The news of the death of Dr William Glasser, after a period of illness, shocked and saddened us. He died at home in Los Angeles on Friday 23rd August, 2013 at 6.30pm local time.

He was with Carleen and his family at the time. His son Martin and his grandson had just spent some wonderful days with Bill and were with him at the end.

The Glasser communities in Australia and New Zealand extended their deepest sympathy to Carleen his wife, to his children Martin and Alice and to his grandchildren and wider family.

In this issue you will find a number of tributes to this man to whom we owe so much.

_The reward of great men is that, long after they have died, one is not quite sure that they are dead._

Jules Renard
On behalf of the CT community here in Australia, the William Glasser Institute Australia extends our sincerest condolences to the Glasser family. Thinking of you all and remembering with gratitude so much that was made possible through Dr Glasser's work.

Sylvia Habel, President William Glasser Institute-Australia

In New Zealand we mourn the loss of Dr Glasser MD. We plan to ensure that his legacy is not lost in our country. Our vision is to *Strengthen New Zealand through Choice Theory Psychology. Choosing, Connecting, Changing.*

Bette Blance, President William Glasser Institute New Zealand

We almost always have choices, and the better the choice, the more we will be in charge of our lives.  
Glasser (2011)
A tribute from Brian Lennon, Chair of the William Glasser International Board

The word “genius” has never fitted Bill Glasser well - not because he wasn’t one having been well recognised as such around the world - but because he was that and so much more. Bill was a genius and a man of courage and a person of wonderful humanity.

As a young man he had wandered through academia looking for a niche for himself. He had studied engineering and psychology and medicine and then, still restless, talked his way into psychiatry. As he started out on this hard-won career he could easily have settled back on his academic laurels and spent a long professional life as a talented psychiatrist.

But one thing stood in the way and that one thing was Bill Glasser’s extraordinary appreciation of common sense and his staunch commitment to it.

Stephen Covey once described a leader as someone who climbs the tallest tree in the jungle, has a look around and then shouts back down to his followers, "wrong jungle". Bill Glasser was such a leader and it cost him dearly in the beginning.

He has spent a long time on the fringe of his profession describing serious personal distress in terms of very human attempts to meet basic needs. Where there was no evidence of pathology, there was no pathology.

His rapidly spreading fame as an effective therapist was built on a practice where no medication was ever issued. After the publication of his seminal work, Reality Therapy in 1965, his ideas gradually spread throughout North America and then around the world crossing political and religious divides with unusual ease.

We sometimes joke that the only place his ideas are not taught is Antarctica ... and we add, "not yet!"

Bill Glasser never stopped trying to improve his ideas and this search lead to his creation of “Choice Theory Psychology” in the last decade of the twentieth century.

This was a new psychology of personal freedom that, on the one hand, gives clear pointers about the path to mental health and happiness and, on the other hand, highlights the destructive power of any psychology based on external control.

Eventually fellow professionals began to recognise Dr. Glasser. In 1989 the Milton Erickson Foundation’s Evolution of Psychotherapy Conference admitted him as a member of the distinguished faculty of Pioneers in Psychology. In 2004 the American Counselling Association honoured him as a Legend in Counselling.
In 2005 the American Psychotherapy Association awarded him the prestigious Master Therapist designation. He has been the recipient of a number of honorary degrees and fellowships. His long-held challenge to the medical analysis of human distress is a view that is rapidly becoming widespread today.

As recently as last May the California Senate passed a resolution to honour Dr. Glasser for "a lifetime of achievements and meritorious service to humanity". It was so fitting that this last honour should have been in his home state and city.

Those who have had the privilege of knowing Bill Glasser on a more personal level will rarely speak of him without recalling some humorous anecdote involving him. For a man who still carried signs of the shyness of his youth, he had a wonderful ability to engage others.

He has always acknowledged the vital support he received from Naomi, his first wife who died in 1992, from Carleen, his wife since 1995 and Linda Harshman, the administrator of the William Glasser Institute.

