

Choice Theory Online!

Shifting The Way You See The World.

Requirements for the Choice Theory Basic Intensive Online Training

The duration of this online course is approximately 45 hours in total. Below are the different steps that you will be required to complete during your learning process:

Engage yourself in the online self-learning processes (9 modules) for a total of approximately 25 hours over a 12 to 14 weeks period. Participants complete each module at their own pace, and are required to meet set deadlines to be ready for the face to face online live sessions throughout the training. The completion of the following 9 modules are required for certification.

MODULES

Module #1 – Internal Control Psychology vs. External Control Psychology

Module #2 – Five Basic Needs according to Doctor William Glasser

Module #3 – Real World versus Perceived World - Perceptual System

Module #4 – Quality World

Module #5 – Comparing Place represented by a scale

Module #6 – Behavioural System and Creativity

Module #7 – Total Behaviour (the small car)

Module #8 – Graphic Representation of Choice Theory

Module #9 – Introduction to Reality Therapy – Application of Choice Theory

Participation in the face-to-face online sessions with the approved instructor by William Glasser International Inc. (approximately 90 minutes each). The main objective of these live online sessions (face-to-face) is to give the participants teaching points on the Choice Theory questioning process and on how to put into practice what they have learned in the modules. These sessions are very important, and participants must attend a minimum of 5 sessions in order to receive the Choice Theory Basic Intensive Training certificate, approved by William Glasser International Inc.

Example of the sequence of these online sessions:

- 1) Welcoming session on the start date
- 2) Covering modules: 1, 2, and 3
- 3) Covering modules: 4, 5, and 6
- 4) Covering modules 7 and 8
- 5) Covering part A of module 9
- 6) Covering part B of module 9 and closing note for the online face-to-face session.

Please note that the sequence will be discussed with the facilitator during the welcoming session.

The dates for the online sessions are listed within each virtual classroom indicated under the “Register now” tab on the following web site www.choicetheoryonline.com. Please note that there will be some flexibility in the dates and times for the online live sessions.

Participate as much as possible at the Discussion Forum: At the end of each module, you will be given an opportunity to assess what you have learned and to create relationships and share your thinking with others in this course. The purpose of the discussion forum is to provide ways for participants to self-evaluate what is presently occurring in their own lives, and decide how the information presented here impacts their thinking and behaviour. We encourage participants to keep a notebook or journal and write down answers to these questions as a means of self-reflection. Please note that you have the liberty to share what you are comfortable with and you will not be asked to share any personnel issues.

Required reading: *Choice Theory: A new psychology of personal freedom.* (1998). NY: Harper & Row, by Dr. William Glasser.

For more information, go to www.choicetheoryonline.com

For questions, please send us and email at: choices@thekeyassociates.ca

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