



Glasser  Canada

# 2019 North America Conference

## Choice Theory

Your Operating System for a Quality Life

September 3-6, 2019  
Bellevue, WA



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

# Pre-Conference Agenda

**Monday September 2, 2019**

9 am to 5 pm

*GIFCT's Annual General Meeting of the Board*

**Tuesday, September 3, 2019**

9:00 am to 4:00 pm

*WGI's Take Charge of Your Life – various WGI Faculty*

NBCC CE Qualified

8:00 am to 4:00 pm

*Faculty Day*

8:00 am to 8:30 am: *Introductions*

8:30 am to 10:00 am: *Plenary Exploring the Diversity of Training Participants –*

*Kim Olver*

NBCC CE Qualified

Have you ever noticed some people in the same training have completely different feedback? Some will say more role play time; some say less. Some want quiet individual processing time, while others are looking for more interaction. And all this going on while you are trying to create an environment that speaks to the five basic needs of everyone, including you, in your training environment at the same time. Learn from your colleagues what they do to address all these issues to make your training approach even stronger.

10:00 am to 10:10 am: **Break**

10:10 am to 12:10 am:

***Brain-based Learning and What it Means for Our Training – Sue Tomaszewski & Jean Suffield*** **NBCC CE Qualified**

Let's talk about our favorite trainings, the ones that engage everyone and we enjoy the Ah-Ha moments. We know what to do - but do we always know 'why' everything worked? Let's learn together what Brain-Based Learning and teaching is about to help us be mindful of presentation strategies and activities that influence prediction, states of learning, attention, engagement and memory for long term retrieval.

12:10 am to 12:15 am: **Break**

12:15 am to 1:15 pm

***Lead Management's Answer to Resistance – Ken Pierce***

Resistance comes from fear of not achieving, what we value most, our Quality World. A leader's task is to be able to connect a person's Quality World with their job and role in the organization. When these connections are clear, resistance resolves into inspired motivation. Come learn the tool which will ensure you can do this for yourself and others!

1:15 pm to 2:15 pm: **Lunch**

2:15 pm to 3:15 pm: **Ken Pierce Continued**

3:15 pm to 3:30 pm: **Break**

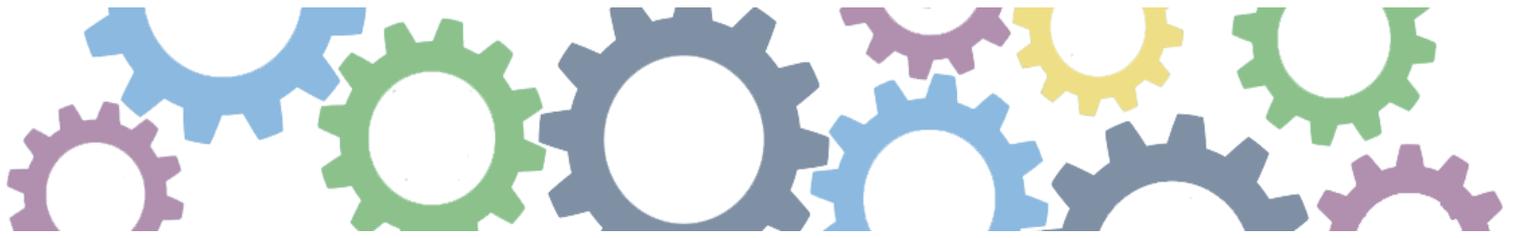
3:30 pm to 5:30 pm

***Building Your Customer Base through Marketing – Nassi Navid*** **NBCC CE Qualified**

Wondering why "teaching choice theory to the world" has not gotten its full potential after more than two decades? Of course it works and has great impact on people's relationships and total happiness and satisfaction in life, but unless this new paradigm is not being considered and structured as an entrepreneurial business, it can't attract a growing crowd, and instructors can't make the ends meet. In this training session, you will learn about the foundations of a thriving business model, including segmentation of your target population and ways to convey your unique value proposition to them through effective marketing.

7:00 pm to 9:00 pm

**Conference Reception**



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Presented by



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Conference

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# Conference Agenda

September 3-6, 2019

**Tuesday, September 3, 2019**

7:00 pm

*Welcome Reception*

**Wednesday, September 4, 2019**

8:30 am to 10:00 pm

*Perceptions: Making Room for a New Narrative - Paul Iarrobino*

Paul Iarrobino will walk us through his journey from a career in public service with the goal of retiring with full benefits to his new, rapidly evolving second career. He will explain the organic process that led to his shift from that view of himself and his future to trusting his intuition and reframing his personal narratives. When he “retired” early, he didn’t have plans to become a coach, produce a documentary and community storytelling events, or raise funds and awareness for local charities, but that is exactly where this journey has led. Now into his third year as storyteller, coach, and event producer, he will share what he has learned about himself along the way and how he incorporates these techniques to help others.

