandemic. For some people, change is hard and with change comes lots of anxiety, frustration, and unknown territory. Those of us who know and love Choice Theory Concepts can influence others in accepting this change and understanding how to be responsible for our own actions during this next phase of transition out of the Pandemic. I will say how exciting it is to see children's faces without masks. I had started a new job during the Pandemic and met all my colleagues and students while they were constantly masked. Seeing smiling faces, shaking hands, and giving hugs is a welcome relief for me. I encourage all of you to support your family and friends the best way you know how as we all move forward into a new normal.

As people are searching for ways to become more mentally fit and understanding our new normal, I believe they are searching for new avenues to improve their way of life. I am so excited to announce that the Online Basic Training (OBT) has been selling. New people are learning about Choice Theory. I hope this forward momentum continues as we gain new members and bring a younger generation into the fold so we can carry on Glasser's work. Please continue to share your thoughts with friends and colleagues as we journey together to share Choice Theory Concepts with all who will listen.

--

with Gratitude,
Lois

From the Executive Director, Brian Patterson



Choice Theory and Reality Therapy changed my life. I was doing well in my work, I thought. The career was going well. I was serving people and being effective. Suddenly, the non- profit where I was working shut down and I was out of a job! I had an education degree, so I stopped at a charter school to see if they needed me.

They did. Part- time. In the night session. This was a school for 'at- risk' high school students with IEPs, parole officers, and behavior issues. My traditional teacher skills were useless! Through some materials in a teacher manual. I encountered Glasser. I studied Choice Theory and Reality Therapy and it worked! Students became successful at school for the first time in their lives! I had found the one thing I was looking for- a way to be significant in serving others.

Now. 15 years later, I am teaching the same concepts to leaders in the Arizona Department of Economic Security. Those who use CT/RT tools are thriving, employees are happy, and those who need our services are well- supported.

As Executive Director of the Glasser Institute for Choice Theory- US, I want to see the same passion fanned into flame throughout the thousands who have been exposed to our message. Knowing about Choice Theory or even teaching it is minimally effective unless we practice it in our daily lives.

We have had several of inquiries for training in schools and counseling services. The request usually starts with, "I took a Basic Intensive years ago and...", or "I read Choice Theory in college and in my present position we need training for our staff." The impact of Dr. Glasser's writings and teachings are widespread. I mention CT whenever I talk for more than five minutes (which is all the time!). In my classes I will often hear, "I remember Choice Theory! Is that still around?" They don't realize that they are learning CT/RT in my leadership and Lean classes!

I believe that we as practitioners have a responsibility to share it with others. You never know how many other lives can be altered positively by knowing how to control their won thinking. What legacy do you want to leave behind?

Some ideas:

- Buy Choice Theory at used bookstores, or thrift stores, like Goodwill, and hand them to people when it comes up in a conversation.
- Donate books to your library or church.
- Volunteer for a talk at local clubs to share CT.
- Volunteer as a speaker on a podcast or two.
- Start a book club with friends or at church and use Choice Theory or one of Glasser's other books.
- Consider a donation to GIFCT-US so we can advertise and reach more folks.
- When you purchase items on Amazon through Amazon Smile, GIFCT- US will receive .5% of the purchase if it is your named charity. Go to www.smile.amazon.com to designate GIFCT-US as the recipient.

"All you can do is all you can do but all you can do is enough!"- Art Williams



Introducing Online Basic Training

- Imagine a life where you enjoy being with most of the people you know, especially with the important people in your life such as family and friends.
- Imagine leading a mostly tension-free life, laughing a lot, and rarely suffering from the aches and pains that so many people accept as an unavoidable part of living.
- Imagine that you have no trouble accepting that other people are different from you and the last thing that comes to your mind is to criticize or try to change anyone.
- Imagine that even in difficult situations when you are unhappy – because no one can be happy all the time – you understand where that unhappiness comes from and know what you can do to change it.

The kind of life you imagined above can become your reality when you embrace the concepts of Choice Theory. Once you understand and practice these concepts, life becomes more enjoyable and fulfilling.

When living a life with Choice Theory, you understand what is within your control and make the choices to move in the direction that will get you what you want.

The Glasser Institute for Choice Theory – US is excited to announce that you can begin your journey towards this more fulfilling life right now!

You no longer have to wait for an in-person course to be offered in your area or spend the money to travel to some remote location. You can now purchase the newly released Online Basic Training (OBT) course and learn the concepts of Choice Theory at your own pace whenever and wherever it's convenient for you.

The OBT course is divided into two sections: online instruction through a learning management system (Thinkific) and virtual role play sessions through Zoom. The instruction section of the course is divided into 4 parts: Choice Theory, Mental Health & Wellbeing, Reality Therapy and Lead Management. As you begin, you have the opportunity to choose or be paired with a mentor to guide you through the process. Four role play sessions are included with the purchase of the online course.

Are you ready to begin your journey?

[Sign Up](#)



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>

July 5th-Fallacy and Fidelity of Perception
 July 12th-Questions Are Your Friend
 July 19th-Simple Ways to Uncomplicate Your Life
 July 26th-True Guilt and False Guilt

Mondays - 1800 UTC (1:00 pm Central)

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

Greet the Week



with Mona Dunkin and Friends

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>

Research Training

August 14th - 11:00 AM EST

Spiritual Distress among 1st Responders and CT/RT with Wesley Hartman, ABD

Research Committee Meeting

August 27th - 4 pm EDT

Research Symposium



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

Take Charge of Your Life

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



July 7th - Lead Management in a Power Station Setting with Jeff Steedman
July 14th - Positions of Influence - Who do you want to be? with Mary Loughram
July 21st - Design Lessons Starting from Big Content Ideas & Key Skills
with Robert J. Martin
July 28th - Learning About Our Texas Treasure: Mona Dunkin

Wednesdays at 8 am PDT//9 am MDT/10 am CentrCDT/11 am EDT
<https://wgi-s-school.thinkific.com/courses/Making-Sense-of-it>



Call for Making Sense of It Presentations - Isn't it interesting how profoundly deep simplicity is? And it delightfully displays itself again and again as Certification Candidates present how they will "teach the world Choice Theory". Please share your initial presentation with us, whether you are a long-time Senior Instructor or a newly minted certified candidate. Please contact monadunkin@gmail.com

Virtual Certification Training



July 22-25, 2021

Instructor: Nancy Herrick

[Click here to register](#)

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

July 9-11, 2021
Virtual with Lester Triché

August 6-8, 2021
Virtual with Lester Triché

August 19-21, 2021
Virtual with Mona Dunkin

September 10-12, 2021
Virtual with Lester Triché

September 16-18, 2021
Virtual with Mona Dunkin

October 1-3, 2021
Virtual with Lester Triché

October 4-7, 2021
with Kim Olver

October 7-9, 2021
Virtual with Mona Dunkin

Advanced Training

July 19-22, 2021
Virtual with Kim Olver

August 6-8, 2021
Virtual with Lester Triché

October 1-3, 2021
Virtual with Lester Triché

Certification training being offered in early December. Go to <https://wglasser.com/events/training-certification/> for more information

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