

William Glasser International

Faculty Summit

Istanbul 2019 | Making Connections: CTRT

**WILLIAM GLASSER INTERNATIONAL
FACULTY SUMMIT
3-7 DECEMBER, 2019
PROGRAM BROCHURE**

TUESDAY, 3RD DECEMBER, 2019

1. 9:00-13:00 Your Life, Your Choice (English)
2. 9:00-13:00 Your Life, Your Choice (Arabic)

WEDNESDAY, 4TH DECEMBER, 2019

08:00- 09:00 REGISTRATION

09:00- 09:45 WELCOME AND INTRODUCTIONS

**09:45-10:30 SESSION 1: DR. FARIDA DSILVA DIAS, CTRT – INDIA
“CREATING A VISION BOARD USING REALITY THERAPY”**

ABSTRACT

Achieving our goals (WANTS) in a creative way by means of the VISION BOARD approach, using Reality Therapy, helps visualize and amplify our Quality World, in relation to our psychological and physiological needs. Aligned with Reality therapy and imagery, we can use this therapeutic intervention for self and others to work on goal oriented outcome related to home, life, school, relationships, experiences, situations, values, career aspirations, or educational pursuits. The VISION BOARD technique works at many levels and can be used to inspire, teach and assist clients to find more effective ways in planning their goals, thereby empowering them to create the life they want, by revealing for themselves what is important, concentrating on their priorities, commitment and realistic outcome. The process itself helps in setting and prioritizing goals, values and intensions in the Quality World, seeing the Vision Board regularly—with images and words representing goals, desires, and values.

**10:30-11:15 SESSION 2: DR.KHALED MOHAMMED AL MADANI, WGI-KUWAIT
“THE DYNAMICS OF TOTAL BEHAVIOUR AND HOW TO CHANGE MISERY TO HAPPINESS”**

ABSTRACT

According to Glasser, all behavior is total behavior, made up of four components: Acting, Thinking, Feeling and Physiology. All of our behavior is purposeful and is our best attempt at the time, given the resources at our disposal (knowledge, skills, etc.) to meet our needs. In other words, behavior is an attempt at making the Real World conform with the pictures in our Quality World (QW), and that behavior is within our control. The idea that someone or something outside of us can control, drains or robs us of so much of our power. We go from a person being responsible for our Total Behavior to being a victim of external circumstances. We go from creating our future to simply following the tide of events; from negotiating our QW pictures to trying to manipulate the QW pictures of others. It is empowering when we get in the habit of owning our Total Behaviors, and then using actions that reflects this ownership. Recognizing that we directly choose our actions and nurture our thoughts, and that our feelings are a part of this process, actually empowers us. This power brings with it responsibility, which basically eliminates criticizing, blaming, and complaining as ways to make things better. It puts our present and future into our hands thus being free to make responsible choices.

11:15-11:30

BREAK

11:30-12:15

**SESSION 3: ABDULAZIZ ALI S ALDABIBY, WGI-SAUDI ARABIA
“DIVERSITY IN IDENTIFYING QUALITY WORLD PICTURES –
PRACTICAL TECHNIQUES”**

ABSTRACT

The workshop is designed as a practical and progressive approach in identifying and exploring, our Quality World pictures - a world made of specific pictures - and how they satisfy our needs. In replacing conventional techniques, technology will be used in order to demonstrate the concept of pictures and link them with the trainees' needs through a variety of ways, giving an in-depth understanding of the Quality World. The practice of this technique is viable to use as well as teach people from all walks of life, how to identify and link their needs with the pictures in their Quality World. It has also been successful with children having special needs. Most important: participants will walk away, learning how to make an easy comparison between their Needs, before and after the workshop, by using a created portfolio to demonstrate the impact of this technique, in a fun-filled environment. In addition, a pre-filled form for advertising and promotion of

12:15 – 13:00

**SESSION 4: SHRUTI TEKWANI, GIFT-USA
“TRAUMA THROUGH A CHOICE THEORY LENS”**

ABSTRACT

Trauma is not something we choose, but how we react to it as a choice. This presentation will explore how we can sort through the traumatic events and aftermath using Choice Theory to live our best lives after we have experienced the trauma.

13:00-13:15

BREAK

13:15-14:15

PANEL DISCUSSION: RESEARCH – MODERATOR MADNIA ABU RAB ALRASOOL HASSAN

14:15-14:30

GROUP PHOTOGRAPH

14:30-15:30

LUNCH

15:30

FREE TIME/SELF CONDUCTED TOURS

WEDNESDAY, 5th DECEMBER , 2019

09:00- 09:30

MORNING ANNOUNCEMENTS

09:30-10:15

**SESSION 1: BASHAYER AL-ZAWAWY, WGI-KUWAIT
“DEALING WITH LOSS/GRIEF THROUGH CHOICE THEORY”**

ABSTRACT

Dealing with grief and loss by elucidating the types, understanding the different stages and emotions and how to deal with it through Choice Theory and Reality Therapy.

