

Report for Counseling Committee
March 2023

Committee: Victoria Harris, Lucy Billings Robbins, Robert Wubbolding, Wendall Walker

Description: 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.

Mona Dunkin led an interesting discussion about working with residents of transitional housing using Reality Therapy. She shared her tools to build relationships and help people believe in themselves and their ability to do more. Mona believes everyone she worked with, regardless of their difficulties, had infinite worth and value. She has a gift of sharing Choice Theory and Reality Therapy within 20 minutes of meeting someone. She recited some of her original poetry and left us affirmed and inspired.

Our next meeting dates, speakers and topics. Please join us.

March 28, 2023 at 12 noon EST for 1 hour featured guest Rhon Carlton leading a discussion about how Reality Therapy is a tool to help people process their grief work.

April 25, 2023 at 12 noon EST for 1 hour featured guest Miranda Mulyana leading a discussion on the effectiveness of online counseling and incorporating Reality Therapy.

May 23, 2023 at 12 noon EST for 1 hour featured guest Carol Kretzmann leading a discussion on her personal use of Reality Therapy during caregiving.