At this time of bidding farewell to Bill Glasser the man, we are acutely aware of the deep personal grief of Carleen, of Bill's children Martin (Pamela) and Alice (Jesse Thompson), of his grandchildren Jana, Nate, Julianne, Jared, Rachel, Conor, Michael, Nicholas and Scarlett, and his great grandchildren Lucy and Amelia.

We are also aware of the tears that will be shed in so many countries around the world as the news of Bill's passing reaches them. Those tears follow the routes that Bill's ideas followed and those tears will energise the work of spreading them even further afield.

Bill Glasser, we honour you, we thank you and we celebrate you.

*Brian Lennon Chairperson*
*William Glasser International*
From the William Glasser Institute-United States website

On August 23, 2013 Dr. William Glasser died peacefully in his home surrounded by his wife Carleen and his son Martin. He had been in a state of declining health for several years and had been retired for four years.

He will always be remembered for founding reality therapy. His groundbreaking book Reality Therapy, published in 1965, created a stir among professional people.

This book was the result of his experience and research in a mental hospital and a correctional institution. He described how he believed people chose their behavior and could therefore alter it.

Even though he was a psychiatrist, the psychiatry profession did not readily accept his work. But counselors, psychologists, social workers and educators welcomed it enthusiastically and began implementing it in schools, clinics and correctional institutions.

As time passed Dr. Glasser developed an educational reform program now known as "The Glasser Quality School".

For 50 years Dr. Glasser traveled throughout North and South America, Europe and Asia lecturing to large groups of professional people and others who wished to assist their clients more effectively or who wished to improve their own lives.

As time went by he added a theoretical basis to the practical delivery system. He called the theory "choice theory" and described it as the train track for the train, reality therapy.

Choice theory provides the validation for the application of his ideas to education, parenting, corrections, addictions and all human relationships.

In 1974 he developed a certification process in reality therapy. Since that time, thousands of people have taken training programs and been certified in reality therapy through the William Glasser Institute. At the present time this program exists in over 20 countries and on six continents.

In his many books, lectures and conversations he always stressed the importance of human relationships as central to effective mental health.

As a visionary he wanted to teach his system to the world. As a practical service provider he always demonstrated his method in his teaching by asking members of the audience to present him with difficult situations.
He frequently said, "Give me your toughest clients" and immediately related to them with empathy, firmness and most of all with his eye-twinkling humor.

Reality therapy and its theoretical basis choice theory are now represented in most counseling textbooks and are taught in counseling and psychotherapy courses. His system has gained respect and prestige as a scientifically proven methodology applied to persons from cultures around the world.

He was a frequent presenter at American Counseling Association conferences delivering keynote addresses. He especially enjoyed talking to students and practitioners in the exhibit hall while spending hours each day answering questions and autographing books.

In 2004 he was pleased to receive the Legend in Counseling Award for his development of reality therapy presented by the American Counseling Association.

Beginning in 1989 he served as a member of the distinguished faculty at the Evolution of Psychotherapy Conference sponsored by the Milton Erickson Foundation which assembled "the pioneers in the psychological profession."

He took pride in his provocative approach to the world of human relationships even to the point of stating that most long-term psychological problems are in fact relationship problems.

His most recent professional recognition came to him on May 11, 2013, when the State Senate of California recognized him for a lifetime of achievement. They stated the following:

"WHEREAS, intelligent and articulate, aware and involved, Dr. William Glasser is a fine example of a public-spirited citizen willing to assume the responsibilities of leadership, and through his remarkable personal and professional achievements, he has become a legendary figure who is admired by people throughout the State of California and beyond; now, therefore, be it RESOLVED BY SENATORS CAROL LIU AND LONI HANCOCK, that they recognize and thank Dr. William Glasser for a lifetime of achievements and meritorious service to humanity, and convey sincere best wishes that his indomitable efforts will continue in the years ahead."

On a more intimate level still in the minds of some members of the William Glasser Institute and of major significance to all members of the William Glasser International was the message from Bea Dolan to Bill at the 1990 International Conference, the silver anniversary of the publication of Reality Therapy.

