



A message from the Interim President



Greetings to All,

December 2, 2023, WGI Symposium
February 2, 2024, Faculty Meeting
July 3 - 6, 2024 Conference in Chicago

December! Our year will soon end. There is so much to do with all various holidays quickly approaching. There's shopping, baking, and decorating to do. Will the weather be good or bad? Who will come? Won't come? Then there's New Year plans to make. Do we stay in or go out? And don't forget all the information needed to prepare taxes.

Wait! What are we doing? Not only is our thinking all over the place so is our acting. We go from one thing to another, not completing anything. We think that is ok as we've started and will finish later. However, we are anxious about getting back to those tasks or not letting something slip through the cracks as the saying goes. How many times do we take something to ease the anxiety or the dull headache?

Dr. Glasser developed Total Behavior that explains what is happening. He used the model of a car to illustrate these concepts. He labeled the front wheels, Thinking and Acting. Is what we're thinking helping us to have the holiday season we want? Are the behaviors we're choosing helping to have that holiday season? We direct our thinking towards deciding what actions to take to have the holiday season we want. Pausing to really decide (Thinking) what kind of holiday season we want will add clarity to assist the other front wheel, Acting. Now that we know what we want, we choose acting that will steer our car in that direction. We have done just what Dr. Glasser said. We are doing what we have more direct control of, thinking and acting. The back wheels follow the front wheels on a car. Feeling and Physiology, follow the front wheels just as they do on a real car. The back wheels, feeling and physiology, will no longer be nervousing or head aching. We feel happy and content. Our physiology is healthy. Even as experienced CT/RT people, it is good to pause to check what our Total Behavior is. Then we can choose to do what we want it to be, to continue as we are or to make changes.

Axiom 8: All we can do from birth to death is behave. All behavior is total behavior and is made up of four inseparable components: Acting, Thinking, Feeling and Physiology.

Happy choosing,
Sharon Carder-Jackson, Interim President

CHOICE THEORY, A New Psychology of Personal Freedom. Dr. William Glasser, Harper Collins 1998, pp 332 – 336.

From the Executive Director

Brian Patterson, Med, PsyM, LSSBB, CTRTC, Senior Faculty
Executive Director

I've been thinking about the word legacy lately.

leg·a·cy /'legəsē/ noun

2. the long-lasting impact of particular events, actions, etc. that took place in the past, or of a person's life.

We have recently lost some of our longtime associates: David Jackson, Jeannette MacDaniel, and E. Perry Good. Through the years these folks left a legacy within the Glasser organization, and we will miss them. Their legacies live on through those with whom they have worked and those they taught.

I recently quit my job with the state of Arizona because I felt that my legacy was disappearing within the morass of bureaucracy and busy work. My skills that have been infused in me through the Glasser organization were being wasted. So now, I have more time for GIFCT!

The life-changing concepts that we can teach the world around us are my passion and I hope yours, too. We have in our hands the tools to make the world a much better and more peaceful place. We don't always demonstrate it, but we are growing in our understanding. Remember, Dr. Glasser said that everyone is doing the best thing they know at the time. That view gives us the opportunity to express more grace to others than they would get from the external control world.

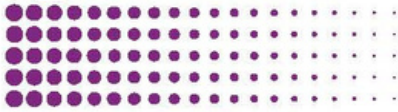
One of my former students who endured me as a teacher while I was learning CT/RT, just completed a trip to Brazil as a surgical photographer with a team of doctors performing free cleft palate surgeries. He says, "You know I owe you one for teaching me. I would never have this life without you pushing my ass through high school."

That's a legacy! It was because I was following Dr. Glasser's concepts, and I cared. As we approach a new year, what can our legacy be as GIFCT- US and as individuals? We have some opportunities, and we are building a foundation for future growth. We need you.



GLASSER INSTITUTE
for CHOICE THEORY

CHOICE THEORY REALITY THERAPY *Certification*



GLASSER SCHOLARS PROJECT

The Glasser Institute seeks to form alliances with professors, offering them complimentary Choice Theory and Reality Therapy training. The purpose of this collaboration is to enhance the prominence of Choice Theory in education, counseling/therapy, and social work, as well as within the field of organizational leadership.

We hold the conviction that an emerging cohort of professionals has a unique edge in furthering the research of Dr. William Glasser ideas and making meaningful contributions to society.

This program is an educational approach to competence in building relationships, problem solving, and leadership in any area of human endeavor. Professors will develop a deeper self-awareness and improve their ability to communicate, which will lead to increased student engagement.



PARTICIPANT EXPECTATIONS

- Conduct additional research regarding Choice Theory and Reality Therapy
- Contribute to scholarly journals with an emphasis on Choice Theory and Reality Therapy
- Provide mentorship and raise awareness of Choice Theory among undergraduate and graduate students
- Incorporate Choice Theory into lectures, assignments, and other instructional materials
- Consent to participate in brief surveys



(336) 407-8311

www.wglasser.com



For Applications
Contact **Nancy Herrick**
ndherrick3@gmail.com

Upcoming Events & Courses

Difficult Discussions in Diversity

December 16th - 2PM EST

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

December 4th-Seeing the Intrinsic Value of Others

December 11th-People Are the Bottom Line.

