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Reality Therapy | Psychology Today

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Reality therapy - Wikipedia

Reality therapy is a specific type of cognitive-behavioral therapy which was first introduced in 1965 by psychiatrist Dr. William Glasser. The focus of reality therapy is choice and the patient's ability to solve problems. Reality therapy focuses on the present moment in an effort to create a better future. Dr. Glasser's philosophy on what is reality ...

What is Reality Therapy - disorders.org

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Reality Therapy - GoodTherapy.org

Glasser's classic bestseller, with more than 500,000 copies sold, examines his alternative to Freudian psychoanalytic procedures, explains the procedure, contrasts it to conventional treatment, and describes different individual cases in which it was successful.

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