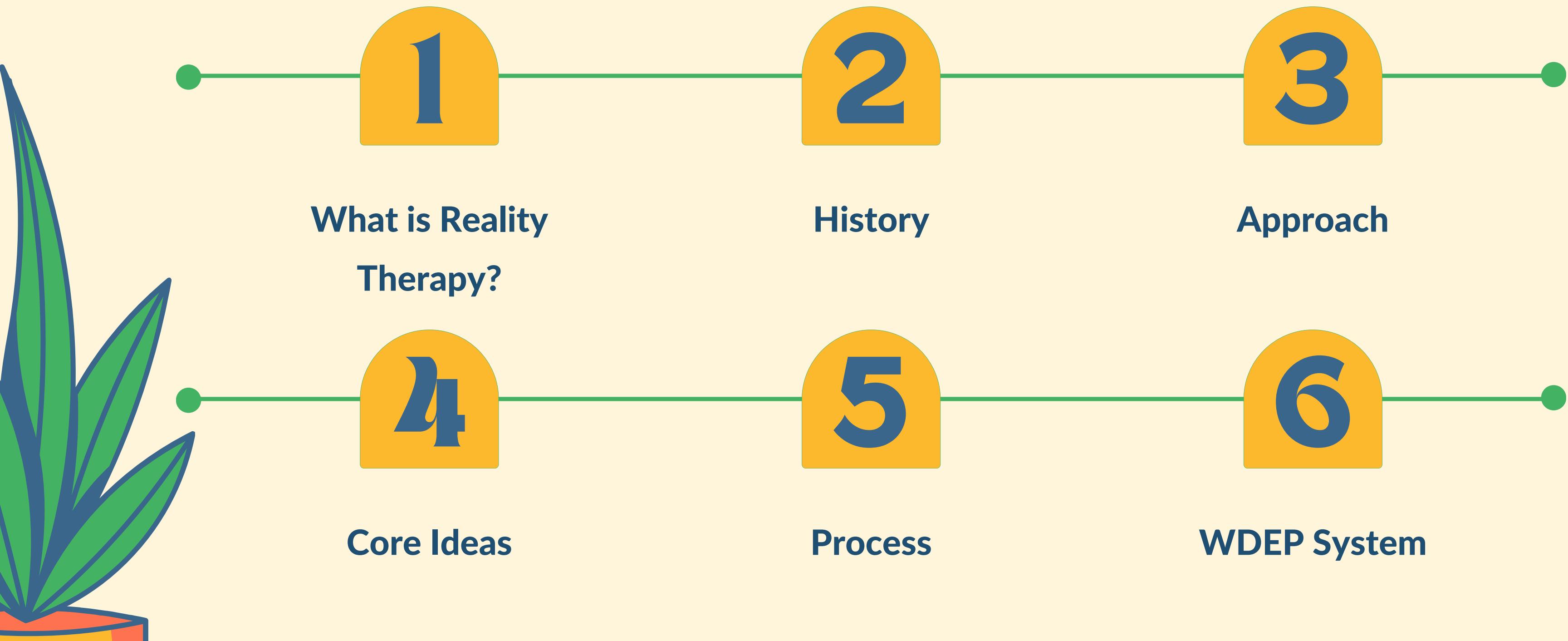


REALITY THERAPY

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Presentation Outline



Presentation Outline



INTRODUCTION

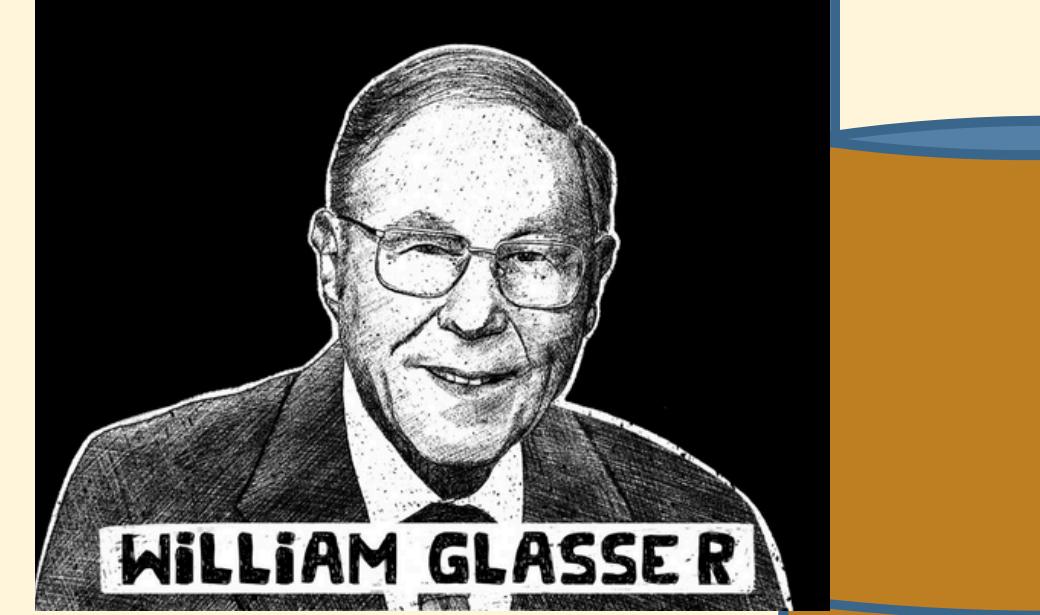
- Reality Therapy, a form of therapy developed by Cleveland-born psychiatrist William Glasser in the 1960s.
- The heart of reality therapy is **learning how to make better and more effective choices and gain more effective control**. People take charge of their lives rather than being the victims of circumstances beyond their control.
- It focuses on what Glasser calls **psychiatry's three Rs: realism, responsibility, and right-and-wrong**, rather than symptoms of mental disorders.
- Reality therapy maintains that the individual is suffering from a socially universal human condition.

INTRODUCTION

- This short-term approach is **based on choice theory and focuses on the client assuming responsibility in the present**. Typically, clients seek to discover what they want and how they behave to achieve these goals.
- According to Glasser, the social component of psychological disorders has been highly overlooked in the rush to label the population as sick or mentally ill.
- Reality therapy attempts to **separate the client from the behavior**.

History

William Glasser: A Life and Legacy



Education and Career

- Educated at Case Western Reserve University in Cleveland, Ohio.
- Began as a chemical engineer, later transitioned to psychology and psychiatry.
- Completed psychiatric training at the Veterans Administration and UCLA.
- Board certified in psychiatry in 1961.

Life and Career

- Married to Naomi for 47 years, later married to Caroleen.
- Played tennis and now enjoys watching basketball.

History

Refusal to Freudian Model

- Rejected Freudian model due to observations of psychoanalytically trained therapists.
- Observed limited utility of psychoanalytic training in counseling young people.
- Influenced by G. L. Harrington, who believed in real-world projects.

Reality Therapy

- Introduced reality therapy in 1962, presenting public lectures on the subject.
- Applied the principles to the classroom and school organization.
- Published Schools Without Failure in 1968, influencing school administration and teacher training.
- Advocated for a curriculum geared to learners' lives.

History

Revolution and Evolution

- In the 1980s, Glasser learned about **control theory** from **William Powers**.
- Changed the theory to choice theory in 1996, reflecting his development.
- Reality therapy emphasizes **individual responsibility** for behavior and control over current needs and desires.

Approach

- **Glasser's five genetically encoded needs** that drive us all our lives: survival, or self-preservation; love and belonging; power, or inner control; freedom, or independence; and fun, or enjoyment.
- People strive to meet these needs, but often struggle to achieve them effectively.
- Socializing with others is a way to meet the need for belonging.
- Reality therapy emphasizes that **individuals control their actions towards meeting their basic needs.**