10:15-11:30

**SESSION 2: AFAF ALJASEM, WGI-KUWAIT
“CHOICE IS THE BEGINNING”**

ABSTRACT

The story of Lamees, the young engineer, who fell in love amid the rejection of parents and how the journey of suffering from pain, and disease turned into a journey of hope and healing when the choice became the beginning.

11:30-11:45

BREAK

11:45-12:15

**SESSION 3: AFSANEH MEHAMANDOOST, WGI-IRAN
“COUPLE THERAPY BASED ON REALITY THERAPY, UTILIZING THE LABYRINTH CONCEPT.**

ABSTRACT

The most important barrier for couples in psychotherapy sessions is that they are resistant to accept their responsibility in creating and maintaining their conflicts, Due to their external control attitudes. Using the Labyrinth technique is a way to break that resistance. Labyrinth is a path that moves from outside in and from inside out. There is a character (doll) for moving through the labyrinth so the clients could observe themselves from the outside to find a better insight about themselves and their perception of their conditions and behaviors (Total Behavior). There are also some cards that stand for total behavior. They help clients to express themselves and allow changing subjective issues to more objective issues. In labyrinth pathway the client will recognize their values. It will enable them to have deep self-evaluation. A structured intervention technique which includes 12 sessions has been presented in a guide booklet called "LABYRINTH FOR REALITY THERAPY".

12:15 – 13:00

SESSION 4: NADEEN ABBAS ABURAS

"TEACHING CHOICE THEORY AS PART OF THE UNIVERSITY PROGRAM"

ABSTRACT

The purpose of college studies is to help students grow and learn as well as prepare them for their future careers. Choice theory helps us better understand how the human mind works and what motivates our behavior, which in turn helps us better manage ourselves and the relationships in our lives. This is imperative to teach to college students to assist them develop on professional and personal levels.

This presentation will show how Choice Theory was incorporated into a unit in the Business Studies Program in the Australian College of Kuwait. The feedback from students has been encouraging. The student's display their learning of Choice Theory through two different practical assessments, which evaluate the students understanding of the theory and are able to apply it in their personal and professional lives.

13:00-13:15

BREAK

13:15-14:30

**PANEL DISCUSSION: MODERATOR: NADEEN ABBAS ABURAS
Benefits of introducing Choice Theory to College Students**

14:30-15:30

LUNCH

15:30

FREE TIME/SELF CONDUCTED TOURS

WEDNESDAY, 6th DECEMBER, 2019

09:00- 09:30

MORNING ANNOUNCEMENTS

09:30-10:15

**SESSION 1: DR. IBTIHAL ALAWADHI
EATING AND BASIC NEEDS... WHY DO WE EAT AND HOW CAN WE
CHANGE?**

Eating behaviour is complex, humans make hundreds of food decisions each day that are influenced by a variety of personal, social, cultural, environmental, and economic factors. What people eat has a considerable influence on their health, but food does more than fill our stomachs, it also satisfies feelings, and when we quench those feelings with comfort food we may call it "emotional eating". It is this type of eating that can be related to our basic needs.

The relationship of eating habits (BEHAVIORS) to our basic needs and how we can change these habits will be highlighted.

10:15-11:00

**SESSION 2: MADNIA ABU RAB ALRASOOL HASSAN
RELATIONSHIP OF VALUES WITH BALANCE
ABSTRACT**

The Concept of Values is a key term that should be studied, discussed and analysed because it is remarkably noted nowadays that the human behavior is suffering from disturbances, along with the dominance of individual and material values directly and indirectly. This was reflected in the personal and community values, leading to imbalance in self and relationships.

In the light of the above, educators and counselors recommend to teach the ethical and aesthetical values and civilization to empower people, enhance their levels and connect them with other components of civilization and moral attitudes. Allah says in the Holy Quran " And thus we have made you a just community that you will be witnesses over the people and the Messenger will be a witness over you." (2-143).

In this sense, the Researcher is interested to address the value issue and discuss the principles on which such values can be established, and its role in mind lead.

11:00-11:15

BREAK

11:15-13:00

**SESSION 3: FOUR MEMBERS OF TURKEY CTRT MEMBER
ORGANIZATION**

13:00-13:15

BREAK

13:14-14:30	FACULTY DISCUSSION AND QUESTIONS FOR WGI
14:30-15:30	LUNCH
19:00-21:00	BANQUET

GREEN: NEEDS CLARIFICATION