She had been the superintendent of the Ventura School and sent the following touching tribute to Dr. Glasser emphasizing human relationships: "...a lifetime of achievements and meritorious service to humanity..."
We at the Ventura School started every treatment program the department had: citizens' advisory groups, ward advisory committees, small and large group counseling, off-campus services, etc. And what did we get – each other! A reward beyond compare.

Quite recently, a woman approached him at his home and begged him for advice for how to deal with her 3 year-old son. He paused for a long time and then reached deep down inside his soul and gave her 2 suggestions: "Always treat him as if he is good." And, "Set up circumstances where he can only succeed."

These wise words could serve as his suggestions for all counselors. They represent for us a worldview, an attitude toward clients and his perception of all human beings. These two sentiments transcend a particular counseling system in that they summarize his legacy.

We, his followers and members of his organization, still consider him friend, family, mentor, colleague, visionary and exemplary human being. Rest in peace, good friend.

You will always be with us and we, your entire institute, pledge to continue your work and to teach your life changing ideas.

Submitted by: Bob Wubbolding, Linda Harshman, Georgellen Hofhine and Al Katz

The important difference between reality therapy and other therapies is is that we teach choice theory to clients as part of their therapy. Glasser (2000)
As an every-man psychiatrist, Glasser was appreciated by people around the world for his views on mental health and his strategies for counselors and especially educators.

A progressive before it was in fashion to be progressive, he rejected commonly held beliefs that blamed mental disease for people’s behavior and instead described methods whereby people could recognize their own role in returning to wellness.

Glasser’s ideas on mental health began to form in the late 1950s when he worked with veterans in a mental hospital in Los Angeles and with delinquent teenage girls in a prison school.

He burst onto a national stage, though, when he published Reality Therapy in 1965, and then Schools Without Failure in 1969. Reality therapy was like a psychiatric shot heard around the world and he began to receive a lot of attention, especially from those working within the helping professions — counselors, social workers, corrections officers, addiction clinics, and especially teachers.

Reality therapy went on to become one of the main talking therapy options that future therapists learned about in degree programs and established Glasser as one of the most well-known psychiatrists in the world.

He believed that the concept that people suffer from a mental illness was actually a road block to effective treatment, rather than being a help. Glasser wanted to compassionately help people become stronger and more responsible.

To that end, reality therapy emphasized the need for a warm, caring relationship between therapist and patient; was built on the belief that people are capable of becoming responsible for their behavior; focused on the present and future, rather than the past; focused on present, conscious thinking and behavior, rather than trying to discover “unconscious” thought patterns; and desired to teach patients ways to fulfill their own needs within an effective (personal) moral framework.

It was a groundbreaking approach that ultimately led to many others also building on the site that he began.

School principals and teachers recognized something special in reality therapy that could make a positive difference in the lives of students and when Glasser received a large grant to improve public education in 1967 the Educator Training Center was established and he embarked on a lifelong quest to show educators the importance of providing a need-satisfying environment for students.

Of his 23 books, five of them were exclusively school related.
Glasser came to be known for control theory, the theory that he felt explained why reality therapy was so effective. Control theory described how people are internally motivated and are always acting in a way that they think will best meet their needs, which may even include choosing to be miserable.

He became known for his emphasis on the idea that the only person we can control is ourself. Mental health, or happiness, is maintained as a person learns to stop trying to control others’ behavior and instead learns how to form and keep good relationships with the important people in his life.

Glasser liked the details of control theory, but not the label, and in 1996 he changed the label to choice theory, which he felt more accurately described the essence of his beliefs.

Glasser was a prolific writer and lecturer and leaves behind a body of work–23 books, multiple booklets, and many, many journal articles–that will provide support and challenge traditional approaches for years to come.

Besides eight active regional organizations throughout the U.S., the Glasser Institute also has a presence in more than 20 countries on six continents. Australia is one of the countries that has especially embraced Glasser’s ideas.

Glasser became a board-certified psychiatrist in 1961, and while he was well known in the popular press, he was not embraced by his own field. Writing books like Warning: Psychiatry Can Be Hazardous to Your Mental Health (2003) may have something to do with that. Being progressive has a price.