Community activist, speaker, coach, and producer, Paul Iarrobino has a strong interest in storytelling and preserving LGBTQ history. Three years ago, he stepped away from his career in the aging field where he was an advocate for vulnerable adults and the programs that supported them. He defined a fresh, innovative path for himself that includes regular collaboration within an ever-expanding community and helping others discover new possibilities in his coaching practice.

Paul’s passion to preserve the histories of the LGBTQ community led him to take the leap into the ranks of self-employed. In 2017 he ventured into the field of “producer.” The result? The

groundbreaking video *Breaking the Silence: an Oral History of Oregon's LGBTQ Service Members*. He created the film to raise awareness of how military culture negatively impacted and continues to impact the LGBTQ community.

Our Bold Voices, Paul's storytelling company, trains and mentors new storytellers while helping raise funding and awareness for smaller local nonprofits. Paul, one of the founding members of SAGE Metro Portland, was awarded their Lifetime Achievement Award in 2018 for his years of dedicated service and commitment to making a difference in the LGBTQ older adult community. SAGE is a national network of thirty affiliates working to create more inclusive communities for LGBTQ elders.

*10:00 am to 10:30 am: Break/Vending*

*10:30 am to 11:30 am*

### *A. Playful Approaches to Understanding Group Process– Pat Robey*

**NBCC CE Qualified**

Playful techniques can help groups get in touch with their inner creativity and to communicate in ways that go beyond the limits of language. Play provides a metaphorical channel to communicate thoughts, feelings, beliefs, and ideas. In this interactive workshop, we will practice and process activities for their usefulness in training, counseling, teaching, and managing. We hope to leave with lots of great ideas, so please plan to share your own favorite group activity as well!

### *B. Online Counseling: Bringing CT/RT into the Digital Age – Janet Morgan*

**NBCC CE Qualified**

This workshop will explore requirements needed to be proficient and legal. As we investigate CT/RT capabilities as an online modality, we will look at improvements for the future. Lastly, we will practice (using smartphones, laptop computers, etc.) with APPs, handouts, etc., to streamline the effectiveness of online counseling with CT/RT.

Participants will:

1. Review the effectiveness of online counseling.
2. Explore the requirements needed to be proficient and legal in conducting online counseling.
3. Practice some online counseling modalities.



## *C. Words Are Overrated - Lois Dasilva-Knapton*

NBCC CE Qualified

Have you ever wondered why you're feeling a certain way about a certain situation and you just can't pinpoint the reason? We have experienced this at some point or another. This interactive workshop will explore just how powerful our non-verbal cues can be.

3 learning objectives:

1. Participants will experience communicating with non-verbal language
2. Participants will explore their own story and gain a deeper understanding of how it guides their life
3. Participants will gain a deeper understanding of our behavioral system and how that system is influenced by our non-verbal cues

*11:30 am to 11:40 am – Break*

*11:40 am to 1:10 pm*

## *A. Mindfulness Practice as a Gateway to Self-Evaluation – Terri Allen*

NBCC CE Qualified

Neuroscience research has demonstrated the efficacy of mindfulness practices on mental, physical, and emotional health. Increased happiness is the natural outcome of the improved objectivity, emotional regulation, and symptom reduction associated with mindfulness practices. We will discuss mindfulness practices and how they can be instrumental in cultivating a happy life.

Participants will:

1. Understand how the benefits of mindfulness practice for overall wellness.
2. Understand the benefits of mindfulness practice for interrupting habit patterns and creating space to notice one's relationship to the present moment.
3. Understand how mindfulness practice creates mental space for self-evaluation.
4. Understand several types of mindfulness practices.
5. Practice mindfulness during the workshop.

## *B. Grief and Loss Through A Choice Theory Lens – Shruti Tekwani*

NBCC CE Qualified

Grief and loss are some of the most uncontrollable things that we go through in life. Viewing these events and circumstances from a Choice Theory perspective allows us to better understand why we feel the way we do and how we can work our way out of unpleasant feelings.

Participants will:

1. View grief and loss from a Choice Theory perspective by looking at the QW picture, basic needs, and total behavior.
2. Examine how we respond to external events.
3. Explore how we can make choices based on what's in our control under these circumstances.

