

CONNECTING THROUGH CHOICE

December 2023 - Volume 1, Issue 6



Message from our President

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

We all have a range of Quality World pictures of what we want Christmas to be for us. Sometimes these are shared with those close to us. Sometimes they are at odds with others. For most people Christmas is about connection, celebration, gift giving and receiving. Gifts are more than the tinsel and brightly wrapped presents we give at this time of the year. The gifts of Christmas provide us with an opportunity to promote an inclusive community where we use our connecting habits. To accept, support and encourage each other to be our best selves with generosity, care, compassion and respect. Negotiating how to best meet ours and each other's needs during this joyful and busy time.



What gifts are you giving to encourage good relationships. Are there old hurts that you are hanging onto that prevent you from connecting to those you love or want relationships with. Some of you are dealing with sad situations and losses of loved ones. How are you managing yourself to be the person you want to be and find joy, when the pictures you want of Christmas may not all being met. How are you reaching out to those in our community for who Christmas is a difficult time?

Dorothy Devine one of our Senior Faculty died suddenly this year. She touched the lives of many of us. Bette Blance has penned a tribute to her in this newsletter. She also left us the gift of her personal coaching cards. Maybe they would be a great gift to give yourself or someone special to support living a needs fulfilling and connected life. <https://glasseraustralia.com.au/product/housekeeping-for-happiness/>



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Message from our President cont'd

GA as an organisation aspires to promoting good relationships with self, others and the community, and encourages a variety of ways of connecting with each other throughout the year. Over time a number of online groups have developed. Christianity and CT, Mental Health professionals, Faculty Zoom meetings and Choice Theory interest groups. If you would like the opportunity to facilitate a particular interest group related to Choose Theory, contact GA gaadmin@glasseraustralia.com.au. Our conference page has just been launched on the website and is open for registrations. This is a great way to connect with new friends and reconnect with old ones.

<https://pay.glasseraustralia.com.au/conference-registration/>

Since our last newsletter it was exciting to see two Quality Schools declared and endorsed in Queensland. Nundah State School and Everton Park State School. Congratulations to those schools for the tremendous work they are doing promoting education and good mental health and wellbeing by teaching and living Choice Theory, Reality Therapy and Lead Management in their school communities. The number of schools embedding Dr Glasser's work as the foundation towards an internal psychology paradigm shift in Queensland and NSW, is steadily increasing.

On Behalf of the Glasser Board we wish all our members a safe, peaceful and happy Christmas holiday period and a joyful time with the special people in your life. We look forward to a New Year filled with promise of many good things for us all.

Susan Fleming



**The Office will be closed from 22nd December 2023 – 8th January 2024.
For urgent enquiries at that time, please email
president@glasseraustralia.com.au**



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*Memberships
for 2024 are
now due for
GA and WGI.*

Please go to our
website to renew
your GA member-
ship.

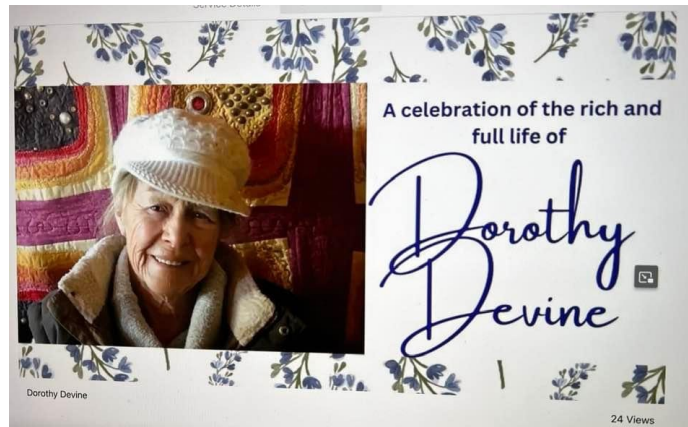
[Click here](#)

For Faculty mem-
bers to renew your
WGI membership
please go to the
WGI website or

[Click here](#)

CONNECTING THROUGH CHOICE

Dorothy Devine—Tribute from Bette Blance



Dorothy Devine was unique. She often joked that she was "Free" (her maiden name) before she became "Devine" when she married Lionel.

I met Dorothy when we were both selected to train as facilitators for the 1980s Excellence in Teaching Program, a professional development program based on the work of Dr. William Glasser and Dr. Madeline Hunter. The program was brought to Queensland from California in 1980 at the request of the Minister for Education, who was looking for a way to help schools with classroom discipline. As we well know Dr. Glasser, however, was less interested in classroom discipline and more interested in teaching students to become self-disciplined, self-managing, and self-regulating.

Dorothy and I spent about 10 years presenting this workshop around the state of Queensland. Each region had a team of facilitators. Dorothy worked in the Darling Downs/Toowoomba area, and I worked on the Gold Coast. We both had access to some excellent training opportunities while we were Excellence in Teaching Leaders. We had regular annual retreats to learn more about how to facilitate the whole program and work effectively with schools.