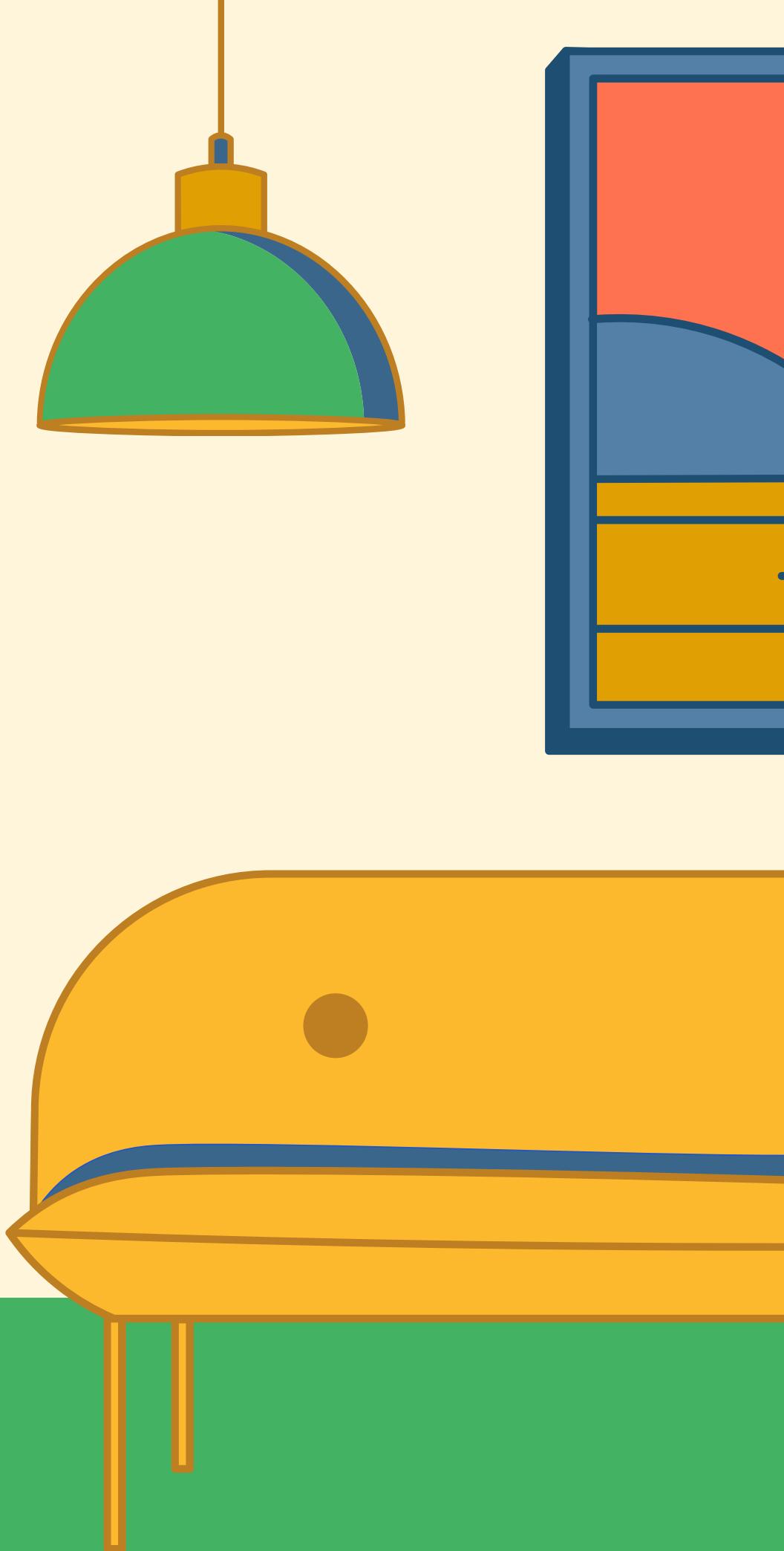
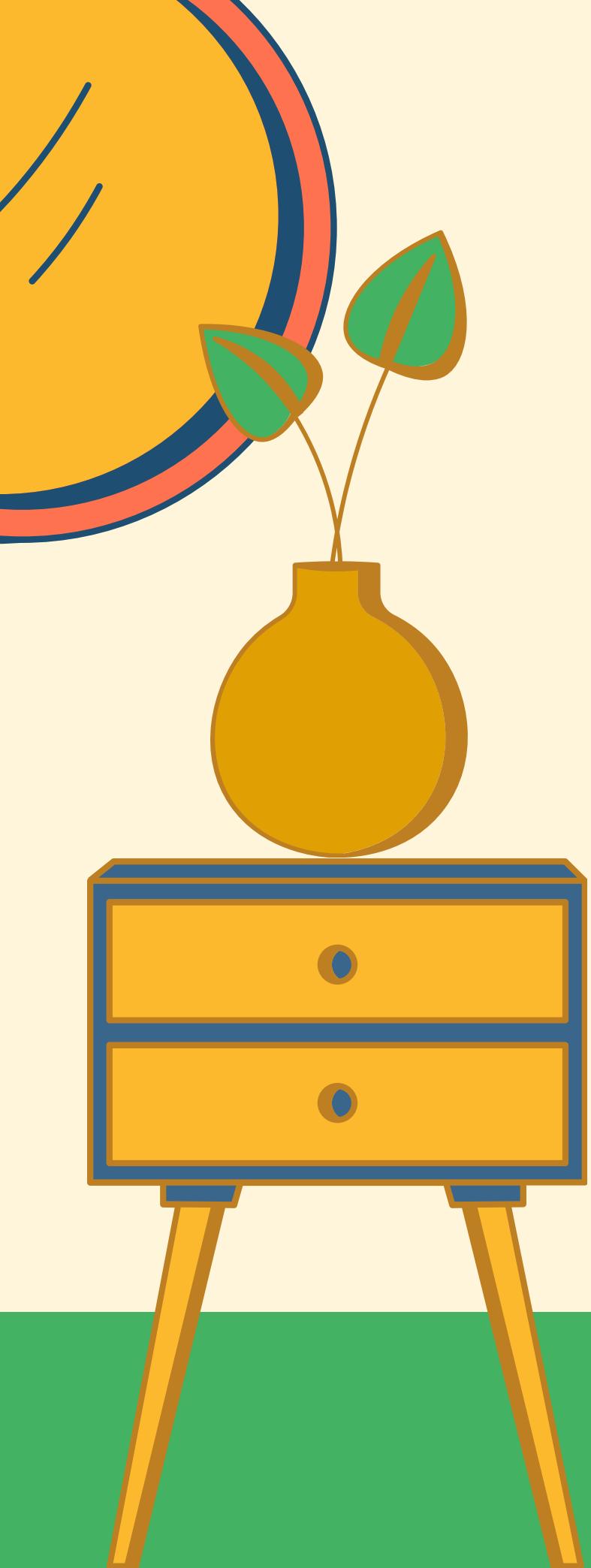


Approach

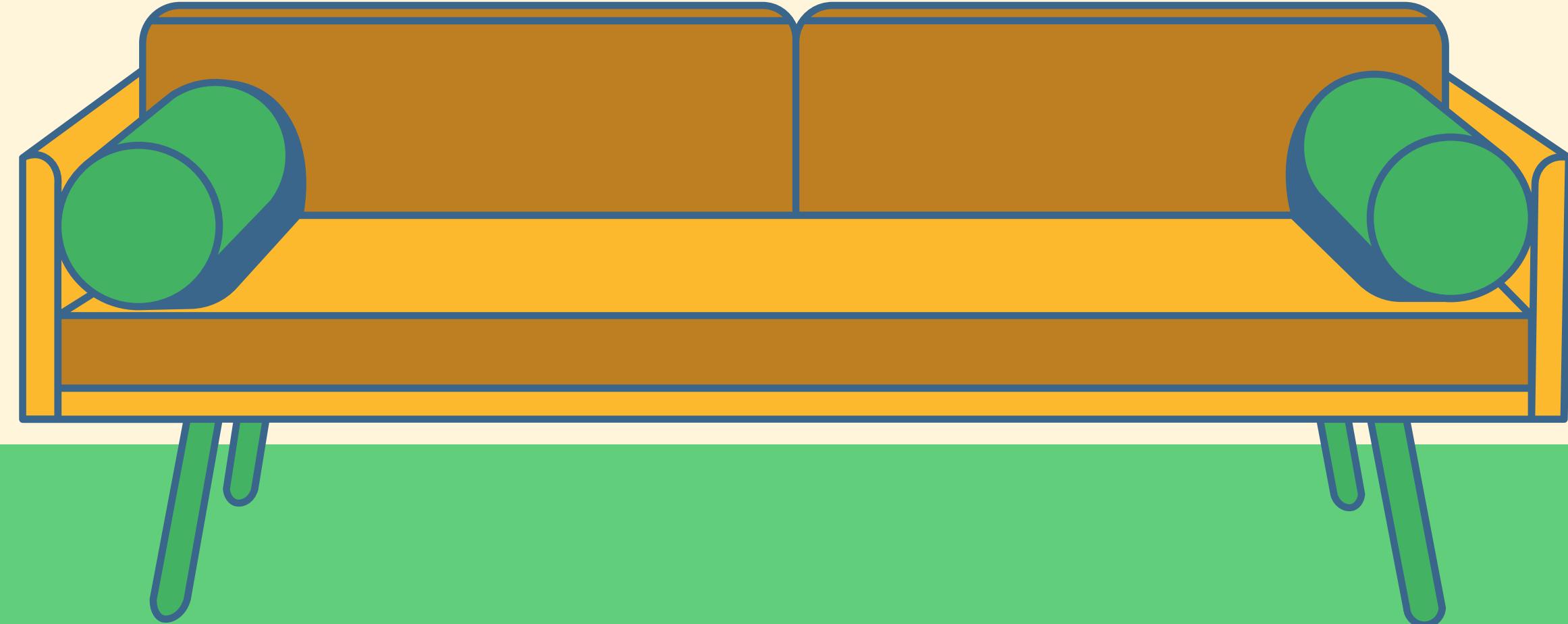
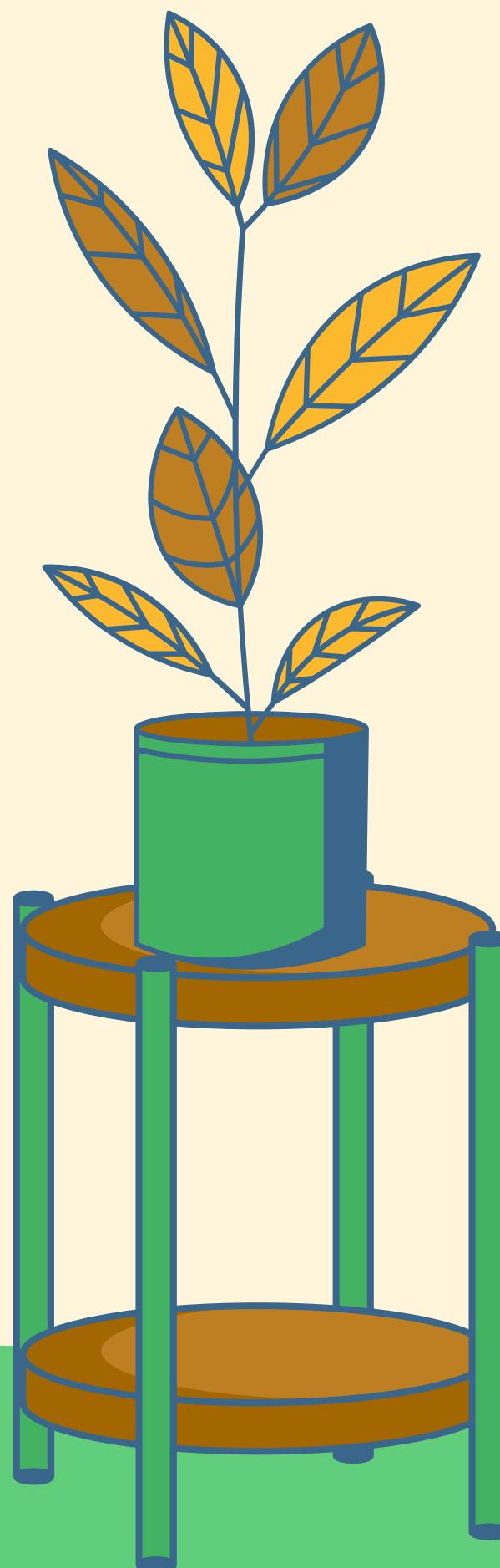
- In society, survival needs are usually met, but how to meet the remaining four needs is often problematic.
- Reality therapy emphasizes the importance of **awareness of one's current desires and making choices** that align with these goals.
- The reality therapy is a therapy of decision-making and change, recognizing that humans need not be held captive by past influences.