***C. William Glasser International Research Committee Meeting – Janet Morgan, Jerri Ellis & Michael Fulkerson*** **NBCC CE Qualified**

We invite anyone interested in joining the WGI Research Committee to come and participate in our meeting activities. We will be discussing 1) Book Publication, 2) Evidence-Based Application, 3) Basic Needs Survey, 4) Research Creation-Stimulation-Publication, 5) Web-site creation of the Research Tab, and 6) New Actions/Ideas.

Participants will:

1. Develop a plan of action for our agenda objectives (including a timeline).
2. Identify key persons to implement agenda objectives.
3. Perform the objectives.

***1:10 pm to 2:30 pm – Lunch***

***2:30 pm to 4:00 pm***

***A. Coaching Myself & Others – Honey Shelton***

Using Choice Theory to first, identify where you are as compared to where you want to be. Next, exploring your habits, challenges, and benefits to taking the WDEP journey. Finally, building a plan, garnering support and tracking progress.

Participants will:

1. Use the Comparing Place to spark motivation for sustaining success or initiating change.
2. Adopt systems and habits that support what you want rather than take you off the path.
3. Build a plan that fosters positive self-esteem, garnering support and exercising self-evaluation.

***B. Choice Theory Coaching: Growing Beyond Trauma and Loss - Geri Kerr***  
***(sponsored by Shruti Tekwani)*** **NBCC CE Qualified**

As Choice Theory coaches, we support and encourage those whose lives are transformed beyond trauma and loss, into newfound possibilities of Post-Traumatic Growth. We help our



clients self-evaluate effectiveness of their choices and behavior, as we self-evaluate our own choices, ensuring against over-identification with issues of trauma.

Participants will:

1. Identify specific strengths inherent in Choice Theory that allow this theory to become a very good working model for working with clients coming from post-trauma histories;
2. Identify concerns they may have, dis-inclining them to want to work with clients with trauma histories;
3. Gain clarity about working with clients with deep trauma histories, recognizing and understanding discrete differences between coaching and therapy. It is this presenter's intention to make that distinction explicit during the workshop; i.e., scenarios demonstrating the difference;
4. Learn techniques for helping clients self-evaluate if/when client fails to make choices commensurate with their goals; for participants to identify steps/statements they would make to the client if the client's choices were not in alignment with their goals., observing to the client, yet not taking ownership for client's choices.

4:00 pm – 5:30 pm

*Conversations with the Canada Board*

*Conversations with the US Board*

**Thursday, September 5, 2019**

8:30 am to 10:00 am

*Time for a New Leadership Paradigm – Panel Discussion facilitated by Pat Robey*

How do we engage others using Lead Management? How do we give feedback, especially around blind spots using Lead Management? What are the emerging ideas about management and how do they fit with Choice Theory Leadership? What challenges do we face? How do we take what Dr. Glasser taught us and expand his ideas for a more robust role in the Leadership conversation? Join the discussion with panelists: Jim Mishler, Kim Olver, Ken Pierce, Jean Seville Suffield and Lynn Sumida.

10:00 am to 10:30 am – **Break/Vending**



10:30 am to 11:30 am

### ***A. Applying Glasser's Eight Lessons to Ethical Non-Monogamy – Nolan Lawless***

*(sponsored by Kim Olver)*

NBCC CE Qualified

This workshop will examine how each of Glasser's Eight Lessons for a Happier Marriage apply to relationships across the non-monogamous spectrum, highlighting both similarities and differences in application. The presentation will include examples of clinical application for mental health professionals and coaches but is suitable for all attendees.

Participants will:

1. Identify the basic differences in relationship behavior between monogamous relationships and various forms of non-monogamy.
2. Apply Choice Theory concepts to specific relationship conflicts common in non-monogamous relationships.
3. Support non-monogamous relationships in constructing dynamics that integrate and value each member's Quality World.

### ***B. Intentional Choices Using Reality Therapy – Jeri Ellis***

NBCC CE Qualified

Using the foundational constructs of choice theory/reality therapy applied with an intentional understanding of meaningful and ecological understanding will be explored. An interactive group discussion encourages participants to use original theory with specific aims towards improving client wellness and prevention of dysfunction.

Participants will:

1. Discuss foundational constructs of choice theory through counseling with reality therapy.
2. Engage with others to explore meaning making using intention as an ecological intervention.
3. Develop creative choices in applying theoretical understanding.

