



**WILLIAM GLASSER**  
INTERNATIONAL

## **Criteria for Choice Theory / Reality Therapy Certification**

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The purpose of training leading to CT/RT Certification, is to help candidates move from external control to internal control thinking and practice. (The following criteria are specific to Certification itself.)

- 1) Familiarity with the content of Dr. Glasser's books, particularly *Choice Theory: A New Psychology of Personal Freedom*, *Counseling with Choice Theory: The New Reality Therapy* and *Warning: Psychiatry Can Be Hazardous to Your Mental Health*.
- 2) Fully conversant with the Basic Concepts Chart illustrating the brain as a control system.
- 3) Able to role-play with skill and confidence both as a counselor and as a manager with clients in a variety of situations, both familiar and unfamiliar.
- 4) Able to interpret role-plays in the context of the Choice Theory Chart.
- 5) Able to discuss Choice Theory®, Reality Therapy, and Lead Management, and be familiar with the conditions for quality.
- 6) Able to explain the importance in Reality Therapy of establishing a trusting environment and utilizing procedures in a creative way. Further, be able to discuss recent developments such as happiness vs. unhappiness, teaching Choice Theory to clients and the seven deadly and caring habits.
- 7) Able to understand theory and practice, and demonstrate the integration between these two elements.
- 8) Able to make a short, creative, interesting presentation.
- 9) Able to self-evaluate their performance and to understand how their skills could be improved.
- 10) Able to give useful feedback to other candidates in their group.