CORC IDCAS



The Choice Pathway: An interactive discussion about Action and Behavior



The Tale of Jewel's Study Struggles

Jewel was a bright student who loved exploring new hobbies, hanging out with friends, and scrolling through her favorite social media apps.

However, when it came to studying for her exams, she often put it off.

The night before her big math test, Jewel sat at her desk, flipping through her notes. But instead of solving problems, she picked up her phone. "I'll just watch one video to relax," she thought. Hours later, the clock read midnight, and Jewel had barely opened her textbook.



The Tale of Jewel's Study Struggles

Deep down, Jewel felt overwhelmed by sticking to a rigid study schedule. She didn't like feeling tied down or restricted. Scrolling through social media felt like an escape—a way to reclaim her freedom.

The next day, Jewel struggled through the test. The questions seemed impossible, and her stress skyrocketed as she realized she wasn't prepared. When the results came in, she saw a grade far below her usual standard. Disappointed and stressed, Jewel vowed to do better—but she wasn't sure how to start.



The Tale of Jewel's Study Struggles

Jewel's Dilemma: To Change or Not to Change?

Jewel stood at a crossroads. She knew her procrastination had caused her stress and poor performance, but the idea of changing her routine felt challenging. She had two choices: stick to her old habits or try new approach.



The Tale of Jewel's Study Struggles

Choice 1: Stay the Same

Jewel thought to herself, "I've always worked this way. I'll just try harder next time."

What Happens Next?

- Jewel continued to procrastinate, scrolling on her phone for hours before tests. When exam day came, she felt the same panic and stress as before. Her grades stayed low, and her confidence took a hit.
- Consequence:
 - Increased stress.
 - Unmet goals.
 - Continued frustration and disappointment.



The Tale of Jewel's Study Struggles

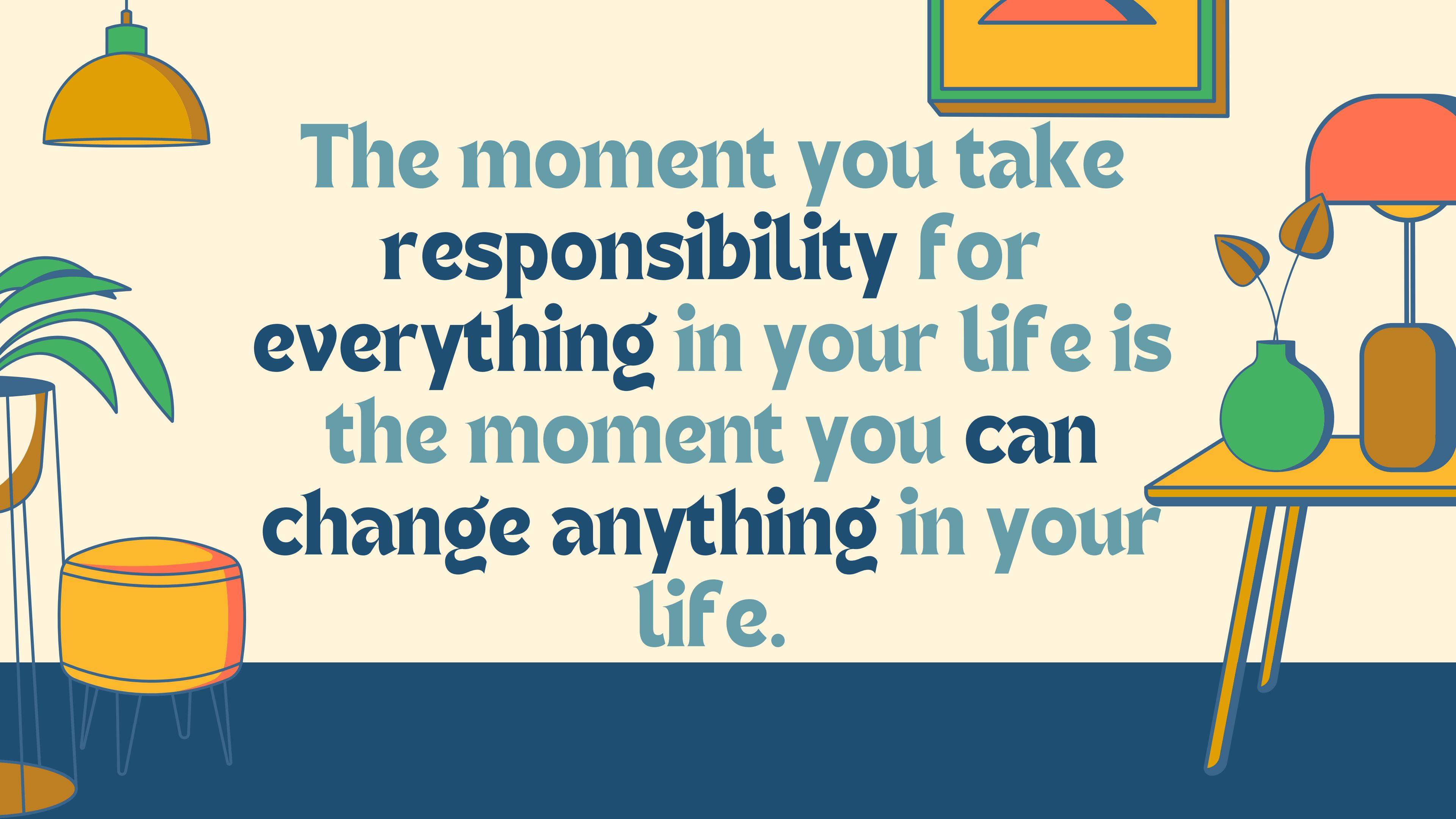
Choice 2: Change Her Behavior

Jewel considered changing: "Maybe short study sessions with breaks could work." She gave it a try, setting a timer for 25 minutes of studying followed by 5-minute breaks.

What Happens Next?

- Over time, Jewel noticed studying felt less overwhelming. She still enjoyed her breaks, but now they were rewards for her hard work. By exam day, she felt more prepared and confident. Her improved grades showed the payoff.
- Consequence:
 - Reduced stress.
 - Achieved goals.
 - Boosted confidence and satisfaction.