### ***C. Are you interested in Writing a Chapter in our (your) book? A Brainstorming Session for a CT/RT Book – Janet Morgan, Mike Fulkerson & Jeri Ellis***

NBCC CE Qualified

The WGI Research Committee is exploring the idea of publishing a book on CT/RT. This workshop is to explore ideas on book guidelines, development and purpose. It might be CT/RT theme-driven with examples of cases that develop CT/RT ideas on "How I used CT/RT" and/or "In the field with CT/RT."



Participants will:

1. Investigate the interest in publishing a CT/RT book.
2. Create objectives and specific guidelines for the book.
3. Plan the outline, timeline, editors and publisher for the book.

*11:30 am to 11:40 am - Break*

*11:40 am to 1:10 pm*

***A. Retirement, so Now What? Choosing to cultivate creativity, feeding the soul of late flowering – Mary Catherine Rolston & Odette LaRoche (sponsored by Jean Seville Suffield)*** **NBCC CE Qualified**

Choices abound...carpe diem from two 'retirees.' Research and articles supporting the benefits of engagement in art for wellbeing and aging. *I'm Not An Artist* documentary short 25 min- Guided by Odette LaRoche, an artist in the film, attendees are invited to paint a picture with acrylics.

Participants will:

1. Learn of the benefits of choosing engaging in art.
2. Choose to shed fear/anxiety or reluctance to engage in art.
3. See their potential undiscovered skill and enjoyment in painting.
4. Experience a level of success and increased confidence in painting techniques (colour blending, balance and focal point).
5. Consider choosing creativity to enhance their life in the future.

***B. Finding Your Moxie: What to do when the wheels fall off? – Jean Seville Suffield*** **NBCC CE Qualified**

Dr. Jean presents B.R.A.I.N. as a comprehensive system of self-evaluation on the path to wellness that connects the brain, body, and spirit in addressing the stressors in our lives in a multisensory way. This system releases old patterns of behaviour, that rely on feelings and emotions, that result in high levels of stress in the body. As a bonus, MIND GEMS practice returns the body to 'balance' during critical times of 'Allostasis,' whereby we raise the bar or stress level, tricking ourselves that, "All is fine. I have this under control."

Participants will:

1. Learn the critical signs of stress that impact health.
2. Practice techniques that reduce stress and embrace cognition.
3. Know how to release old patterns to restore the body to balance.
4. Begin to understand how to integrate a new program to achieve strategic goals for mental health [self-healing codes].

### *C. Thriving Outside of the Margins - Paul Iarrobino (Sponsored by Judith Ashley Klefman)*

Paul Iarrobino has learned to create safe spaces for storytellers and audiences alike. In this interactive workshop, Paul will share how he provides room to unpack historical oppression and past trauma while creating space for self-examination without judgment in his work with well-defended and historically oppressed clients.

Participants will:

1. Harness the power of storytelling to assist clients to find a new more effective voice and build community.
2. Identify ways stories can inform cultural understanding and break down traditional barriers.
3. Leave with the tools to create similar events that will fit with the needs of your local community.

*1:10 pm to 2:30 pm – Lunch*

*2:30 pm to 4:00 pm*

### *A. What Are You Doing? Moving from Chaos to Calm – Anna Corbett*

NBCC CE Qualified

Ever find yourself in overwhelm, fatigue and chaos? Are you often caring more for others than for yourself? Could you be an HSP (Highly Sensitive Person)? What price is your immune system paying for these states of inflammation? How are you influencing the energy field of those around you? And how is the chaos occurring in the world influencing your own nervous system?

Join us to learn practices of nourishing YOU, awakening your heart's intelligence, creating resilient calm, compassion, and coherence within yourself and radiating that out into the world. Stop energy drains and rebuild your own intelligent energy management. Based on Mindfulness, Neuroscience, HeartMath and Integrative Health, it's an experience of impactful learning, connecting and play!

Participants will:

1. Learn the traits of an HSP (Highly Sensitive Person) and how this knowledge can impact the understanding of self and others.
2. Learn the benefit of awakening your “Heart Intelligence” and creating “Heart-Brain Coherence.”
3. Design a plan for creating balance, resiliency, and mindful soul-care.



## *B. Choice Theory's role in the future of psychology, psychiatry and humanity —*

*Ken Pierce*

Do you wonder how Dr. Glasser's ideas will continue to serve humanity and who will continue to be interested in them? Are you wondering how you can contribute? You will find this presentation to be both empowering and enlightening. Come get a glimpse of our future!

## *C. Building Self-Regulation Skills In Students With A Choice Theory Mindset -*

*Francesco "Frenchie" Bazzocchi* **NBCC CE Qualified**

This workshop will help classroom teachers build self-regulation skills in their students. Participants will discover five important considerations and strategies through interactive activities. Participants will leave the workshop with a better understanding of the learning brain and practical fun activities they can use in their classroom and school.

