

CONNECTING THROUGH CHOICE

June 2023 - Volume 1, Issue 4



Message from our President

I acknowledge the traditional owners of the lands and seas where Glasser Australia (GA) members live, work, play and connect, I pay my respects to elders' past, present and future. I am proud to share these amazing lands and seas with the oldest living culture on earth.

I have been reading Dr Glasser's biography. After achieving his Engineering degree, Dr Glasser was determined to continue studying psychology. One reason for his interest was that he wanted to learn how to deal with his own shyness. He completed his Masters degree in clinical psychology, later becoming a psychiatrist. His ideas about mental health were controversial when Freudian psychology was the popular therapy of the day and his training as a psychiatrist.

I found it interesting that Dr Glasser like many of us who have continued the journey of using and teaching Choice Theory principles have done so because it made a profound difference for us in gaining more effective control around the challenges in our lives. By using Choice Theory principles as a way of life, we take on personal responsibility by using Connecting Habits instead of external control to act in ways to improve our relationships with ourselves and others.

One of Dr Glasser's favourite questions when working at the Venturer school and the rehabilitation hospital was, 'What are you going to do about your life, beginning today?' A question that implies that no matter what has happened or what is happening in your life, the onus is on us to make the best of the situation, focusing on what we can control and how we can best meet our basic needs in the current situation.

It is easy to focus on all the things going wrong around us. However, if we ask ourselves the following questions, we may improve our mental health. What is my Quality World picture of the person I want to be and the life I want to lead? What am I doing to achieve that? More importantly what am I going to do today to achieve that or move me closer to the picture I want for myself and my relationships? How can I do that without interfering with others meeting their needs? How do I and how can I contribute to a compassionate, caring and needs satisfying environment in the world around me? Just some food for thought.

Susan Fleming
Acting President



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Board Matters

The Board is now reviewing our pillars which focus on various aspects of our strategic plan in preparation for our Annual Report and setting priorities for 2024.

The Chairs of these pillars are:

- Cathy Dillon – Governance - E: cathydillon@glasseraustralia.com.au
- Susan Fleming – Support, Training and Faculty Growth
E: immpastpresident@glasseraustralia.com.au
- Jodie Patterson – Collaborate, Lead and Influence E: secretary@glasseraustralia.com.au

Please feel free to contact the chairs of these pillars if you wish to join or contribute.

Reminder: The registration fees for trainings will going up 1st July to \$220 including GST as negotiated last year.

We have implemented a half price code for 6 months membership till the end of 2023. If you know of anyone who is interested in becoming a member contact Paula for the code.

The International Representative Jane Newman reported that the new training policy has been approved at the last WGI meeting. As soon as it is published, we will distribute it to our faculty for consultation and consider the implications for GA policies.

One of the agenda items for our next board meeting is the GA Training Fee Policy and Procedure being developed by the Governance committee. Included in this policy is the proposal to give one invoice to trainers for the registration fees of each of the following: Basic Intensive Trainings, Basic Practicums, Advanced Intensive Trainings and Advanced Practicums instead of invoicing schools or organizations separately.

In response to feedback from new candidates for Faculty training, the Support Training and Faculty Growth pillar are working with a group of new candidates to develop an induction pack for new Faculty starting on their faculty journey.

The Facebook page “Prac-chat” has been reinstated as a resource for counsellors and mental health workers to share ideas and practises in using CT/RT/LM with clients.
<https://www.facebook.com/groups/1715597521783812>

The date of our next board meeting is 25th July.



Purpose
To build a better world through quality relationships.

Guiding Principles
Accepting, Negotiating, Listening, Encouraging, Respecting, Supporting & Trusting

| Strategic Pillars | Collaborate, Lead & Influence | Governance | Support Training and Faculty Growth |
|----------------------|--|--|---|
| Aspiration | Glasser Australia will utilise our strategic pillars to promote quality training and enhance relationships with members, strategic partners, and wider communities. | | |
| Strategic Activities | <ul style="list-style-type: none"> • Grow quality relationships with members. • Clarify Glasser Australia's place. • Demonstrate credibility through a content marketing strategy. • Grow revenue. | <ul style="list-style-type: none"> • Develop a lead management aligned governance structure to meet organisational, legal and ACNC requirements. • Ensure compliance with ACNC. • Produce an Annual Report. | <ul style="list-style-type: none"> • Develop flexible learning options. • Engage faculty in professional development opportunities. • Promote Glasser Quality Schools accreditation program. • Manage access to training programs in collaboration with trainers. |

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Faculty News

The first virtual faculty get together took place on June 5 and it was a great turn out. 15 out of 16 people who said they would attend did and we also had apologies.

We took the opportunity to share with everyone some of the things we are all up to and it was reiterated more than once that a meeting like this met a lot of love and belonging needs as simply connecting with each other is vitally important.

Participants commented on being inspired by others work, it was great to hear the level of diversity and see new faces and faces we haven't see for a while.

