



## 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**



As 2022 comes to a close, I am looking back at the progress that has been made within the Glasser Institute for Choice Theory – US. I am extremely grateful to the GIFCT-US board members who have contributed so much time, energy and money to the organization over the past several months. Please keep reading as I recognize these people for their efforts.

I am thankful for Brian Patterson who continues to serve as the Executive Director of GIFCT-US. He has a number of outside connections that we have used that bring in new opportunities and insights to the organization.

Even though she is not on the board, Denise Daub is an invaluable resource for the organization and I am extremely grateful for her. We could not exist without Denise!! She keeps the website up to date and handles numerous requests behind the scenes. She has also been making numerous posts on our Facebook page: <https://www.facebook.com/Glasser-Institute-for-Choice-Theory-US-285086598886408> If you haven't done so already, please check it out.

I am also thankful for Lois DaSilva Knapton, who is our Past Board President. She continues to attend our monthly board meetings and offers great insight into our discussions.

I am grateful to Sharon Carder-Jackson and Vicky Harris for volunteering to be the Vice President and Secretary, respectively. I am extremely grateful to Steve Tracy for taking over the position of Treasurer, especially when he had no idea what that job entailed!

Back in March, we hired a consultant to help us set a direction and create some goals. From that meeting, several committees were created. Most of the committees are led by board members and other volunteers were recruited from our mailing list.

The first thing on our agenda was to update the bylaws and the policies and procedures manual (PPM). This was coordinated by the Governance Committee where the intent was to make sure that we're doing what we say we're doing. Members can find these updated documents in the Current Members course in your membership bundle.

Judith Klefman chairs the Board Search Committee, whose job is to find new board members to replace those whose terms were expiring. She and her team, Kathy Randolph and Mary Hestand, recruited and vetted applicants to keep the board seats filled with people of diverse skillsets.

I am extremely grateful to Vicky Harris for agreeing to take on both the Conference and Counseling Committees. She has some amazing resources and energy in planning of the upcoming conferences. Keep an eye out for information about the 2023 conference real soon. The Counseling Committee launched the Reality Therapy Corner back in August, which has been a great success. Vicky has recruited a number of people to help her with both of these committees and I thank all of them for their efforts.

Many thanks go out to Sue Tomaszewski and Sharon Carder-Jackson for offering to become our Training Coordinators. They do the recruiting and selection of instructors for the various courses that are sponsored by GIFCT-US. They also took up the arduous task of updating the PPM with the procedures for the certification process.

I am grateful to Steve Tracy for volunteering to chair the Marketing Committee. This has been a huge learning experience for the team as they grapple the various components of marketing. Steve has recruited quite a few people to be on his team. You will see the work resulting from this team by our social media presence and the publication of blog posts on the website. They're just getting started and we expect to see more in 2023.

Judith Klefman is another one of those board members who has volunteered for a number of activities. She is leading the Membership Committee and is overflowing with ideas to retain our members and to provide value for them. You will also see more from this team in 2023.

Gloria Cissé is a new board member for 2022 and I want to thank her for all the work she has done in keeping the Difficult Discussions in Diversity going on every month for the past several years. She is also a member of the Conference and Counseling Committees.

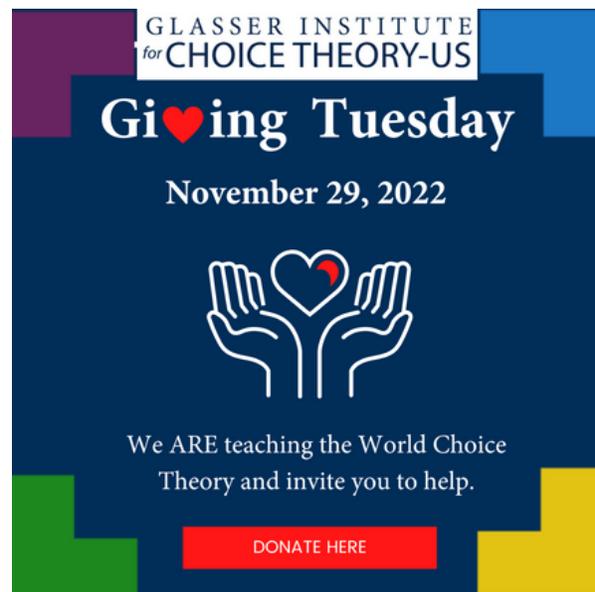
I also want to thank Jim Mishler and the Glasser Quality Schools team for continuing to provide programming for their practice area. Their monthly broadcasts have also been recorded for a few years.

Another non-board member I'd like to thank is Mona Dunkin. Not only does Mona provide content relating to Choice Theory and Reality Therapy, but she has TWO programs and these are presented WEEKLY. Mona has been doing this for over 4 years.

You can find information about all of GIFCT-US' FREE broadcasts by clicking on the links below.

The final committee I want to mention is the Fundraising Committee. This is a tough one for all of us as we're not used to asking people for money. For most non-profits – and GIFCT-US is a 501(c)(3) organization – fundraising is their highest priority. So far this year, we have received over \$17,000 in donations. This number includes about \$1300 that was received on Giving Tuesday this past week. I am pleased to report that over 2/3 of the total amount was donated by our board members!!

# Not too late to give!



Wow! I am exhausted just writing all this out!! I am truly pleased with everything that we have accomplished and I hope that you are, too. And, none of our board members are getting paid for what we do! We're at the point now where we need to pay for services to move forward. Won't you take a moment to make a donation so we can continue our work? We will be keeping the large donation button on the homepage open for the foreseeable future. Here's the link to make a donation: [https://www.paypal.com/donate/?hosted\\_button\\_id=QKMC3MSVW3VMN](https://www.paypal.com/donate/?hosted_button_id=QKMC3MSVW3VMN)

Thank you for reading down to this point. We have accomplished a lot this year and are looking forward to more successes in 2023!

I hope you enjoy the holiday season with family and friends no matter how you celebrate the holidays.

Jan Moré  
President, GIFCT-US Board



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## Events & Courses

### Reality Therapy Corner



Join the Reality Therapy Corner on January 24, 2023 for conversations exploring the full richness of the practice of Reality Therapy and so much more. These informal discussions can benefit anyone in a helping relationship. See you the 4th Tuesday of each month at 12 noon Eastern Time. 1 CE available.

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



December 5th - Being Relatable  
December 12th - Seeking Effectiveness  
December 19th - Getting Our Needs Met  
December 26th - No meeting  
Restart Jan 9th

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

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

## Making Sense of It

December 7th - Relationships: Moving Beyond Love and Belonging with Judith Klefman  
December 14th - Fight Flight with Jeff Steedman  
December 21st - Viewing History Through a Choice Theory Lens with Brian Patterson  
December 28th - No meeting  
Restart weekly meetings January 11th

**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 December 16th



<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](http://www.wglasser.com)

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

LEARNING  
NEVER  
ENDS



## Take Charge of Your Life

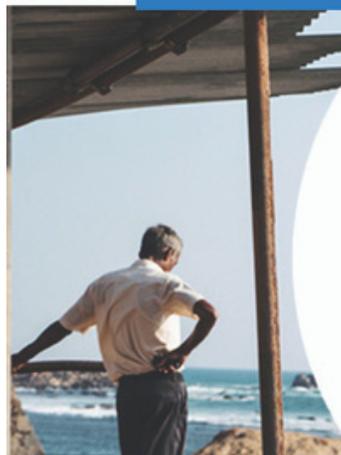
This online course is adapted from Dr. William Glasser's book *Take Charge of Your Life*.

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>

## 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**

December 8-10, 2022  
with Mona Dunkin

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