

## **CHOICE THEORY**

Choice Theory Psychology explains that

- All behavior is internally motivated.
- All behavior is chosen.
- All behavior is our own responsibility.
- We cannot control any other person.

## **REALITY THERAPY**

Reality Therapy was developed by Dr. William Glasser, psychiatrist and Founder of The William Glasser Institute. These principles teach people how to

- Direct their own lives;
- Make better choice;
- Improve relationships.

Reality Therapy is a method of helping a person develop sufficient strength to handle the stresses and problems of life in a responsible way. It helps a person to face reality and to fulfill his or her needs within that reality. It teaches that regardless of what has happened in the past, each person is living and making choices in the here and now.

## **REALITY THERAPY SEMINAR**

### **DATES**

**January 13, 14, 15, 2012**

### **LOCATION**

San Marcos, Texas  
Texas State University  
Psychology Building

### **SEMINAR ACTIVITIES**

You will learn the concepts of Choice Theory and the techniques of Reality Therapy. The objective is to teach the basic skills of the ideas in a way that may be used by individuals in their specific field of interest and in their own lives.

### **PARTICIPANTS**

- **EDUCATORS:**  
**Teachers, Counselors, Administrators**
- **SOCIAL WORKERS**
- **COUNSELORS:**  
**Addictions, Private, Mental Health**
- **PROBATION OFFICERS**
- **MINISTERS**
- **NURSES**

## **ENROLLMENT FEES**

The seminar is \$500 per person and includes workshop materials. A \$100 fee must accompany the registration form; the balance will be due at the opening session of the seminar. A purchase order number is accepted from agencies. Participation is limited to twelve people.

**20 Hours of CEU'S available**

### **INSTRUCTOR**

Barbara Jacobson is a Senior Faculty member of The William Glasser Institute. She has been a counselor in public and private schools, including alternative school for emotionally disturbed adolescents. Barbara works with school districts, correctional institutions, Christian groups, and has taught in university graduate programs United States, Australia, Korea, Singapore, and Canada.

Robyn Rogers is a Senior Lecturer, Department of Psychology, Texas State University. She is the sponsor of this training and will be assisting with the seminar.

**REGISTRATION FORM  
REALITY THERAPY  
SEMINAR**

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_  
\_\_\_\_\_

CITY \_\_\_\_\_

STATE \_\_\_\_\_ ZIP CODE \_\_\_\_\_

HOME PHONE \_\_\_\_\_

WORK PHONE \_\_\_\_\_

E-MAIL \_\_\_\_\_

\_\_\_\_\_ I am enclosing the \$100 commitment fee. The balance will be paid at the opening session of the seminar.

\_\_\_\_\_ I am enclosing the full fee or a Purchase Order number.

\_\_\_\_\_ I cannot attend this seminar, but I would like to be informed of others at a later date.

Make checks payable and mail form to

Barbara Jacobson  
11014 Burr Oak Drive  
San Antonio, TX 78230  
[barbjake@swbell.net](mailto:barbjake@swbell.net)  
210-344-3131

**REALITY THERAPY  
SEMINAR**

**BASIC INTENSIVE  
WEEK**

**January 13,14, 15,2012**

Conducted under the auspices of