At the time, the program was said to cost \$1,000,000, and it certainly had some of the best training that one could have to become an adult learning facilitator. We worked with several well-known people in the area, such as Heather Aidie, Fran Fairbrother, Laurie Weldon, Shirley Washington, Larry Taylor, and Janet Epworth. Dorothy, John Archibald, Mary Farrell-Jones and I were the only ones who became William Glasser International instructors.

Dorothy and I took different pathways and timelines to become WGI instructors. Dorothy had become an instructor before me, so when I decided to begin the journey of becoming a basic instructor, I contacted her. I knew that she and I had a very similar understanding of adult learning and how to successfully help participants integrate the learning into their lives.

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Dorothy Devine—cont'd

When I began my training, I was in regular contact with Dorothy. We co-facilitated a program at Woodenbong, where we refined some of the practices that I have continued to use to this day. We regularly caught up at Glasser Australia and William Glasser International conferences.

I remember visiting her in Warwick on the farm she and Lionel ran when we were doing some planning. When it came time for lunch, she asked me if I wanted to go into town to a café or have an omelette at home. Of course I was happy to stay on the farm. We went out to the chicken run and found freshly laid eggs among the grasses. What a quality world picture that is for me!

Some of the stories I share when I do my training are from Dorothy. On the farm, I saw the goat named Nelson standing on the fence post, and that story is still a very powerful example for teaching perception.

I was the proud owner of a black and white quilt Dorothy had made. I so admired her textile art, and I had a waistcoat she had made that I loved wearing.

Dorothy's legacy is what she was able to give to the world through her amazing creativity, deep thoughtful intelligence and a caring for others. She was a brilliant teacher.

We honour her contribution to Dr Glasser's work and though she will deeply be missed, we celebrate the gifts she gave to those with whom she came in contact.



Melbourne Conference 2008



Gold Coast Conference in 2007



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Faculty News

Quarterly Faculty Connection Meeting – Monday 4th December 2023

It was wonderful to see so many Faculty members attend our Meeting in December. Faculty were invited to talk about what they have been up to across the country.

It was interesting to hear the variety of work that faculty members were involved in, especially the growing connections with people in the social work and psychology fields. We congratulated those involved in the three Queensland Schools who have just been recognised as 'Quality Schools' (Mudgeeraba Special School, Nundah State School and Everton Park State School).

Presentation by David Hyatt:

David shared a presentation of his work on the 'Use Your Brain' project, a collection of resources he has developed for teaching and sharing ways to think about and improve mental health. These free resources include YouTube video clips and other materials that we can download. Thanks, David, for sharing this material and encouraging the sharing of resources within the Glasser Community. You can explore David's work at www.useyourbrain.au

Rob Stones led a Discussion on the requirements for practicum completion. He mentioned the variation he has observed between faculty members who require the submission of many pieces of written work for a 'pass' and those who focus on the co-evaluation of the practicum candidates' skills and knowledge. After a lively discussion, in which most of the attendees participated, some consensus seemed to emerge:

- Most Faculty believe that the discipline of writing growth reports is useful for reflection but that Practicum completion should not depend on the submission of any set number of these.
- Most Faculty agreed that systematically reading 'Choice Theory' was important for the knowledge component of practicum candidates. Wider reading should be encouraged as well. The emphasis should be on the growth of knowledge and understanding rather than the mandated submission of a certain number of book reviews.
- Most Faculty agreed that the most important aspects of the practicum are:
 - * Practical integration of CT and RT into life and work.
 - * Extensive discussion of CT and LM with the supervisor and between participants.
 - * Most agreed that less variation of Practicum expectations was desirable, but that this was best achieved by frequent Faculty discussion rather than the creation of Rules.

Our next meeting will be held on Monday 4th March 2024 from 6:00-7:30pm (AEST) and will be hosted by Rob Stones. An invitation with agenda will be sent to all faculty members a few weeks prior to this date... We look forward to connecting with you!!

Topics for the next Faculty discussion

- Ways in which Senior Faculty can share with and support our next wave of Practicum Supervisors.
- The difference between Basic Practicum and Advanced Practicum training.
- Rob and Judy to share the way that their program 'The Art of Leadership' can be a model for how to integrate specialised professional learning with Choice Theory and use it to promote Choice Theory.
- Difference between BP and AP training.

Rob Stones

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Conference 2024

News from the Glasser Australia (GA)
2024 National Conference committee
Choosing Well-Being:

A Mental Health and Well-Being conference
like no other!

4 –6 October 2024, Mantra Twin Towns,
Coolangatta, Qld

Call for Conference Abstracts

Abstract Submissions are due by
Friday 23rd, February 2024



We invite Glasser Australia representatives interested in presenting at the 2024 Glasser Australia National Conference to submit an abstract for consideration.

The Conference committee is seeking Expressions of Interest from speakers in the following areas:

- 2 x Glasser Australia Faculty Keynote presentations (60 minute Keynote plus a 15 min. Deep Dive)
- 8 x Workshop presentations (90 minutes)
- 8 x Workshop presentations (60 minutes)

The Conference aims to enrich the knowledge, skills and participation in the area of Choice Theory psychology, Reality Therapy and Lead Management and its diverse applications to mental health and well-being, therapy, education, leadership and management.