We came up with a format for ongoing meetings which includes:

- Meet each quarter – next meeting scheduled for the 4th September 2023. First Monday of the month and if that Monday is a public holiday change it to the Tuesday on that month.
- Time: 6 – 7.30 - 1 ½ hours each meeting in EST and probably half an hour earlier in daylight saving time.
- Each meeting will be a combination of a round table sharing of what people are up to , with time to ask questions of that person, plus there will be up to 3 presentations per session. If people want to present something (does not have to be a power point) they need to let Paula know and it will be first in first served so to speak. Both Ivan and Dave have put their hand up for this so far (Dave will be working on how to share his wonderful collection of short films).
- We agreed if we need an agenda it would be decided at the meeting before hand. So next agenda after this will be decided at the next meeting.
- The group will have a rotating facilitator and Sue Berry has volunteered to be the next one. Part of that role will be to write a blurb for the newsletter and include the dates etc. for the next one.
- We also agreed the group could function to provide skills development, professional development and at some time we could look at how it could help with CPD and individuals meeting some of their CPD requirements by attending the sessions.
- The groups is open to all faculty and it was recognised that people will come and go as we all busy, however connection is vital.

Participants thought a yearly faculty retreat was vital and worthwhile. We tossed around some ideas and for 2024 thought March was the best month, however it was noted this month can be very busy so after next year we are open to changing the month. We thought to keep away from public holidays however still allocate 3 nights instead of two. So more work to be done on fine tuning. We all loved going to Max's last time and also recognised it is good to move it around so no date or venue has been decided.

All in all it was a great session. The next one is on September 4 and Paula will send all faculty an invite. I hope to see you all next time and look forward to the regularity of connection where we can really get to know what people are up to over an extended period of time and find more ways to support, encourage and work more with each other.

Thanks for the opportunity to facilitate this one.
In peace

Kalikamurti Suich

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Conference 2024 News

Glasser Australia (GA) is thrilled to be hosting the 2024 National Conference – ‘Choosing Wellbeing’ at Mantra Twin Towns on the Gold Coast, Qld., from 4th—6th October 2024.

The GA conference committee is aiming to attract keynote presentations and workshops that will bring new, exciting and innovative content to delegates to stimulate purposeful and meaningful discussions.

We will be seeking Expressions of Interest from GA Faculty / Members for two keynote speakers and sixteen workshop facilitators.

Keynote speakers confirmed:

Dr James Kirby Ph.D., - A Senior Lecturer, Clinical Psychologist, and the Co-Director of the Compassionate Mind Research Group at the University of Queensland. He also examines the clinical effectiveness of compassion focused interventions, specifically in how they help with self-criticism and shame that underpin many depression and anxiety disorders. James also holds a Visiting Fellowship at the Center for Compassion and Altruism Research and Education at Stanford University and is an Honorary Member of the Compassionate Mind Foundation.

Hon. Emma McBride - The Federal Member for Dobell on the New South Wales Central Coast. Since 2022 she has been the Assistant Minister for Rural and Regional Health and Assistant Minister for Mental Health and Suicide Prevention in the Albanese Government.

Professor Zoltan Sarnyai – M.D., Ph.D. (James Cook University). He was previously University Lecturer in the Department of Pharmacology, University of Cambridge and a Fellow of Pembroke College, where he was Director of Studies for Medicine. He trained at McLean Hospital at Harvard Medical School and at The Rockefeller University, supported by the DuPont-Warren Award and a NARSAD Young Investigator Award, respectively.

Ms Kari Sutton is a researcher, author, and international facilitator. Kari has undertaken research on the effects that significant abuse has had on children’s social and emotional wellbeing and how this could be ameliorated. This research, combined with her work with over 25,000 parents, educators, corporate employees, and children meant she was determined to change the conversation about how we promote positive mental health and emotional wellbeing.

Conference Convener
Maureen Sansom



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2024 CONFERENCE
Choosing Well-Being

Gold Coast Australia
4 - 6 October 2024

PLEASE SCAN QR CODE
TO REGISTER YOUR INTEREST

www.glasseraustralia.com.au

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Training News

Quarterly Faculty Connection Group Zoom Meetings.

On Monday June 5th the Faculty Connection Group initiated their first quarterly zoom meeting spearheaded by Kalikamurti Suich. The event witnessed an impressive turn out with 16 participants actively engaging in the virtual gathering. The primary objective of the meeting was to foster familiarity among the faculty members enabling them to discover each other 's areas of expertise, passions and key interests. This knowledge sharing exercise aimed to establish a stronger network within the group, facilitating referrals and enhancing collaboration opportunities for potential projects.

The platform served as an ideal setting for individuals to engage in meaningful discussion centred around their shared interests.