Workshop Objectives - Goals

1. To understand the connection between the brain and self-regulation by exploring Choice Theory (Behavioral System) and Emotional Intelligence (Amygdala Hijacks.)
2. To learn strategies to help students develop a growth mindset and self-regulation skills through self-directed learning.
3. To see how metacognition is key to building self-regulation skills.
4. To discover and participate in a variety of fun activities that help students learn these skills

*4:00 pm to 5:30 pm*

## *GIFCT Branding Efforts and How You Can Help – GIFCT Branding Committee*

**Friday, September 6, 2019**

*8:30 am to 10:00 am*

*Being Human in the 21st Century - Nate Hagens* **NBCC CE Qualified**

The 20th century is unique in human history. Never before was the population scale and human experience so different than the centuries before it. The 21st century is shaping up to be different again, and is proving itself to be even more than we expected. The tailwinds of cheap resources, cheap credit, negligible impact on the environment and culturally diverse and (mostly) peaceful global society have turned into headwinds. We now face more costly resources, limits to financial expansion, heavy environmental impact on ecosystems and other species all amidst rising populism, angst, social movements and political opportunism. These challenges imply a haircut to our material living standards on the horizon. But despite these challenges and what they imply about our future, we are still one of the richest generations to



live on this Earth. Happiness and fulfilment are – once basic needs are met – not increased by more energy and consumption. We find ourselves on the cusp of a cultural shift away from material abundance. How we steer the conversation and what sort of visions and leadership we promote will have an enormous bearing on future generations. While it is likely our societies will be ‘less wealthy’ materially than the past couple generations, there is a wide-open opportunity on how we respond on spiritual, community and well-being levels. This challenge must be guided by teachers and leaders and examples of being intrinsically motivated as opposed to externally validated. Dr. Hagen lays the groundwork of what has changed and invites participants to consider how they want to influence the future.

Dr. Nate Hagens is unique in our world of “specialization” because he believes in order to address any of the challenges we face globally, we must start from a comprehensive understanding of the whole picture. He is an impressive synthesizer of a framework for our future that integrates multiple disciplines: neuroscience, biology, psychology, ecology, energy, and economics.

His background is just as diverse, from working on Wall Street for 10 years, to teaching at the University of Minnesota. He has a master’s degree with Honors in Finance, from the University of Chicago and a PhD. in Natural Resources from the University of Vermont. He created a powerful and innovative honors course at the University of Minnesota called Reality 101 – A Survey of the Human Predicament. His goal with this course is to give young people a cohesive description of the future of the global economy and about themselves as individuals, so they can be powerful, informed advocates for their own future.

Dr. Hagens was the lead editor of The Oil Drum, one of the most positive and well-respected websites on global energy supplies and its sustainability and has appeared on PBS, BBC, ABC and NPR. He co-created with Jeff Bridges the recently released environmental documentary, Living the Future’s Past. Dr. Hagens message is positive and focuses on how we can be both informed and engaged as we address the constraints and opportunities - after the peak of global economic growth. He pierces together numerous cultural assumptions about our future and why we aren’t collectively responding to it, including why we are overly socially conscious, why we are driven by ‘wanting’ as opposed to ‘having’, and why we are averse to acting ahead of time.

A strong believer in intrinsic motivation he hopes to inspire people to wake up and take action on whatever aspect of the future matters to them. It’s not about telling people what to care about; it’s about helping people feel empowered to act. Together he believes we can make a tremendous difference in shaping the future of our world.

*10:00 am to 10:30 am – Break/Vending*

*10:30 am to 11:30 am*

*A. Who gives a R.A.T.S.S... & Why??... – Jean Still*

Our current World of Instant Gratification,- has created a “Tick & Flick” Lifestyle;- “Love & Belonging” is demoted,- “Power” is promoted, grabbing attention, “Freedom” is without



commitment, and “Fun” a style of quick thrills. This Leads to Soul-searching emotions of “meaningless”/“loneliness”, crushing Quality responses, destroying Creativity, onto “hopelessness”, and “Isolation”.

Participants will:

1. Identify different styles of relationships.
2. Examine the Needs Profile Analysis.
3. Discuss the Millennial decade and the destruction of technology addiction and the effect on the "old brain."

### *B. Carving your Initials One Effective Choice at a Time - John Mieras*

When we carve someone’s initials into a tree, we aim to show our closeness in relationship. That closeness takes many effective choices to arrive at a place where public demonstration is warranted. How do we get there? Chance or luck... possibly...or maybe we can benefit from our understanding of Choice Theory.

