



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



Another school shooting. How is this happening? What is going on in an adolescent's mind that they feel the need to end other people's lives?

As a practitioner of Choice Theory, I believe that all behavior is purposeful. However, I will never understand how such a horrific act can serve a purpose to anyone. It is so tragic. Then, I think about what a wonderful world it could be if all school children were taught the concepts of Choice Theory during their development years. And, if every person had healthy support and a feeling of hope during their darkest moments.

We are living in troubled times. As a former licensed mental health counselor, I receive emails weekly encouraging me to apply for counseling positions. The demand has never been greater than it is now. As the board president of GIFCT-US, I know how much this organization can help. Learning the concepts of Choice Theory during a difficult period in my life over 15 years ago was a game-changer for me as it has been for thousands of others. I am confident it can do the same for you.

For those of you who are looking for a counselor or coach to help you through these tough times, check out the GIFCT [Counselor Directory](#). The people in this directory are not endorsed by GIFCT-US as counselors or coaches, however, they are all certified in Choice Theory and Reality Therapy (CT/RT).

For those of you who are certified in CT/RT, you can be listed in this directory free of charge as a benefit of your membership to GIFCT. If you are licensed in a mental health field, complete this [form](#) with your biographical information to be listed.

For those of you who are educators, you can purchase the [Glasser Class Meetings](#) course, which contains 37 topics relating to Choice Theory. This course is designed to introduce a different concept every week and includes questions for discussion with your class. This is a great way to instill positive values in children at an early age. You can also join the Glasser Quality School Forum Calls which are held on the 4th Thursday of the month. Reply to this email to get on that mailing list. (These calls are free.)

For those of you who want to know how to apply the concepts of Choice Theory and Reality Therapy to your lives, you can purchase the [Living Life with Choice Theory](#) course. In this course, you will be presented with ten common situations where we show you how to change your thinking and what you're doing to better navigate through life's ups and downs.

There are several more courses and free videos, whose links can be found in the full newsletter by clicking on the link towards the end of my letter. Or, respond to this email and someone will contact you about what GIFCT can offer to find the best solution for your situation. You don't have to face these difficult times alone. GIFCT can help.

On Saturday, June 25, the Midwest Region is hosting their regional conference. This event will be held in person and virtually. The theme for the conference is [Getting Back Together After a Pandemic: Renewing and Rebuilding our Relationships](#). More information about the conference can be found at that link.

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
monadunkin@gmail.com 254-749-6594

GIFCT Midwest Regional Conference

“Sustainability”

*Saturday, June 25, 2022
9 am to 3:30 pm (lunch & snacks provided)
Midwest Region Board Meeting starts right after the conference.*

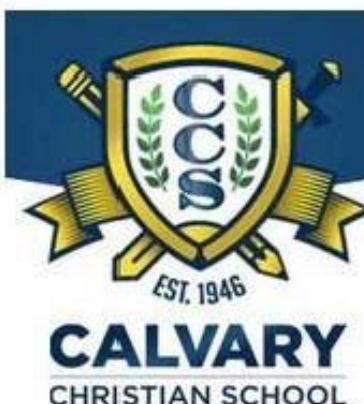


**Keynote speaker:
Dr. Robert Wubbolding**



Along with:
*Brian Patterson, GIFCT Executive Director
Jan More, GIFCT Board Chairperson
Victoria Harris, GIFCT Midwest Region President
Jim Mishler, Quality School Chairperson*

*The Saturday conference will be held at :
Calvary Christian School,
3639 S. Keystone Ave. Indianapolis, IN.*



Registration:

\$50 to attend live, with lunch included

\$35 to attend virtually

The link to register will be available soon.

Closest Hotel:

Comfort Inn and Suites,

3514 South Keystone Ave, Indianapolis, IN, 46227 (317) 788-3100

10 rooms are available and have been blocked for the Glasser Midwest Conference.

Rooms need to be booked prior to June 10, 2022 to get the discount of \$150 plus tax and fees.

American style breakfast from 6:30 am -9:30 am. Check out time 11 am.

Must cancel the reservation by 4 pm Friday, June 24, 2022 to avoid being charged.

Hotels 2-3 miles from venue located off I65 and Southport Rd. exit:

[Fairfield Inn by Marriott Indianapolis South](#)

[Hampton Inn Indianapolis-South](#)

[Baymont by Wyndham Indianapolis South.](#)

Comfort Suites Indianapolis South

Country Inn and Suites by Radisson, Indianapolis South

Courtyard by Marriott Hotel South.

The Key to Change

Brian K. Patterson

In Dr. Bob Wubbolding's recent book, *Reality Therapy and Self-Evaluation: The key to client change*, he writes, "When clients realize they have choices, they become uplifted, ennobled, and in charge of their lives...The counselor's responsibility is to facilitate and assist in maintaining and enhancing a school atmosphere that is just, fair, firm, and friendly." (p. 110).

There are three things that get my brain a' whirring in that statement.

1. We have a tremendous responsibility to the world around us to be different and facilitate these concepts at home, at work, and in our society. We may be just one candle in the dark but altogether our brightness can powerfully drive back the darkness. I have heard it said that we judge ourselves by our intentions and others by their actions. What if we truly saw the how others perceive our actions and we assumed good intentions in others?

2. I have seen this operationally when working with 'at-risk' high school kids for over a decade. When they experience adults with these skills, however limited, they would progress in leaps and bounds! Kids who came to us with third grade reading levels in their sophomore year, would graduate on time with college level skills. It was not because of technology, or advanced academics but because the environment and Choice Theory made sense to them, and they were eager to learn and master themselves. We created the environment where they could be uplifted, ennobled, and in charge of their lives.

3. The people who needed this environment in school and the counselor's office are now in the workplace and their needs have not changed. They still want an environment that is "just, fair, firm, and friendly." In the workplace, the directions we give counselors and teachers are the very same for leaders. To paraphrase Dr. Bob, "A skillful workplace leader guides team members in a compassionate and empathic way as they disclose their specific desires. Most employees want to be valued and listened to."

Dr. W. Edwards Deming, the quality guru, said, "A bad system will beat a good person every time." And, he said, "95% of your problems are system problems- not people problems." We have the tools to improve the system, one relationship at a time. Help others find the good in themselves and remove the system roadblocks that prevent their success.

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>

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June 6, 2022 The Tension of Boundaries

June 13, 2022 "Why" "Why not?"

June 20, 2022 Being Objective

June 27, 2022 Truth or Dare with Social Distancing

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



June 1, 2022 No Meeting Today – Extended Memorial Holiday

June 8, 2022 Reframing Winning and Losing: A Choice Theory Perspective. Pt 1 with James Mishler

June 15, 2022 Reframing Winning and Losing: A Choice Theory Perspective. Pt 2 with James Mishler

June 22, 2022 Understanding Trauma with Ron Mottern

June 29, 2022 Living with Competence with Jan More

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>

Introducing Online Basic Training

Sign Up

- 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.

Glasser Class Meetings  NEW COURSE!

Course includes 37 topics to:

- * initiate discussions to be better connected with your students.
- * help students to be more responsible for their own behavior.
- * teach students to become more tolerant of others.



www.wglasser.com
<https://wgi-s-school.thinkific.com/courses/glasser-class-meetings>



 **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>

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

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

August 25-27, 2022
with Mona Dunkin

September 7-10, 2022
with Judith Klefman

Advanced Training

July 11-14, 2022
with Kim Olver, Chicago, IL

July 20-22, 2022
with Michael Fulkerson

August 24-27, 2022
with Judith Klefman

Certification Training

Coming soon in December

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

The William Glasser, M.D. International Memorial Library

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.