The conference theme '**Choosing Well-Being**' hinges on the belief that by taking responsibility for our personal choices we can develop internal psychological strengths for lasting well-being in an ever-changing world. It will focus on any aspect of the participants' extension of current skills.

The Conference Program will include four strands:

- Wellbeing in Education**
- Being Mentally Healthy**
- Wellbeing of Children and Families**
- Leading with Well-Being in Mind**

To submit an abstract for the Glasser Australia 2024 National Conference, please email abstracts to:
gaadmin@glasseraustralia.com.au

For further information regarding the abstract requirements and for the Glasser Australia 2024 National Conference please visit our website at www.glasseraustralia.com.au

Maureen Sansom

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William Glasser International (WGI) Update

HR update

WGI are in the process of finalising their new board structure and are currently looking for a suitable candidate to take on the position of Training Officer. Ideally, they are looking for someone with significant experience as an Instructor and a **passion to support WGI's organizational growth and evolution**. This person would offer leadership in the area of training and work closely with the Training Committee and the Board of Directors. If there is anyone amongst our Glasser Australia community who would be interested please do not hesitate to contact Susan Fleming (President) or myself for further information as soon as possible.

Glasser Quality Schools

A huge congratulations to both Nundah State School and Everton Park State School who have both recently completed the co-verification process to be formally recognised as Glasser Quality Schools. Both schools should be incredibly proud of their respective journeys and years' worth of dedication and commitment to their school communities to get it right for the students!

Noteworthy:

The WGI International Conference is coming up in July 2024 in Chicago in the United States of America. Organisers will soon be sending out further details along with calls for abstracts and conference registration details... Check your inbox for these details early in January 2024.

In the meantime, save the dates in your new calendar now!!

3-6th July, 2024 - Conference
7th July 2024 - Faculty Day
Palmer House (A Hilton Hotel) Chicago

Jane Newman
International Representative



Memberships 2024

Memberships are now due!
Glasser Australia membership runs from
1 January—31 December 2024.

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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Training News



Congratulations to Deb Cox, Kylie Walker, Duncan Davison and Laura Halliday on completing there Basic Intensive Instructor Endorsement Training in November 2023.

To view all Trainings for 2024 please visit our website
<https://glasseraustralia.com.au/events-list/>

Reflection of Training by Advanced Training Participant

I recently took part in the Advanced training with Maggie Bolton and it was absolutely one of the best experiences. Maggie helped me both professionally and personally. I had been attempting to implement Glasser's philosophy into my life with some success, but I was struggling to feel comfortable with it. I knew I agreed with what Glasser was saying but after a lifetime of conditioning, I found it difficult to change negative associations and disconnecting habits. While attending the course with Maggie, I began to understand that it was important to commit to Choice Theory in my own life first. It is important to know and practice the processes, and to realise that this is a lifelong change. At the course I had many lightbulb moments, and Maggie assisted me to process some of the things I want to change in my life. When I came home I got straight to it and felt great. I had immediate success with a Reality Therapy style conversation that I had previously been avoiding, and I came out feeling so much better about my decisions and my behaviours. When I realised that I was capable of implementing these principles in my own life, I also felt more comfortable bringing them into my professional life as well. I know that I will be refining my practice for a long time, and I welcome it. Thanks Maggie!

Bec Lane
Training Officer

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Old Brain – New Brain

The **old brain** evolved millions of years ago to keep us and our ancestors alive. It evolved to keep us safe, to find food, shelter, form social bonds, to reproduce, and to identify and respond to threats.

Emotions such as fear and anger come from the old brain and prepare us for flight or fight, which is a protective response. Anger, sexual desire, your need to form social bonds are all built into your old brain.

About two million years ago, the **human brain evolved with new abilities for thinking**. We call this our **new brain**. We became able to imagine things and create images in our minds of social relationships, of recent interactions, or plan an event. It allows us to imagine the future, potential scenarios and outcomes and has enabled us to create the world we live in today.

We can plan for things that may or may not happen in the **future**. We can also think about **past** events. These **new brain abilities** can have us in states of minds that can be very painful. We call these negative feedback loops.

Imagine if you see a zebra who escapes from a lion and then quickly settles down.

Now let's imagine it was **you** who escaped from the lion! You might have been thinking 'wow, I could have been killed'. This can lead to anxiety and thoughts of 'What if the lion comes back again tomorrow, next week or next year?' Your thoughts could lead to obsessive worry.

What's the difference between the zebra escaping a lion and you escaping a lion?

It's got to do with the way your old brain and your new brain communicate. Your **old brain** will trigger a threat and fear response which can trigger **new brain** thoughts and images, plus the ability to think about possible scenarios and future outcomes. This can feed back to your old brain and fuel fear. We can find ourselves in states of anxiety and depression because our brain has evolved to keep us safe!

We did not choose for our brain to evolve this way - the key issue for us is, how we learn to drive it!

Maureen Sansom