Participants will:

1. Have fun through experimental learning.
2. Learn the influence Choice Theory can have in our relationships.
3. Learn two new teaching techniques to demonstrate the influence Choice Theory can have in our lives.

### *C. Creating Peace through CT/RT – Judith Klefman*

If you want to live in a less violent world, this is a workshop for you. Using Choice Theory, we’ll look at and discuss some of the root causes of violence and how we, knowing CT/RT, can show ourselves and others different ways to resolve problems.

Participants will:

1. Identify at least three forms of violence.
2. Apply their knowledge of CT/RT to a better understanding of how/why violence seems to work.
3. Assess where they are on the “Violence Continuum” i.e. gain perspective on the role they play in the increase or decrease of violence
4. Create a Personal Peace Plan

*11:30 AM to 11:40 AM – Break*



11:40 am to 1:10 pm

### ***A. Conversation with Dr. Nate Hagens – The Who What Where and How***

NBCC CE Qualified

This session with Nate Hagens will be an opportunity to delve more deeply into the big picture and 8 Great Questions for Our Time. The eye-opening information on energy and sustainability will help people understand what effective choices and options are, and what are not.

Participants will:

1. List the blind spots we have and why they are important.
2. Discuss how our genetic needs are influencing us in ways we may not realize.
3. How understanding the “energy profile” will help in making choices.

### ***B. Diversity Begins with You – Kim Olver***

NBCC CE Qualified

Were you taught to avoid topics like politics and religion? Avoiding controversial topics for the sake of minimizing conflict is not the answer! Nothing will change unless people have these challenging conversations within a safe environment where everyone’s opinion is respected and true understanding, rather than judgement, is the goal.

Participants will:

1. Analyze the role of perception in understanding difference.
2. Determine your natural animal tendencies in challenging situations.
3. Compare and contrast the role of pros and cons of each animal tendency.
4. Break down the causes of discomfort in challenging conversations.
5. Evaluate the Diversity Stairway.
6. Formulate guidelines for moderating conversations about sensitive topics.
7. Defend similarities over differences.

### ***C. Teaching Through Storytelling – Paul Iarrobino (sponsored by Judith Ashley Klefman)***

Using examples from client’s stories, participants will learn the power of storytelling. Paul will share common techniques used to help people get “unstuck” from old stories that no longer serve them and find their authentic “new” voice. He will demonstrate how storytelling techniques can be incorporated into different practices and settings.

Participants will:

1. Identify ideal conditions for creating a safe, therapeutic environment that allows clients to embrace a new story that leads them forward toward their goals.



2. Understand key techniques that lead to client's greater self-awareness and ability to create meaningful change.
3. Learn fundamental differences between how to build community so that individuals are able to work in a group within the realm of storytelling.

*1:10 pm to 2:30 pm – Lunch*

*2:30 pm to 4:00 pm*

### *A. Multi-Media Approach to Create a Need Satisfying Learning/Therapeutic Environment – Jim Coddington III*

NBCC CE Qualified

During this interactive workshop participants will learn how to utilize an assortment of educational and entertaining resources to create a need-satisfying environment for educational and therapeutic purposes. Popular games including Jeopardy and Hang Man, movie clips, YouTube videos and a hilarious monologue by Roseanne Roseannadanna of Saturday Night Live fame will be shared.

Participants will:

1. Learn creative ways to enhance learning and provide therapeutic benefits.
2. Develop skills to avoid burn out.
3. Gain confidence and be better equipped to serve those they work with.

### *B. Driving Miss Daisy – Nancy Herrick*

NBCC CE Qualified

A presentation of mindfulness activities for children and adults to develop self-centering and focus. Methods for classroom use or family practices, the advantages of implementing mindfulness into one's life will be presented. Join this interactive workshop for adding personal calming or focus to your goals for the day. Mindful games are educational tools not therapy.

Participants will:

1. Gather activities for use and adaptation to students of all ages
2. Practice mindfulness activities for self-evaluation
3. Gain familiarity with the connecting and disconnecting habits
4. Learn the stairsteps to effective self-evaluation.

### *C. Expanding the Appreciation Mindset - Shifting from Consumption to Appreciation – Jeff Brown & Lynn Sumida*

NBCC CE Qualified

Many people attempt to reach fulfillment and lasting joy through devouring material goods, resources, time, money and even relationships. To discover the joyous lives we all want to live,



we must access deeper levels of appreciation, by taking radical ownership of our high levels of consumption so we can lower them.