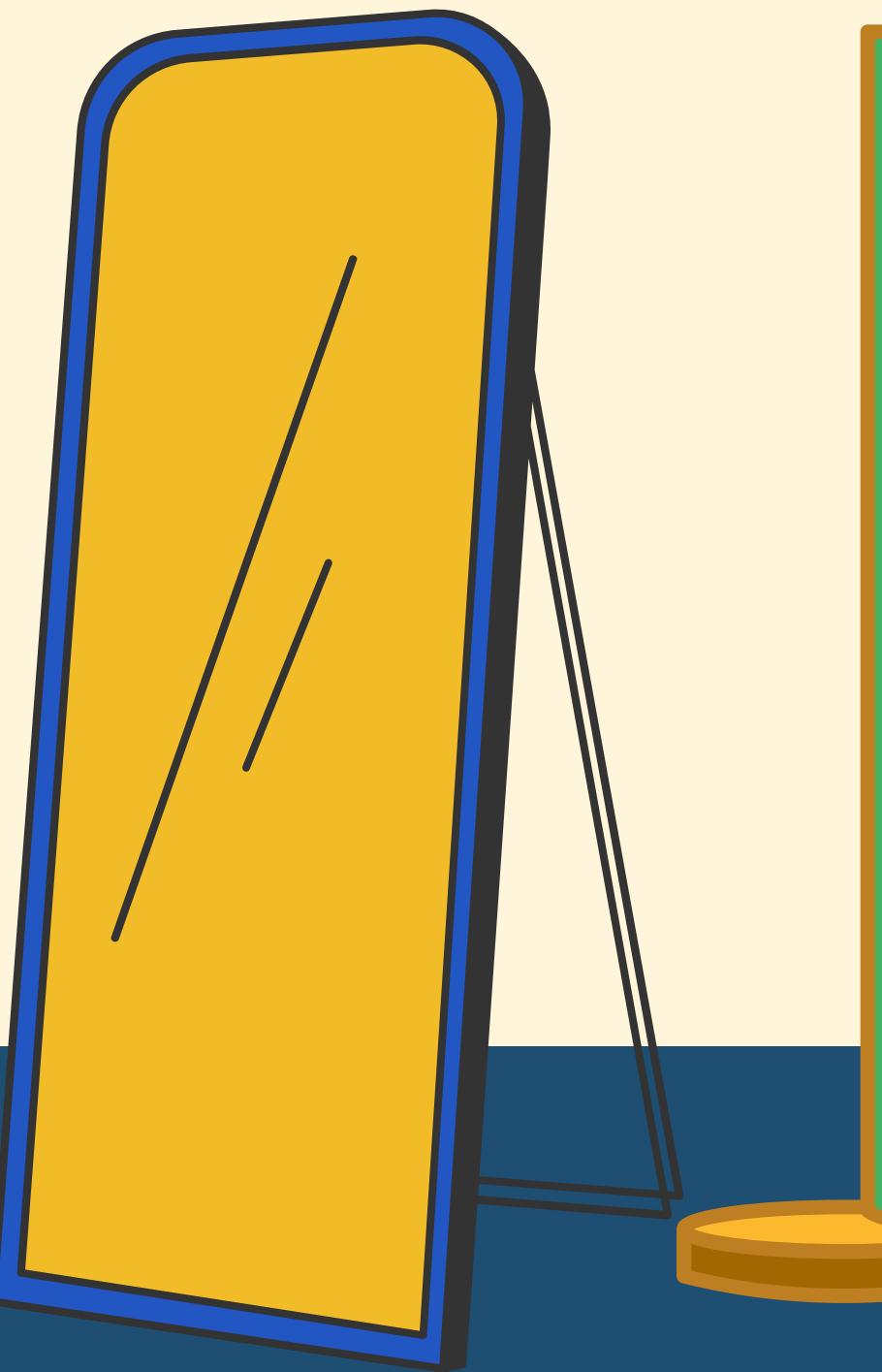




The moment you take
responsibility for
everything in your life is
the moment you can
change anything in your
life.

Glasser believes that there are five basic needs of all human beings:

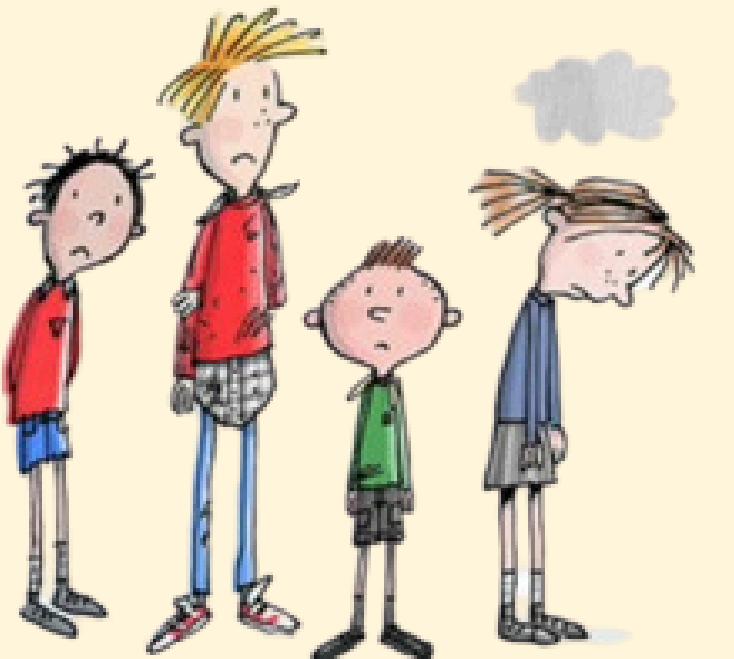
				
Love & Belonging	Power	FUN	Survival	Freedom
<ul style="list-style-type: none">✓ belonging✓ being loved✓ being respected✓ friendship✓ sharing✓ cooperation	<ul style="list-style-type: none">✓ recognition✓ success✓ importance✓ achievement✓ skills	<ul style="list-style-type: none">✓ enjoyment✓ laughter✓ learning✓ change	<ul style="list-style-type: none">✓ health✓ relaxation✓ sexual activity✓ food✓ warmth	<ul style="list-style-type: none">✓ choices✓ independence✓ freedom from✓ freedom to



Clients are involved with an unsatisfying relationship or lack relationships all together. Examples include...



