



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



Are WGI and GIFCT the Same Thing?

The short answer is “No.”

WGI stands for William Glasser International. This non-profit organization was formed prior to Dr. Glasser’s death because he wanted his work to be celebrated all over the world. Member Organizations (MOs) were then created to represent different regions and countries where Choice Theory and Reality Therapy were being practiced. The list of Member Organizations to WGI can be found at this link: <https://www.wglasserinternational.org/wgi/mo-directory/>

There is another WGI, which stands for William Glasser, Inc. This is the for-profit entity which is run by Carleen Glasser and continues to sell Dr. Glasser’s books, videos and charts.

Even though RT (Reality Therapy) is not in our name, GIFCT-US strongly supports this counseling modality. We have recently introduced a new course called Reality Therapy Corner, which should be of interest to those in the mental health field. It is held on the 4th Tuesday of the month and recordings may be found in the Membership section of the US website.

WGI also strongly supports Reality Therapy. They publish a technical journal - International Journal for Choice Theory and Reality Therapy - twice a year. You can find the 2022 Fall Issue and previous issues going back over a decade at this link: <https://www.wglasserinternational.org/wp-content/uploads/bsk-pdf-manager/2022/10/IJCTRTfall-2022.pdf>

And, speaking of research, Nancy Buck, Ellen Gelinas and Kathy Curtis are still looking for people to take their survey about how well they fared over the past couple years and whether the knowledge of Choice Theory (CT) helped them to cope. They are interested in hearing from individuals all across the CT knowledge spectrum from all over the world. So, take a few minutes to complete their survey: www.growinggoodmentalhealth.com

And, of course, please open up this newsletter to view the list of regular broadcasts and courses that GIFCT-US has to offer.

And, if you like what you see, we always appreciate donations:
www.wglasser.com.

To those who live in the United States, don't forget to vote on Tuesday, November 8 and I hope you enjoy time with your families over the Thanksgiving holidays.

I hope you found this information helpful and until next month...

Jan Moré
President, GIFCT-US Board



Events & Courses

Reality Therapy Corner



Join Lucy Robbins in the “Reality Therapy Corner” on Tuesday, November 29, 2022 with featured guest, Mona Dunkin as she leads an interesting and informative conversation about using reality therapy with difficult people, the incarcerated and others. Mona worked at a Federal Bureau of Prisons Sanction Center for 20 years and developed an intake form based in Reality Therapy and Motoring Along document. Motoring Along is a crash (excuse the pun) course in Choice Theory. Bring your questions and thoughts about working with resistance to this month's corner. Please sign up for the course here: <https://wgi-s-school.thinkific.com/courses/reality-therapy-corner>

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>



Greet the Week



with Mona Dunkin and Friends

November 7, 2022 - Employing Your Creative Mind
November 14, 2022 - Working Smarter
November 21, 2022 No Meeting
November 28, 2022 - A Case for Responsibility

Mondays - 1800 UTC (1:00 pm Central)

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

Making Sense of It

November 9, 2022- The Test of Time with Andrea Bales
November 16, 2022-Personal and Professional Communication with Dr. Glasser
November 23 – No Meeting
November 30, 2022 - Fear: The Foundation of Oppression, Suppression & Depression with Judith Klefman

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>



Glasser Quality School Forum December 1st



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

Research Committee Meeting November 18th



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

Online Basic Training

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>

Glaser Class Meetings

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.

NEW COURSE!



www.wglasser.com

<https://wgi-s-school.thinkific.com/courses/glaser-class-meetings>

LEARNING
NEVER
ENDS



Take Charge of Your Life

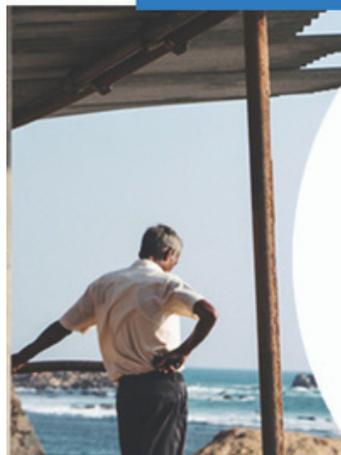
This online course is adapted from Dr. William Glasser's book *Take Charge of Your Life*.

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>

A Strong Thinker

By Brian K. Patterson, Executive Director

In my day job with the Arizona Department of Economic Security, I am tasked with redesigning several courses for online instruction of 8800 employees with 1500 leaders. One of the courses is Critical Thinking and Decision Making. Of course, much of Glasser thought and Wubbolding's writings influence me.

Here's a quote from a book, Critical Thinking by Dr. Richard Paul and Linda Elder: "Strong-sense critical thinkers are not easily tricked by slick argumentation. (They) cannot be stampeded, are slow to believe, can hold things as possible in all degrees, without certainty and without pain, can wait for evidence and can resist appeals to their deepest prejudices." It's an interesting contrast: strong-sense thinkers vs. common sense thinkers!

Whenever I think of any other discipline or conversation or relationship, I always now evaluate it based on what I have learned from Dr. Glasser and all of you. It is such an honor and a privilege to share time and space with strong-sense thinkers! Choice Theory and Reality Therapy have built that foundation for all of us! Let's dig deeper and deeper to ground ourselves in the foundational thoughts that led Dr. Glasser to develop these concepts.

Next July, in my hometown of St. Louis, MO, we will have a chance to reconnect with each other and renew our fervor in spreading these spectacular truths to the world. I think it is our time to affect the world around us with a simple, supportive message of freedom and personal responsibility. I want to be a strong-sense critical thinker steeped in Choice Theory, Reality Therapy, Quality Schools, and Lead Management!

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

November 9-12, 2022
with Judith Klefman

December 8-10, 2022
with Mona Dunkin

Certification Training

December 1-4, 2022
with Judith Klefman

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