



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



The GIFCT-US 2022 National Conference was held last Saturday (April 30). We were pleased with the turnout for the virtual conference. I was able to join the “social hour” at the beginning of the event and was excited about the positive energy in the Zoom room. A big thanks to Vicky Harris for making this happen and to Brian Patterson, Steve Tracy and Gloria Cissé for helping out during the event. And, thanks to our wonderful speakers who provided great content for the participants.

One of the things Choice Theory does for us is to provide a better understanding of why people do the things they do. We understand that all behavior is purposeful, but sometimes that behavior just seems crazy!! Even when we are the ones doing those crazy things.

As a result of the branding effort that took place several years ago, the weekly broadcast of “Making Sense of It” was born. Mona Dunkin graciously offered to host the broadcast and has, single-handedly, kept it going for over three years. She has taken the initiative to recruit guests for the program. The only qualifications are that you have been certified in Choice Theory/ Reality Therapy and you tie those concepts into your 18-minute presentation.

So, don't be shy and let us hear your voice! We love hearing stories about how practitioners discovered Choice Theory and the difference it has made in their lives. In this month's newsletter, Mona provides more information about being a speaker.

For those of you who are not yet certified, we encourage you to listen to some of the broadcasts. The recordings are available from the [membership page](#). While you're there, check out the other free programs GIFCT-US has to offer, including Difficult Discussions in Diversity, Greet the Week and Glasser Quality Schools.

The Spring Edition of the International Journal of Choice Theory and Reality Therapy has recently been published. This is another great resource to keep you thinking about how these concepts can be applied to your everyday life. You can download the Spring Edition from this link [here](https://www.wglasserinternational.org/wp-content/uploads/bsk-pdf-manager/2022/04/IJCTRT-42-2-2022-update-1.pdf):
(<https://www.wglasserinternational.org/wp-content/uploads/bsk-pdf-manager/2022/04/IJCTRT-42-2-2022-update-1.pdf>)

The next Certification Week is scheduled for May 31 through June 3. The instructor will be Wendall Walker. You may register for that course [here](https://wglasser.com/events/training-certification/). (<https://wglasser.com/events/training-certification/>) This is the final step in becoming certified in Choice Theory/ Reality Therapy. You must have completed an Advanced Practicum in order to be eligible to enroll in this course.

The GIFCT training coordinators are wanting to schedule a training for those who are ready to become Practicum Supervisors. The qualifications for this course are that you have been certified in Choice Theory/ Reality Therapy and have been working with a Faculty Program Consultant (FPC). Respond to this email if you're interest in signing up for the Practicum Supervisor training.

As a reminder to faculty, the next faculty Zoom call is scheduled for Thursday, May 5 @ 8:00 PM EDT. The training process has just been updated, so Sharon Carder-Jackson and Sue Tomaszewski will go through the major changes that were made. These updates will bring GIFCT in line with the requirements from WGI (William Glasser International). The allowances due to the popularity of virtual training courses will also be covered. Reply to this message if you are a faculty member and did not receive the link to join Thursday's call.

Until next month...

Jan Moré

President, GIFCT-US Board



Making Sense of It is a weekly Zoom meeting targeted to engage and inspire those new to Choice Theory. The presentations are concise, simple, inspiring, and short - as in 20 minutes. The goal is to spark the viewer to want to know more. The programming has been weekly for three years, 4/1/2019 to the present.

Unfortunately, the future of Making Sense may be in jeopardy. Every commitment has pluses and minuses, but sometimes they come in bunches. I appreciate everyone who has contributed and would love to have you present again. And those who never have, please let me know of your interest and I will get back with you.

Please let me hear from you.

Regards, Mona

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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>

May 9, 2022 Ask, Don't Tell
May 16 Making a Difference, Having Fun
May 23 The Human Element
May 30, 2022 It's All About Relationship

Greet the Week



with Mona Dunkin and Friends

Mondays - 1800 UTC (1:00 pm Central)

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

Making Sense of It



May 4, 2022 Why Do We Do What We Do? with Brian Patterson
May 11, 2022 The Comparing Place with James Soder
May 18, 2022 Counseling Strategies and Techniques that Work, Part I with Wendall Walker
May 25, 2022 Counseling Strategies and Techniques that Work, Part II with Wendall Walker

Wednesdays at 8 am PDT//9 am MDT/10 am CDT/11 am EDT

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

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 Committee Meeting

May 27th - 4 pm EDT

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



The William Glasser, M.D. International Memorial Library

Calling all members and followers of William Glasser's work for over fifty years, I need your help. I have been gathering various articles of memorabilia representing the great body of work Dr. Glasser contributed to the world since he began his career as a psychiatrist in 1954. Many of you have been instructors teaching his ideas since the foundation of his institutes to teach Reality Therapy and Choice Theory. Some of you were founding members and have a long and outstanding history using these ideas.

I am seeking your help in gathering any memorabilia you have collected over the years such as letters you have received from Dr. Glasser, books he has endorsed, annual convention materials you have kept, books that he has written that have been translated to foreign languages or any other records of him you have kept.

The reason I am asking for your help is, I want to gather as many pieces of his history as I can that reflect your connection with him. Because you are an integral part of the organizations that represent him and his work, I am hoping you have kept a special moment in time you had with him.

Everything I have and will be able to assemble in the next six months will be displayed in a permanent installation called The William Glasser, M.D. International Memorial Library. The International Convention, held in Japan, 2022, will premier the opening of the library and provide a permanent location of the library for the world to see.

If you have something you would like to share, please email me at carleenglasser@gmail.com with your information about what it is and I will arrange the next steps for getting it to Japan at no cost to you.

Upcoming Trainings

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

May 12-14, 2022
with Mona Dunkin

May 27-30, 2022
with Judith Klefman

June 6-9, 2022
with Kim Olver, Chicago, IL

June 24-26, 2022
with Brian Patterson, Phoenix, AZ

June 27-30, 2022
with Judith Klefman

Advanced Training

July 18-21, 2022
with Kim Olver, Chicago, IL

August 24-27, 2022
with Judith Klefman

Certification Training

May 31-June 3, 2022
with Wendall Walker

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>

<https://wgi-s-school.thinkific.com/courses/take-charge-of-your-life>