food

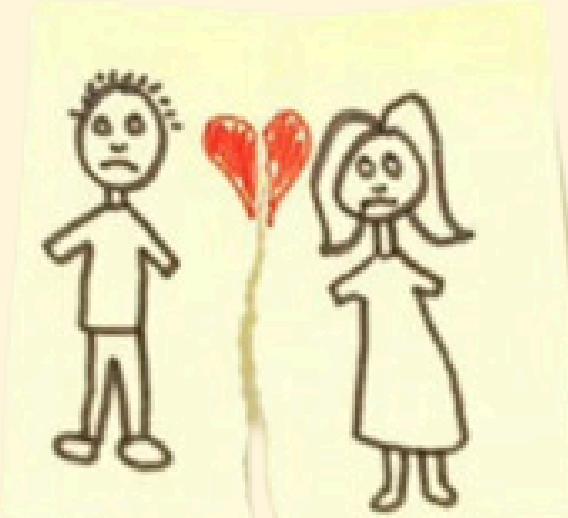


friendships

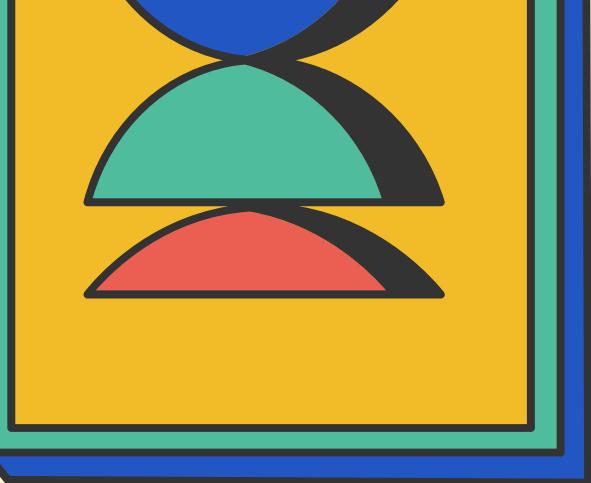


drugs

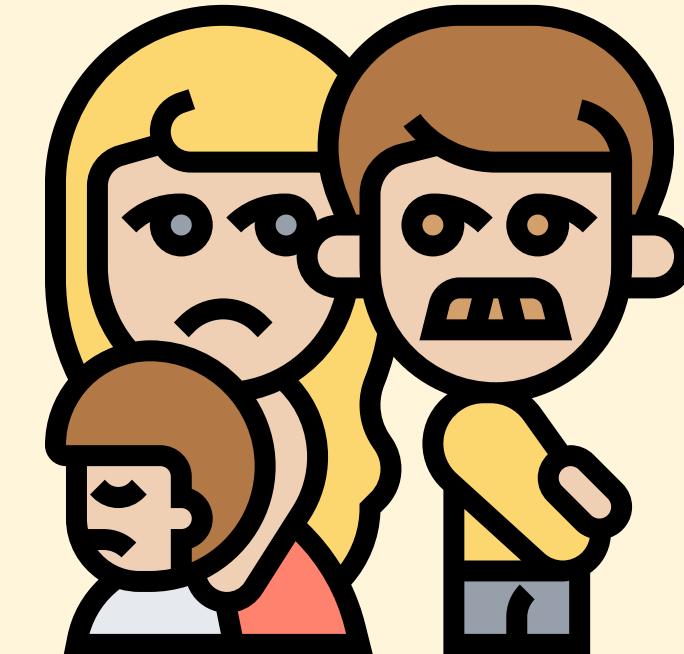
marriage



money



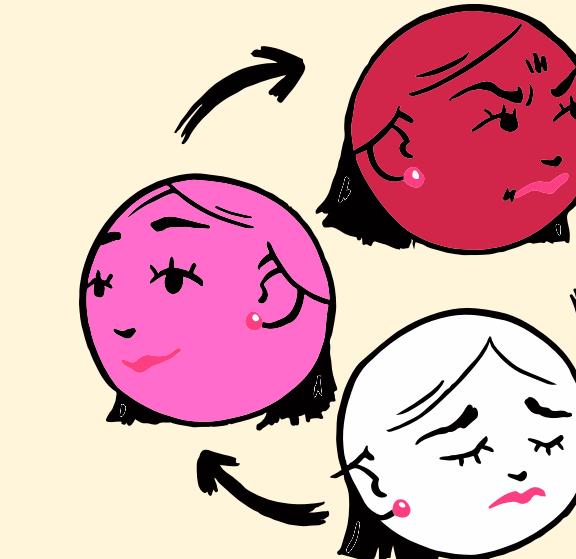
The Client's Problem= Unhappiness



Unhappiness is caused by their behavior



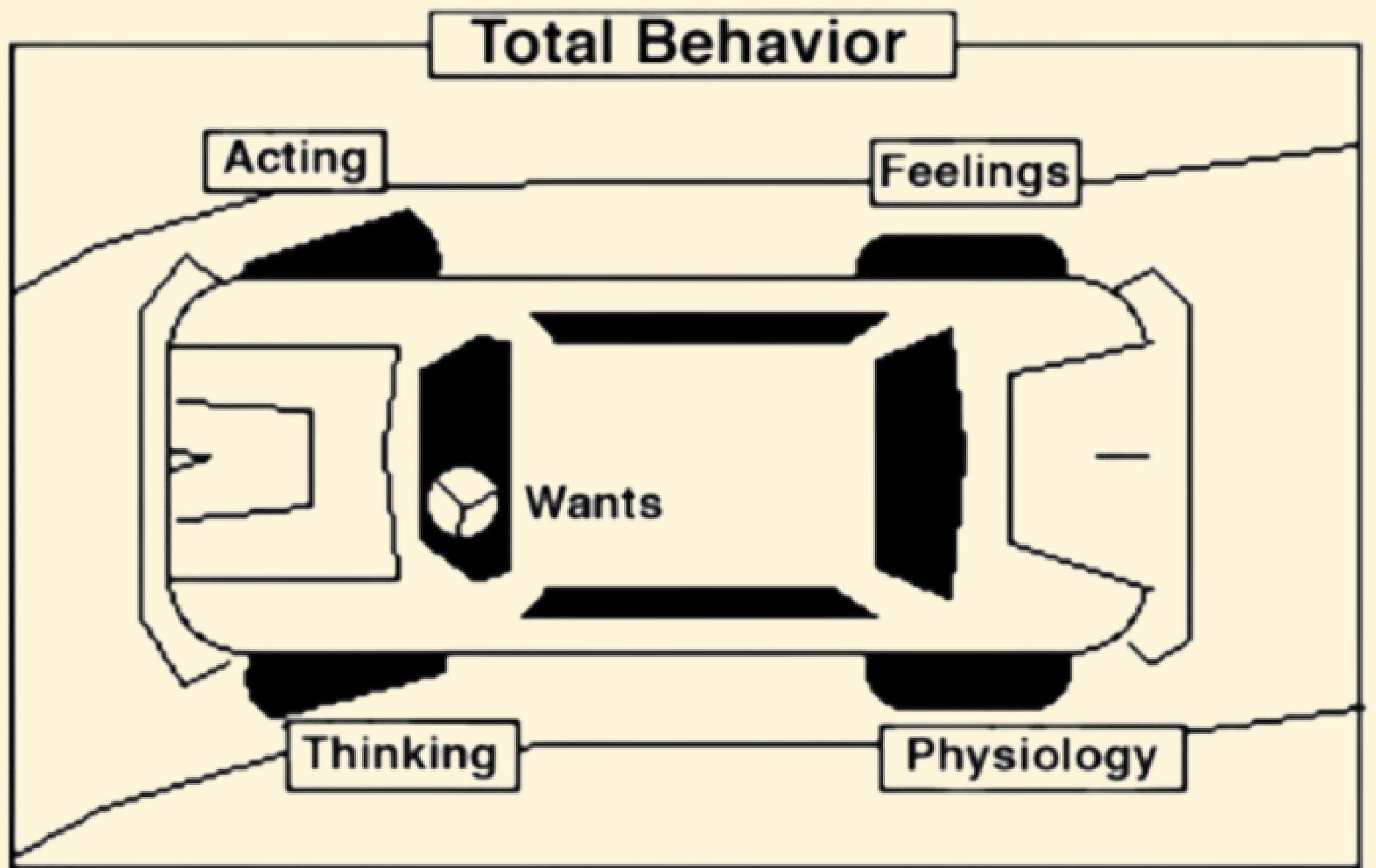
Thoughts



Feelings



Actions



BCHAVIOR

In reality therapy, one of the most powerful ways to create emotional change is by changing our behavior. Our actions are often the root cause of our feelings. When we choose to take different actions, especially those that align with our core needs and values, our emotional state often follows.



The only person you
can control is yourself.



CONTROL

It is a central issue in reality therapy, a therapeutic approach based on choice theory.

The Need for Control

Human beings inherently seek control to fulfill their essential needs, such as survival, love, belonging, power, freedom, and fun.

Two Primary Ways Control Leads to Client Challenges

- **Controlling Others-** An individual may attempt to dominate or manipulate others to meet personal needs.
- **False Sense of Control-** Using substances like drugs or alcohol to feel in control creates an illusion of stability.



Core Belief in Choice Theory

The heart of choice theory is the principle that individuals can only control themselves.

- Personal Responsibility
- Avoiding Blame

Consequences of Misusing Control

- **Alienation:** Clients may distance themselves from meaningful relationships.
- **Frustration and Pain:** The futile battle to control external factors often leads to psychological distress.
- **Inconsistent Self-Control:** Substance abuse creates erratic patterns of control, further complicating personal and social dynamics.



Promoting Healthy Control

- **Respecting Others' Autonomy:** Acknowledging that others have their own needs and paths.
- **Building Authentic Self-Control:** Avoiding shortcuts like substance use and developing sustainable coping mechanisms.
- **Responding Constructively:** Adopting a proactive mindset to respond to challenges within their sphere of influence.



Focus on the Present (Reality Therapy & Choice Theory)

Unlike traditional psychoanalysis which focuses on the past, Reality Therapy and Choice Theory focus on the present and future. The past is not the cause of issues but the source of current wants and behaviors.

Every person has a unique mental image or 'Quality World' formed by past experiences that gave them pleasure. This is what they strive to attain in life. Practitioners of Reality Therapy look at current behavior and help clients set realistic future goals rather than dwell on past events.

Focus on the Present (Quality World & Relationships)

Each person's Quality World is unique, influenced by their experiences and desires. In relationships, mismatched Quality Worlds can cause misunderstandings, such as one partner seeking emotional support and the other prioritizing financial stability. Understanding and respecting these differences is key to working toward common goals.

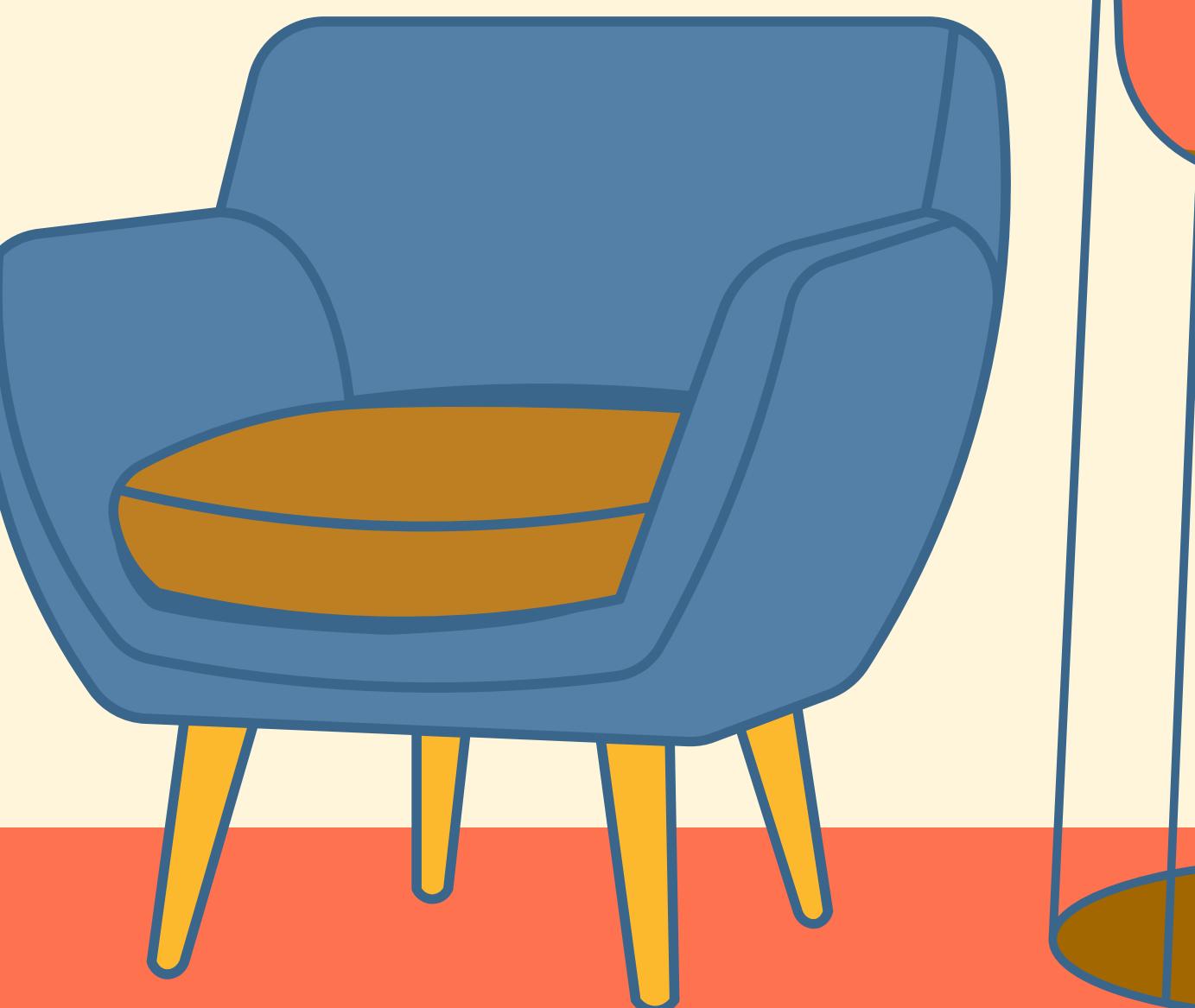
Instead of dwelling on the past, focusing on what each person wants now and how they can achieve it together strengthens relationships. By aligning choices with their true desires, individuals can create a healthier, more fulfilling future. Reality Therapy helps people focus on present actions to build the life they want.