December 18th-The Golden Rule

December-No meeting - Happy Holy Days to All

Mondays - 1800 UTC (1:00 pm Central)

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

Making Sense of It

December 6th-No meeting

December 13th-No meeting

December 20th-People Seeing Themselves as Victims vs. Choice Theory

Perspective with Wendall Walker

December 26th-No meeting – Happy Holy Days to All

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 7th - 5pm EST



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

Research Committee Meeting

December 29th - 3pm EST



<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>

Glasser 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/glasser-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/tcoul>

Reality Therapy Corner



Join us at the Reality Therapy Corner (RT Corner) 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.

Please sign up for the course here:

<https://wgi-s-school.thinkific.com/courses/reality-therapy-corner>

For November: Dr. Les and Dr. RoxAnne Triche were guest speakers for RT Corner this month with a focus on blending Reality Therapy and Scripture Therapy. Dr. Les and Dr. RoxAnne Triche shared the incredible impact Dr. William Glasser had in the direction they have gone with Reality Therapy. They are visionaries, expanding their touch on thousands of incarcerated individuals, counselors, coaches, ministers, chaplains, helping professionals, and others.

Dr. Les shared that Dr. Glasser charged the couple to develop the "Connections" Program as a nationally recognized training program for teaching Choice Theory to women in State Correctional Institution. They had a 6 minute video about the legacy of Dr. Glasser. We were introduced to the Internal Empowerment Coaching and Certification Program in conjunction with Loyola Marymount University extension program. They have a 170-hour Behavioral Health Counseling Certification Program with Loyola Marymount University. They were approved by the WGI for Internal Empowerment as the first US online Basic Intensive Training. Information about Unity Without Bondage, Fellowship of Companies for Christ International (FCCI), Scripture Therapy TV show reaching over 118 countries with 50 episodes. Recently developed a Board-Certified Clinical Chaplaincy Program, using RT and CT as interventions and assessment instruments (2021). They also developed the Orange County California, Chaplaincy Chapter Headquarters (2023).

2nd Timothy 3:16-17 and Matthew 28:18-20 were 2 scriptures they quoted. They emphasized that individuals brought their own faith or non-belief into this work. Dr. Les stated, "Students are encouraged to take the way they experience faith and God, or no God, and utilize it within self-counseling with Scripture Therapy (ST) and CT (STACT)".

ST Pioneering values are: "Internal Control Living" guided by the cutting-edge principles of the Holy Spirit's Teaching, Counseling, and Power, harmonized with the revolutionary tenets of ST, CT Psychology, and Life Experiences. Deeply rooted in the pursuit of Knowledge, wisdom and character grounded in the Word of God. The integration of Christ and navigating challenges by embracing dynamic qualities, including caring, supporting, listening, encouraging, loving, befriending, trusting, accepting, welcoming, esteeming, and skillfully negotiating differences (the Caring Habits). They focus on social justice and diversity. Have a commitment to teach self-evaluation, self-correction, self-monitoring, and self-adjusting to enhance their relationships, behaviors, choices, and self-trust.

Jim Roy, author of Dr. Glasser's autobiography, shared his concept of blending RT and Scripture Therapy. Jim stated he wondered if his view of scripture affected the way he looked at CT or has his CT learning affected his view of scripture. He remarked that his learning of CT has opened up his understanding of scripture in ways he did not have before. Jim stated, "There is nothing in CT that is at war with scripture".

Shearon Bogdanovic was mentioned as working in the past with them in the prisons and is currently helping Les with developing a book in the area of chaplaincy and using CTRT. Cecily Smith, a chaplain, gave a testimony in helping youth with their grief and learning CTRT and ST really helped her in her job at school. Louis Leonard, NFL player and owner of Tackle Health shared his journey with learning STACT. Many gave their testimony of how ST has helped them. Thank you to the Triche's for sharing their knowledge and expertise!

No December RT Corner due to the Holidays! Will start again January 23, 2024. Sign-ups for 2024 will be sent out shortly!

Upcoming Trainings

Basic Training

December 28-30, 2023
(Virtual)
Elm Mott, TX
with Mona Dunkin

Advanced Training

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

SAVE THE DATE



The banner features a black and white photograph of the Chicago skyline at night, reflected in the water. On the left, a dark grey box contains the text: "WILLIAM GLASSER INTERNATIONAL GLOBAL CONFERENCE", "“HARMONY UNLEASHED”", "Embracing Connection, Igniting Innovations, and Celebrating Growth", "Hosted by GIFCT-US", "CHICAGO, IL JULY 3 - 6, 2024", "PALMERHOUSE A HILTON HOTEL", and "FACULTY DAY JULY 7th". In the center is the William Glasser International logo, which consists of a circular emblem with a stylized globe and the text "WILLIAM GLASSER INTERNATIONAL". To the right of the emblem is the logo for the "GLASSER INSTITUTE for CHOICE THEORY", which includes a colorful geometric icon and the text "GLASSER INSTITUTE for CHOICE THEORY".

**HAPPY
HOLIDAYS**