In the upcoming days, Paula will be dispatching invitations to all faculty members extending an opportunity to attend future meetings and actively contribute to this enriching forum. The forthcoming gatherings promised to be invaluable occasions for Faculty members to explore common areas of interest and foster collaboration within their academic pursuits. We look forward to seeing you at next gathering.

2023 Trainings Update:

The Basic Instructor Training Endorsement will go ahead in November 2023 with Maggie Bolton and Mary-Ellen Davis. Congratulations Laura Halliday, Duncan Davison, Kyler Walker (Becker) and Deb Cox.

We have six participants keen to continue their journey to complete Practicum Supervisor Training. We will keep you posted regarding this exciting growth for GA.

There are three Advanced Intensive Trainings (AITs) planned for June, with Maggie Bolton & Garry Garnaut, August, with Rob Stones.

At this stage we are asking for additional participants interested in completing Certification Training. We would dearly like to plan for this to happen later this year. Please let us know if you are interested or have anybody in your Advanced Practicum groups who would be interested so we can organise an appropriate Faculty Trainer.

Please contact Training Officers Bec Lane, or Cath Whalan at trainingofficer@glasseraustralia.com.au.

To view all Trainings for 2023 please visit our website <https://glasseraustralia.com.au/events-list/>

Bec Lane
Training Officer

Memberships 2023

Reminder: Memberships with Glasser Australia run from 1 January—31 December 2023 .

If you are Faculty and currently training in Australia you will also need to join WGI as a registered Faculty member.

To renew your membership with Glasser Australia please follow this link.

[Membership Levels | Glasser Australia](#)



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William Glasser International (WGI) Update

Denzyl Witbooi is the new Executive Director of WGI, having taken over from Kim Olver who is still supporting for the next month or so during this transition period.

Denzyl, from South Africa is a WGI basic instructor, has his MBA and is keen to work alongside the Board Chair, Lynn Sumida, to execute the strategic plan developed by the international board in Japan last year. He is beginning to connect with and understand the happenings of all the Member Organisations around the world and will meet with the Australian board in July.

Noteworthy...

Work has commenced as we plan for the next International Conference to be held in Chicago, 2024.

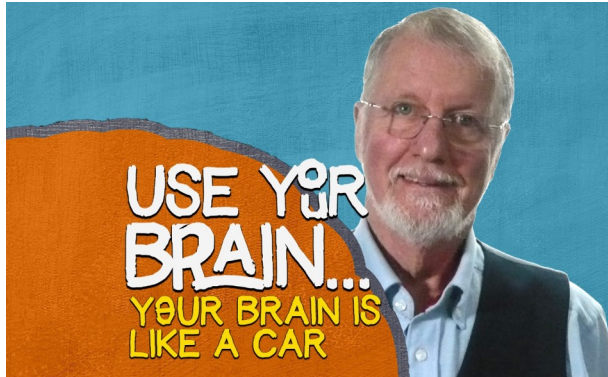
Leaders of the International strategic committees are currently finalising their elevator pitches ready to circulate with members to garner expertise and professional involvement...Look out for these!!



Jane Newman
International Representative

CONNECTING THROUGH CHOICE

Use Your Brain ... for a change



I'm Dave Hyatt, I could be retired but I still practice psychology part time and work on the 'Use Your Brain' project.

I've run Glasser and Trauma workshops at conferences and venues over the years and I've had good feedback. Currently I teach a U3A psychology course. And I want to make these ideas available to a wider audience. I was working on an idea for a book ... an old friend said 'why don't we produce this as video?' So we're adapting these programs to distribute over the internet.

We've built a website called 'Use Your Brain' at <https://useyourbrain.au> and also a YouTube channel at <https://www.youtube.com/channel/UCZakQD6attRxs04FcVkwedg> to publish our videos.

Here is a sample of Your brain is like a car <https://www.youtube.com/watch?v=0W4iVrLEwxM>

I'm not a TV presenter but I'm learning a lot as we work at adapting these ideas for the internet. In the first instance our primary audience is adults aged 55+, partly because this is the demographic I've had most experience with and because it's the one I'm more culturally aligned with!

The work of Dr William Glasser is important to me because he used simpler language to communicate with ordinary people. Simple language is important because I want these videos to be practical and accessible to everyone. The best thing that could happen is that the key ideas are clearly communicated and reach a broader audience.

A motto we are working with is "show me don't tell me." This is very useful because Glasser's work is often about changing images in our mind. Our aim is to communicate powerful ideas in simple language using; demonstrations, drawings, models, videos and music. A characteristic of our programs is that there should be minimal educational barriers for the audience.

We've started out working with the help of supporters and volunteers because want these programs to be free for anyone to use.

We plan to offer these programs for distribution in a variety of ways including networks such as community health organisations, U3A, retirement communities and homes.

We've started working with the help of supporters and volunteers. We want these programs to be free for everyone to use. If you think this is a worthwhile and valuable project and you would like to support us, please get in touch ... we would love to hear from you.

David Hyatt