Process



I. Involvement

- A **primary goal** of contemporary reality therapy is to **help clients get connected or reconnected** with the people they have chosen to put in their quality world.
- The **client needs to feel that the therapist** is someone that he would **want in his "Quality World"**.
- **Counselors** create a **climate that leads to involvement with clients**. (e.g., *attending behavior, listening to clients, suspending judgment, doing the unexpected, using humor appropriately, etc.*).



2. Evaluating current behavior

- Therapist asks the client to **make a value judgment about his or her current behavior.**
- It is important that the **judgment be made by the client** and not the therapist.
- Reality therapists assist clients in making more effective and responsible choices related to their wants and needs.
- **Teach clients how to engage in self-evaluation,** which is done by raising the question, “Is what you are choosing to do getting you what you want and need?”



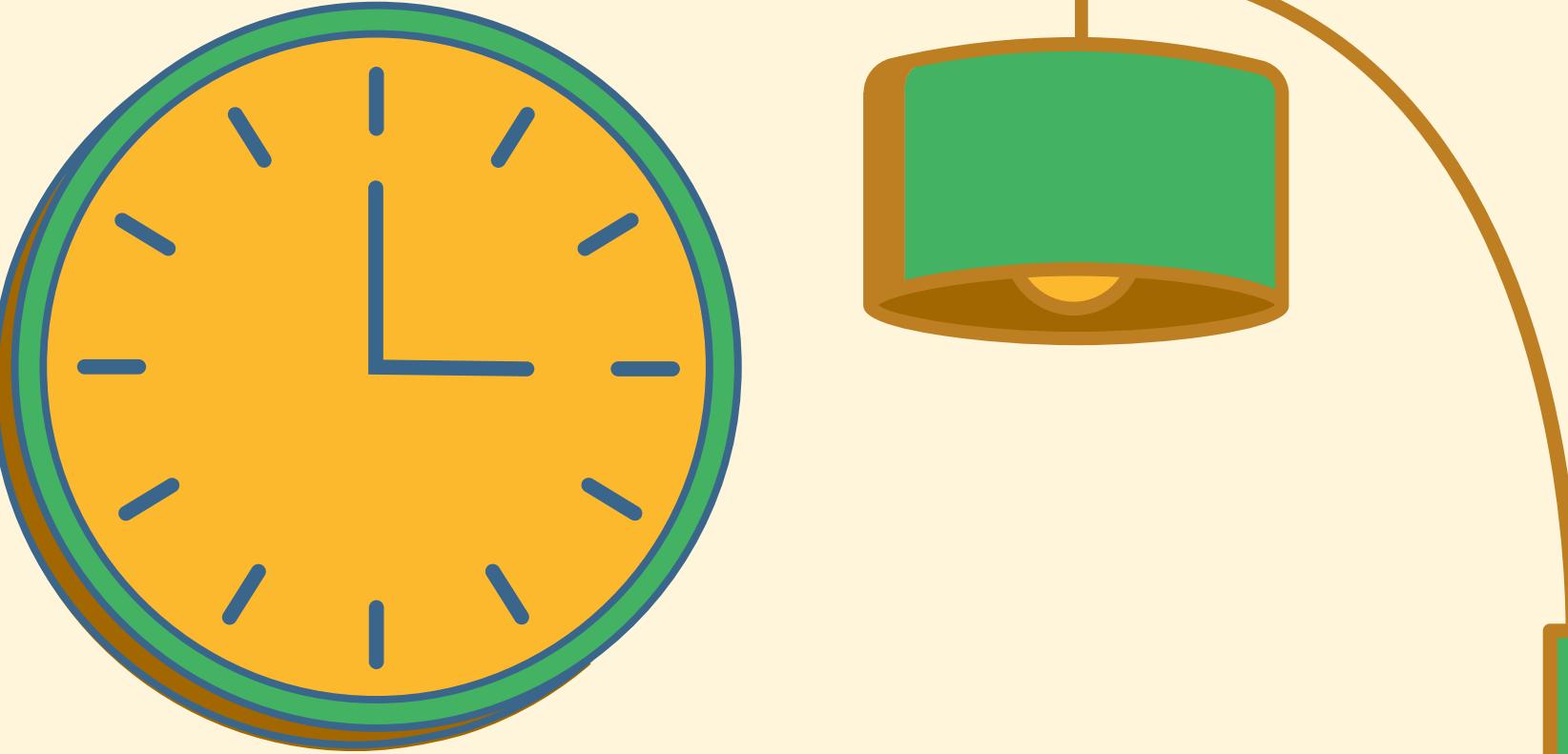
3. Planning possible behavior

- Client is likely to need some suggestions and prompting from the therapist, but **it helps if the plan itself comes from the client.**
- Relationship with the therapist sustains the client long enough for them to establish these other relationships.



4. Commitment to the plan

- Client must make a commitment to carry out the plan.
- Resolutions and plans are empty unless there is a commitment to carry them out.



"No Excuses, No Punishment, Never Give Up"

WDCP System

- Wubbolding (2000) uses the acronym WDEP to describe key procedures in the practice of reality therapy.
- It can be used to help clients explore their wants, possible things they can do, opportunities for self-evaluation, and design plans for improvement
- Grounded in choice theory

Remember: W= wants, needs, and perceptions; D=direction and doing; E= self-evaluation; and P=planning



1. Wants (exploring wants, needs, and perception)

- It is useful for clients to define what they expect and want from the counselor and from themselves.
- The **key question** asked is, “What do you want?”, “How do you look at the situation?” “Where do you see your control?”

2. Direction and doing

- Focus on the present is characterized by the key question asked by the reality therapist: “What are you doing?”
- **Problems must be solved either in the present or through a plan for the future.**

3. Self-evaluation

- It is the **cornerstone of reality therapy procedures**
- Ask clients to make the following self-evaluation: “Does your present behavior have a reasonable chance of getting you what you want now, and will it take you in the direction you want to go?”

4. Planning and action

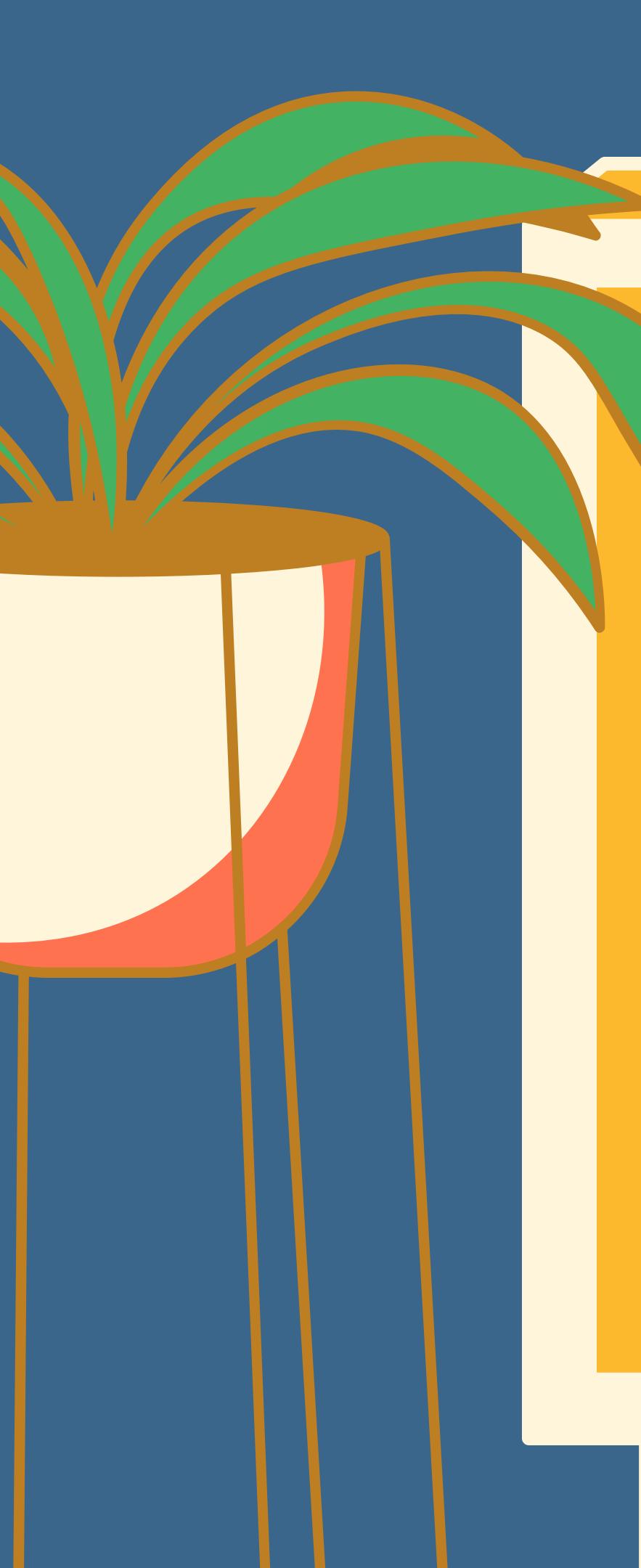
- The process of creating and carrying out plans **enables people to begin to gain effective control over their lives.**
- Although planning is important, it is **effective only if the client has made a self-evaluation and determined that he or she wants to change a behavior.**
- Wubbolding uses the acronym **SAMIC** to capture the essence of a good plan: *simple, attainable, measurable, immediate, involved, controlled by the planner, committed to, and consistently done.*

Principles

- Focus on the present and avoid discussing the past.
- Avoid discussing symptoms and complaints as much as possible.
- Understand the concept of total behavior.
- Spend less time on what they cannot do directly.
- Avoid criticizing, blaming and/or complaining and help clients do the same.
- Remain non-judgmental and non-coercive, but encourage people to judge all they are doing by the Choice Theory

Principles

- Teach clients that legitimate or not, excuses stand directly in the way of their ability to make needed connections.
- Focus on specifics.
- Help them make specific, workable plans to reconnect with the people they need, and then follow through on what was planned by helping them evaluate their progress.
- Be patient and supportive but keep focusing on the source of the problem: disconnectedness.

