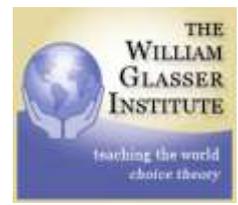


E-Bulletin E-Bulletin E-Bulletin

Institut William Glasser Institute - Canada Region



November 09

All behavior is purposeful but not necessarily responsible.

Number3

Report From Moncton NB

French

The AGM was held on Saturday Sep. 19, 2009.

French



The Treasurers report was received and is available on request.

French



A second VP position was created.

French



The executive for 2009/10 is as follows.

French in between

President: Ellen B. Gélinas

VP: Rolf Ahrens

VP: Nancy Grant

Secretary: Maria Trujillo

Treasurer: Jean Suffield

Past President: McIntosh



All members on our mailing list will have received the new standing committee structure that was adopted.

Report from Ellen:

The Executive of WGI-Canada met in Moncton, New Brunswick, from September 17 to September 20th. The purpose of this Executive Retreat was to set a direction for the next 1 to 5 years.

Rolf has compiled and sent you some the results of our work together for your information and hopefully, your renewed interest! Our plan is to consult and work with you to develop working committees to support our goals and objectives.

One key area of concern for us are changes to the teaching or delivery of the training; prescriptions for specific tools to be used in the teaching of procedures; and finally, changes to the theory itself.

The position of the Executive is as follows:

In the absence of a clear and transparent process and /or structure designed to protect fairly the unchangeable core of Choice Theory® and any subsequent changes that remain true to the central tenets of the theory, we the executive of WGI-Canada take the following position:

We do not agree to the dilution of our program and therefore do not support a 3-day, 20 hour delivery of program. We support the continuing development of programs that are 27-hours in duration.

We argue against the proposal that WDEP be the standard for teaching the procedures. It is known to us as one possible tool or memory aid. There are many effective ones that encourage a less step-like process.

We reject changes to Choice Theory® without international consultation and appropriate, acceptable support for the changes.

We will keep you informed and expect to hear from you.

[Start French Here](#)

Please remember to send us your new email address:

French

rolfahrens@shaw.ca

French

⊗

Reminder of the availability
of Scholarships.

Go to the wgicanada.com.

Under resources click on
scholarships.

Committee members are:

[French](#)

Charles LeBlanc- Chair

chalise@nbnet.nb.ca

and Lucy Scott - Member at

Large

lscott@realitycounselling.ca

⊗

Continue French here from page 1

Hope is important for your brain.

Neuroscientists are investigating the **science of hope**. It turns out that a feeling of hopefulness changes your brain. Your brain pumps chemicals when experiencing the sensation of hope. These chemicals can block pain and accelerate healing.

Hope, which involves belief and expectation, cause the brain to release neurochemicals called endorphins and enkephalins which actually mimic the effects of morphine. The result is that the brain can overcome hurdles and move to a place of recovery. In scientific terms, hope and recovery are not causally connected, but they are correlated.

I believe hope is as vital to the brain as the oxygen we breath.

Terry Small, Brain Bulletin #45

[French](#)