Participants will:

1. Explore a consumption cycle and how do you recognize it.
2. Discuss an "Appreciation Mindset" and how to support yourself and others in building one.
3. Recognize how to be informed and not sink into states of helplessness, hopelessness or despair.

4: 00 pm – 5:30 pm – **Regional Meetings**

7-11 pm - **Banquet**



**GIFCT has been approved by NBCC as an Approved Continuing Education Provider, ACEP No. 5189. Programs that do not qualify for NBCC credit are clearly identified. WGI is solely responsible for all aspects of the programs.**

# Presenter Biographies



**Terri Allen, M.S., LMHC, CTRTC** is a mental health therapist living in Yakima, Washington. Over the past two decades, Terri has been exploring the roots of Buddhist Psychology and seeks to integrate mindfulness practices with Choice Theory/Reality Therapy.

**Francesco “Frenchie” Bazzocchi, M. ED, CTRTC**, is a passionate counsellor, coach, and former high school teacher with over 30 years of experience. He is a leader who uses unique teaching styles to engage his audience, bringing a wealth of expertise to schools, boardrooms, and sporting arenas.



**Jeff Brown** is a successful entrepreneur with a ferocious appetite for learning! This led him to a life of excessive consumption, wealth and a lifestyle ultimately devoid of meaning. Several wake-up calls helped him discover what true fulfillment really is. Now he is dedicated to helping people find greater fulfillment and lasting joy in life.

**Jim Coddington III, MSW** is LCSW, CTRTC and a clinician at a community mental health agency serving the majestic Roaring Fork Valley in Colorado. He provides individual and group counseling to a wide variety of clients. Additionally, he provides Jail-Based Behavioral Services and contributes to the therapeutic component of Recovery Court, a supportive, nonpunitive, alternative sentencing program.





**Anna Corbett, MS, BCC, Senior Faculty member, Board-Certified Wellness Coach, and Add-Heart Facilitator is passionate about teaching Mindful Self-Care Practices through the lens of Choice Theory. Her seasoned work and life experiences bring depth and transformation. Author of *Your Soul's Journey: A Woman's Guide for Healing, Health, and Miracles* available Spring, 2020. More at [www.joyinliving.com](http://www.joyinliving.com)**

**Jeri Ellis, EdD, LPC, NCC, CTRTC, BC-TMH is faculty at Capella University and a Basic Instructor of William Glasser International. Jeri enjoys teaching and working closely with her students to help them develop professional skills and achieve personal growth. Her research interests are qualitative in crisis and trauma, and application of Reality Therapy.**



**Michael H. Fulkerson, MAE, LPCC, earned his master's degree in counseling from Western Kentucky University and his bachelor's degree in psychology from Kentucky Wesleyan College. He is a Licensed Professional Clinical Counselor, and a member of the American Counseling Association, the Kentucky Counseling Association, the American Mental Health Counseling Association, the Kentucky Mental Health Counseling Association, and the Green River Mental Health Counseling Association. He is a Senior Faculty Member of William Glasser International, Inc. and has become a well-known teacher, author and practitioner of Reality Therapy.**

**Nate Hagens, PhD is a well-known speaker on the big picture issues facing human society. He is on the Boards of Post Carbon Institute, Bottleneck Foundation, Institute for Integrated Economic Research and the Institute for the study of Energy and the Future. He synthesizes information from many disciplines to allow "ordinary folks" to understand the "big picture" in more depth.**





**Nancy D. Herrick, M. Ed.,** WGI Senior Instructor and Faculty Program Consultant, is the Director of the Reality Counseling and Training Center. She also co-authored the William Glasser International Take Charge of Take Charge of Your Life workshop and the Communication Skills for Paraprofessionals course.

**Paul Iarrobino** is a community activist, speaker, coach and producer. His company, Our Bold Voices, trains and mentors new storytellers. A founding members of SAGE Metro Portland, he received their Lifetime Achievement Award in 2018 for his years of commitment to making a difference in the LGBTQ older adult community.



**Geraldine Kerr, PH.D., LMFT** is a psychotherapist and coach working with individuals, couples, families, and community groups. She believes strongly in supporting clients as they move forward into new and expanded growth following experiences of trauma and loss. Dr. Kerr has presented at workshops and conferences both nationally and internationally.

**Judith Ashley Klefman, BA** is Senior Faculty who first learned about the work of Dr. Glasser through co-workers in the 1960's. Her own formal training began in 1978. She presented on the topic of Peace in Our World after traveling to Croatia during the Balkan War. Join Judith for an interactive discussion on Creating Peace through CT/RT.