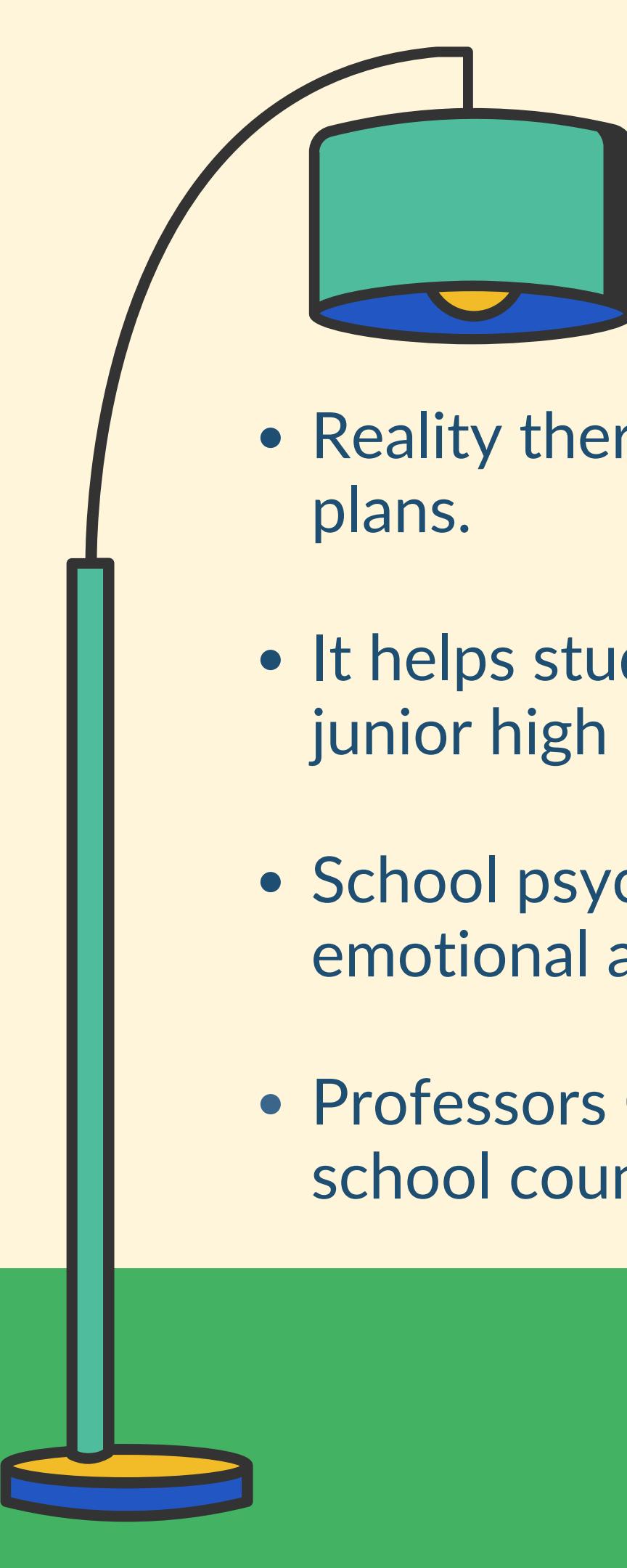


CONTRIBUTIONS OF REALITY THERAPY

- The advantages of reality therapy are its relatively short-term focus and the fact that it deals with conscious behavioral problems.
- Commitment to clients self- evaluation_and a plan of action are the core of therapeutic process rather than insight and awareness.



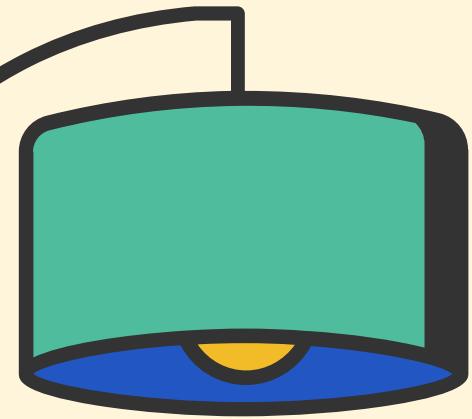
Application of Reality Therapy



I. In Education



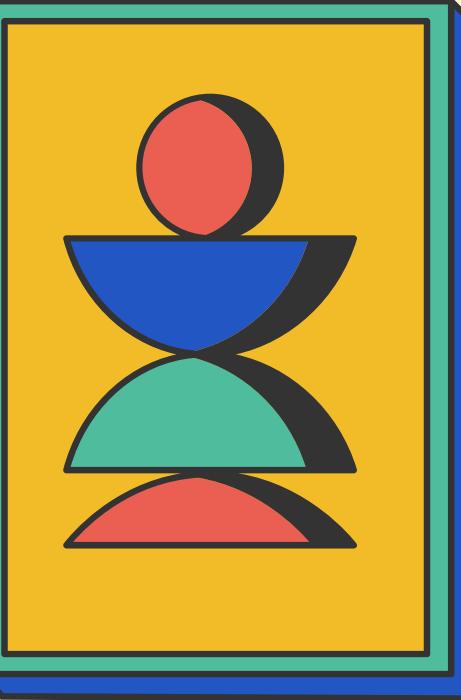
- Reality therapy is often used in schools as a part of classroom management plans.
- It helps students develop an internal locus of control, especially underachieving junior high school students.
- School psychologists and counselors use this method to help students with emotional and behavioral challenges.
- Professors Cynthia Palmer Mason and Jill Duba propose using reality therapy in school counseling to build positive relationships and boost students' self-esteem.



1. In Education

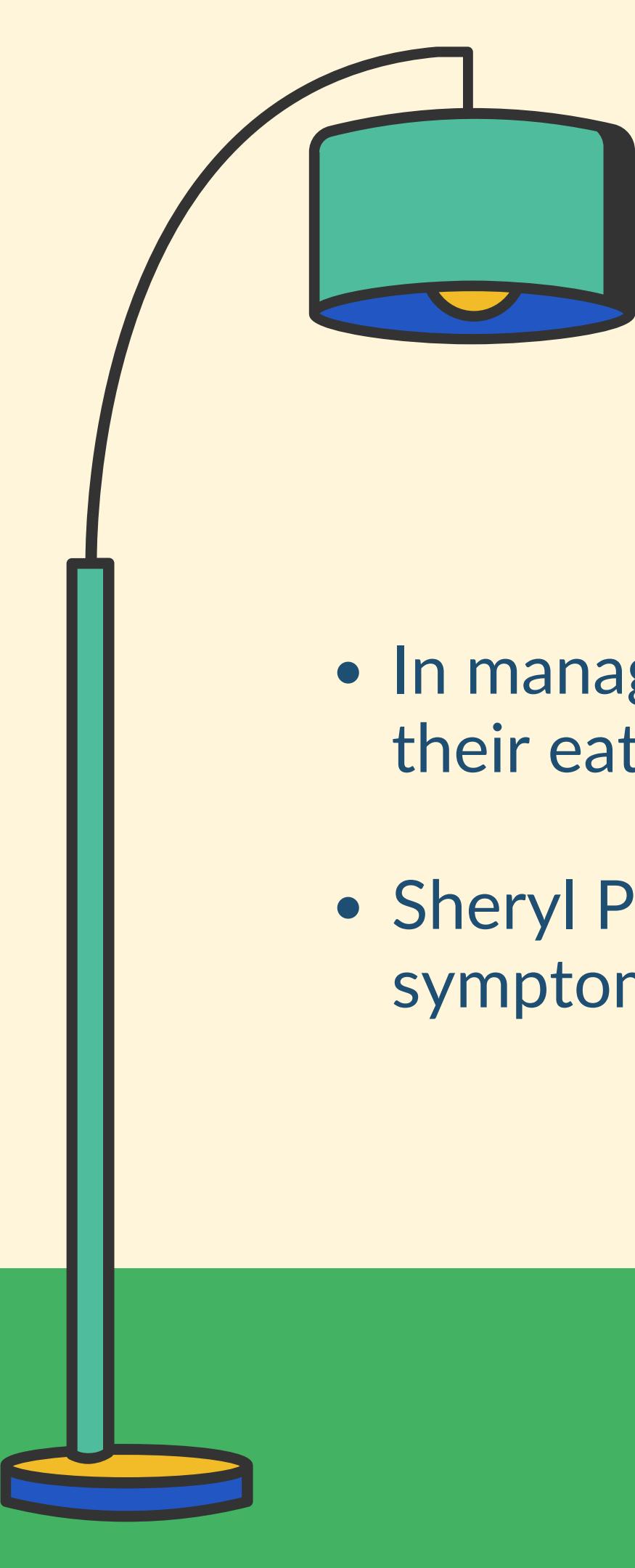


- Studies show that reality therapy improves self-concept among elementary school students.
- At-risk and alternative schools have implemented reality therapy techniques to create better learning and social environments.



