

Introduction to Choice Theory[®] and its Applications

Choice Theory is Dr William Glasser's explanation of how and why we behave. Even though most people around us operate from an external control perspective, Choice Theory offers us a way to understand how our behaviour is motivated internally and that we are driven to meet our needs. In learning to understand the principles of Choice Theory you learn to make choices that get you closer to what you really want – choices that support healthy relationships and improve your wellbeing.

Among the powerful skills that Choice Theory teaches are:

- Knowledge about the way our minds function, and how our behaviour can be productive or destructive.
- Ways to identify and achieve our own most valued outcomes.
- Strategies to build and maintain satisfying relationships.
- Skills to influence and inspire people.
- Positive ways to achieve outcomes from our interactions with others.
- Skills for giving feedback and managing difficult situations.
- Communication and listening skills that will improve our effectiveness in every context.

Counselling and Therapy

Using Glasser's Reality Therapy and through the relationships developed with the counsellor, clients come to greater understanding of themselves and their behaviour.

The connection with the counsellor helps people find ways to build relationships with important people in their lives. They learn to self-evaluate and choose more effective behaviours to meet their needs and wants.

Lead Management

Lead managers apply their understandings of Choice Theory to working with others in the workplace, home or community. Lead management focuses on the relationship between people with quality at its heart. Lead managers continually work on the system to maintain an environment where coercion is minimised and the conditions for quality are maximized. Lead management is applicable in any culture. A program in Japan has been successfully training managers for many years.

Relationships

Relationships with ourselves and each other are central to our wellbeing. The more we practices the connecting habits of listening, supporting, encouraging, respecting, trusting, accepting and negotiating and eliminate the disconnecting habits of criticising, blaming, complaining, nagging, threatening, punishing and bribing, the stronger, more effective and healthier our relationships will be. Choice Theory gives us a template to strengthen our relationships as parents, coaches, teachers, managers, workers and community members

Addictions and Recovery

Perhaps one of the most difficult of all human problems to address is the widespread use of addictive substances and maintaining a drug-free life in recovery. The Choice Theory approach to addiction deals with the general unhappiness people have that compels them to numb their unwanted emotions. Clients learn about Choice Theory and develop plans which are supported by their counsellor as they improve relationships with important people in their lives.

Mental Health and Wellness

In a world where the term mental health really focuses on mental illness, the challenge we face is to teach people how to improve their own mental health without being labelled with a mental illness and be treated with brain drugs. Programs offered by the Glasser Institute help improve mental health and encourage people to take charge of their life.

<http://mentalhealthandhappiness.com/>

Ministry and Faith Traditions

Many religious traditions have embraced Choice Theory because it is so compatible with their systems of belief.

www.thebetterplan.org/

Education

Applying the principles of Choice Theory in education from early years through to Year 12 and beyond gives educators a framework for quality learning, competence and strong healthy relationships built on trust and respect. Schools on a journey in Australia pride themselves on having a unique, caring, fun and supportive learning culture where students produce quality results. The focus on excellence in learning and positive relationships with the entire school community is at the heart of all that they do.

For more information

<http://glasseraustralia.com.au/>

<https://www.wglasserinternational.org/>

http://www.amazon.com/Take-Charge-Your-Life-Choice-Theory/dp/1938908325/ref=pd_sim_14_3?ie=UTF8&dpID=41GuMaEKR-L&dpSrc=sims&preST=AC_UL160_SR104%2C160_&refRID=1R1342SZD7M9BHZVQ0RB

http://www.amazon.com/Lessons-Happier-Marriage-William-Glasser/dp/0061336920/ref=pd_bxgy_14_img_2?ie=UTF8&refRID=185XTN4HY0HDF8YSPCAE