**Lois DaSilva-Knapton** is an educator, a parent, a good friend, an innovator, a risk-taker, and Glasser girl through and through. She is a Basic Instructor, she is Vice President of the WGI-US board and she has worked in Public Schools for over 20 years, starting out as a para educator in Special Education and currently serves as a school Superintendent. Her passion is evident and her smile is contagious. Join her for a journey without words.

**Odette Laroche** graduated from the Victoria College of Art in 2002 and opened a gallery. She now shows her work and teaches. Odette continues to take workshops with renowned artists both in Canada and the U.S. Her painting style exhibits a wide range from realism, to impressionism to modern art. [www.odettelarocheart.com](http://www.odettelarocheart.com)



**Nolan Lawless, MS, LPC** is a Licensed Professional Counselor and owner of Mount Scott Counseling in Lawton, Oklahoma. Nolan applies Choice Theory concepts to diverse client populations, including multiple gender identities, sexual orientations, and relationship dynamics. He has presented at conferences across the United States and Canada about counseling for diverse populations.

**John Mieras**, Who am I? The roles I play...a son, a husband, a father, and a caregiver to adjudicated adolescent youth. My journey with CT/RT began fifteen years ago. As of now I am a Practicum Supervisor along with being the current Midwest Director on the US Board.





**Dr. Janet M Fain Morgan**, Ed.D, NCC, LPC, BCC is a Practicum Supervisor, and certified in Tele-MentalHealth and EMDR. She has been a member of The William Glasser Institute since 1992 and is a US delegate to William Glasser International, Chair of William Glasser International Research Committee, and an editor of the International Journal of Choice Theory and Reality Therapy.



**Kim Olver**, MS, LCPC, NCC, BCC is Senior Faculty and the Executive Director of WGI and GIFCT. She is the award-winning, bestselling author of Secrets of Happy Couples, author of Choosing Me Now and co-author of Leveraging Diversity at Work. Kim is the owner and founder of Coaching for Excellence, based on Choice Theory.



**Ken Pierce** is a senior faculty, board-certified psychologist and author with a background in private practice, education and business. He offers others a results-focused approach to appreciating yourself and your life. The Pierce Institute of Psychology Inc. is dedicated to this end. Ken and Anna, have three daughters and three grandsons!



**Patricia Robey**, Ed.D., LPC, NCC is a full professor and Interim Chair for the Division of Psychology and Counseling at Governors State University in Illinois. She is also a Licensed Professional Counselor, Senior Faculty, and author of Contemporary Issues in Couples Counseling.





**Mary Catherine Rolston, BA, B.Ed** After teaching 25 years, MC's recent retirement has included self-publishing 4 picture books, a documentary short I'm Not An Artist while sculpting and painting. As 'chief fairy' Dazzle, she established Joie De Vivre in 2001, promoting Choice Theory in her business presentations, writing, teaching and production of film.

**Honey Shelton, CTRTC** founded Inter-Action, a training company, in 1983. She has presented professional development workshops and webinars for over a half million attendees. Honey teaches coaching and managing others using Choice Theory and has had a private practice, coaching business professionals for over 15 years.



**Jean Still, BHSC** is a Registered Nurse, and Motivational Coach. Through the Extreme Sport of Polocrosse, she has managed representative teams, particularly Junior Teams competing in an International Youth Exchange Program. Jean has a profound knowledge and interest in the Well-being of both Horse and Rider through Bio-mechanics and Emotional Intelligence.

**Dr. Jean Suffield**, is a Doctor of Natural Medicine, a Senior Faculty, specialized in mental health, business and educational leadership rooted in Dr, Glasser's ideas. She has authored and sold books internationally, notably, A Role-Play Notebook: Questions that really make a difference! in its third printing. Discover Dr. Jean's work on [www.lulu.com](http://www.lulu.com), [www.glassercanada.ca](http://www.glassercanada.ca), or [www.choice-makers.com](http://www.choice-makers.com) where she offers 'TheQuantumLeaders.'





**Shruti Tekwani**, MSCP, LMHC specializes in grief, trauma, and loss. She spends her time in online private practice doing counseling and coaching, as well as doing workshops & trainings. Shruti is a Basic Instructor for the William Glasser Institute and sits on the board of Directors for WGI, WGI-US, and the WGI-Northeast Region.

**Lynn Sumida**, MSW/RSW is Senior Faculty who was been involved with the Glasser organization for over 40 years and is still excited about sharing the ideas of Choice Theory. Her new interest in sustainability is an opportunity to further expand how Choice Theory can help people feel empowered and excited about the future.



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