2. In Athletic Coaching

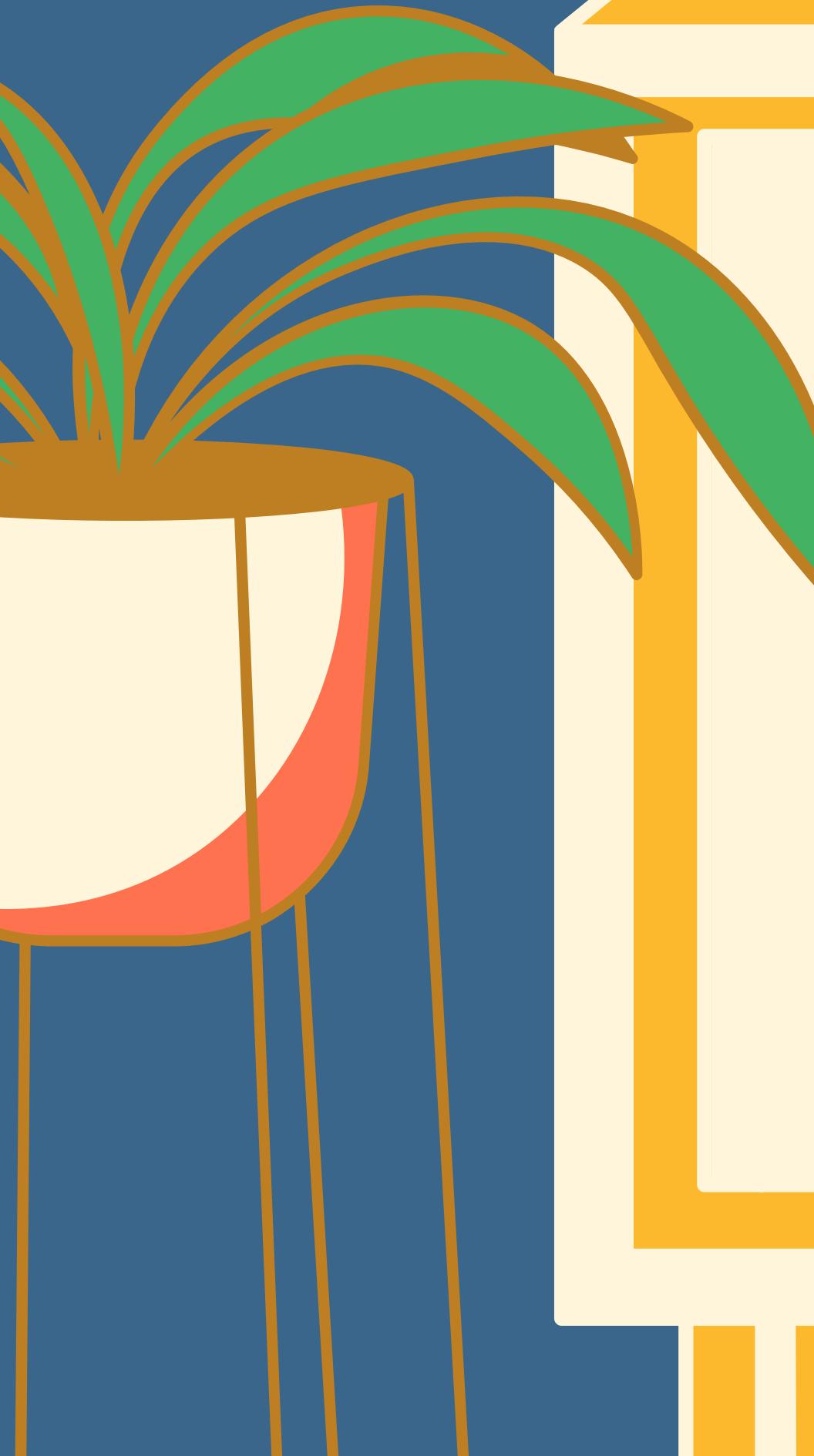
Coaches like Ken Klug highlight how reality therapy techniques build strong relationships, create positive teaching environments, and help athletes set meaningful goals.



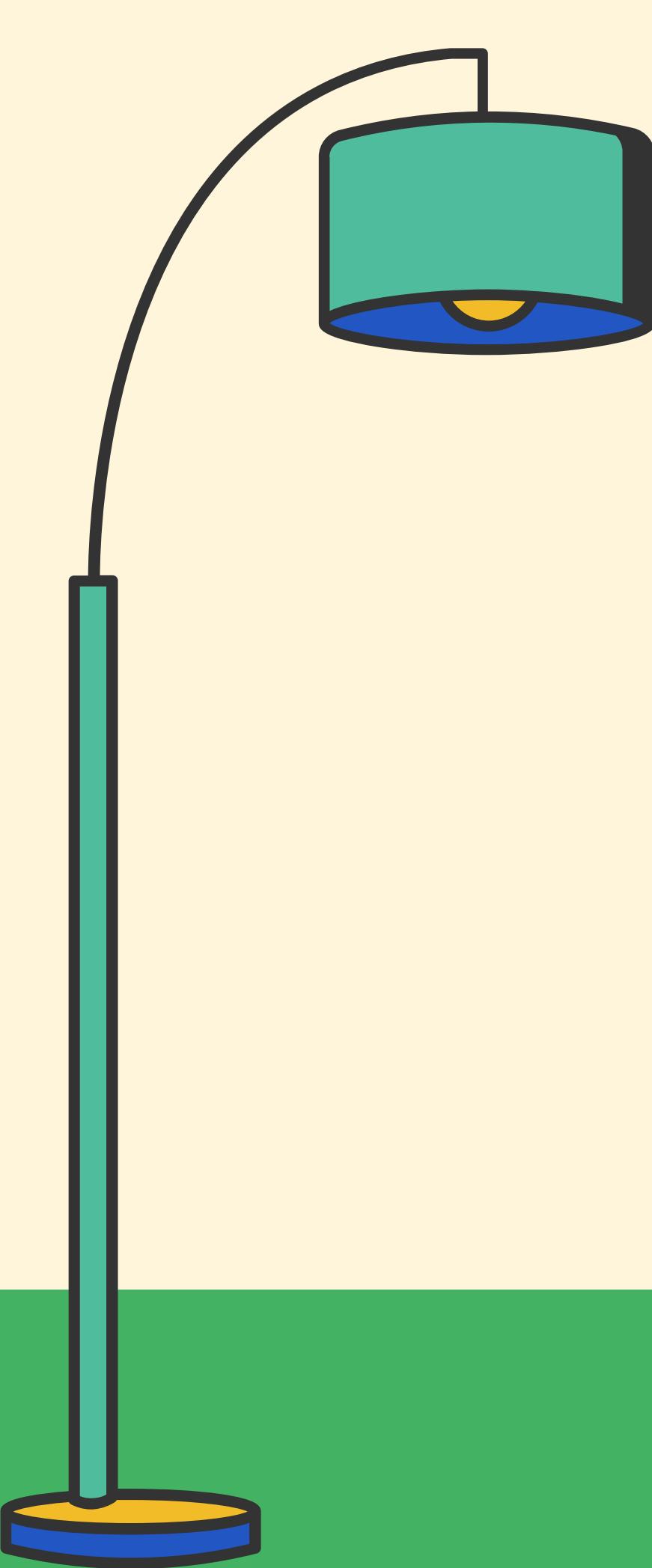
3. For Health and Mental Well-being



- In managing childhood obesity, reality therapy helps children evaluate their eating habits, set realistic goals, and make healthier choices.
- Sheryl Prenzlau's research in Israel shows that reality therapy reduces symptoms like somatization and rumination, common in PTSD patients.



CRITICISMS OF REALITY THERAPY



CRITICISMS OF REALITY THERAPY



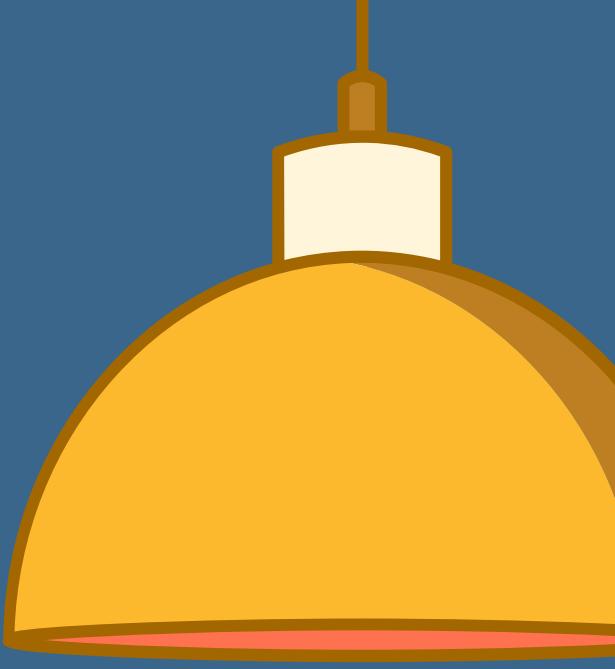
- Focus on Present Problems
- Limited Scope
- Personal Responsibility
- Freedom and Happiness
- Choice of Behavior
- Understanding Mental Illness
- Contrasting Therapy Approaches
- Disconnection Concept

POST-ACTIVITY

For attendance, state your name, share your thoughts
in the padlet and get a chance to win a prize!

Padlet





Thank you for listening!

Don't hesitate to ask any questions!