Yet, even though he was somewhat ignored within psychiatry, toward the end of his career he received a great deal of official appreciation. In 2003 Glasser received the Professional Development Award from the American Counseling Association for his significant contributions to the field of counseling.

The following year the ACA conferred on him the Legend in Counseling Award for his development of reality therapy. In 2005, along with being one of the faculty for the esteemed Evolution of Psychotherapy conference, he was presented the prestigious Master Therapist designation by the American Psychotherapy Association.

He received two honorary doctorates—one from the University of San Francisco in 1990 and the other from Pacific Union College in 2006. And in May, 2013, Glasser was officially recognized by the California state senate for a lifetime of achievements and his meritorious service to humanity.

If more people depressed when they lost control, there would be much less violence in our society  Glasser 2(012)
Glasser was preceded in death by his first wife, Naomi, and his son, Joe. He is survived by his wife, soul mate, and co-author, Carleen; and his daughter, Alice, and son, Martin; five grandchildren and two great-grandchildren; as well as his brother, Henry, and sister, Janet. He is survived, too, by the many who heard him talk and read his books and articles and who, in some small way, felt like they were his soul mate as well. To his loved ones and close friends, and to every one of his “survivors” — Here’s to a life of choice!

Editor’s Note
Jim Roy’s book “Champion of Choice”, the biography of Dr Glasser is currently being published. We all look forward to being able to read this book.

Jim’s latest blog, A Better Plan, has more information about the presentation of his session about this book at the LA Conference in July 2012.
William Glasser, 88, Doctor Who Said One Could Choose Happiness, Is Dead

By PAUL VITELLO

Published: September 4, 2013

Dr. William Glasser, a psychiatrist who published more than two dozen books promoting his view that mental health is mostly a matter of personal choice, a precept that found a vast popular audience and influenced teachers, drug counselors and personal therapists, died on Aug. 23 in Los Angeles. He was 88. The cause was respiratory failure, his wife, Carleen, said.

Dr. Glasser's first popular book, “Reality Therapy,” published in 1965, sold 1.5 million copies. It became the foundation for a series of how-to books about resolving emotional and mental problems by accepting responsibility for them.

By avoiding the urge to blame others, or to relive past hurts, Dr. Glasser asserted, people could find happiness essentially by choosing behaviors that improved their relationships, and increased their chances for happiness.

“We choose everything we do, including the misery we feel,” he wrote in a 1998 book called “Choice Theory: A New Psychology of Personal Freedom.” “Other people can neither make us miserable nor make us happy.” He added, “Choice theory teaches that we are much more in control of our lives than we realize.”

Dr. Glasser’s 1965 best seller and a 1969 sequel, “Schools Without Failure,” in which he tailored his ideas to the classroom, were among many books published in the 1960s by psychotherapists who proposed alternatives to the Freudian model of prolonged, deep-dredging psychoanalysis, which they rejected. Dr. Glasser’s approach, like many of the others, shifted power from the analyst to the patient, emphasizing the ability of individuals to shape their own lives rather than be shaped by personal history.

But unlike some new therapies, Dr. Glasser’s was emphatically drug-free and built on traditions of self-reliance and some core principles, among them:

That the only person one controls in the world is oneself.

That the effort to change others is doomed and, worse, is the actual cause of most emotional problems.
Voice of Choice in Action

That to meet the most profound human need — “to love and be loved,” as Dr. Glasser put it — people must repair strained relations with their family, friends and co-workers by adjusting the one variable within their control: their own behavior.

Dr. Glasser trained therapists and others mainly through the William Glasser Institute, a nonprofit organization he founded outside Chicago.

In his book “Choice Theory,” he summarized its strategy as helping patients and schoolchildren to shift their view of reality fundamentally — from one where behavior is controlled externally by coercion, to one where individuals control their own behavior in an atmosphere of “love, friendship, negotiation and trust.”

Teachers, along with marriage therapists and drug counselors, have been enthusiastic proponents of Dr. Glasser’s approach. Several thousand teachers have received training from the institute, according to a spokesman. And about 20 small or medium-size school districts have adopted his theories, receiving the institute’s imprimatur as “Glasser Quality Schools.”

In “Schools Without Failure,” Dr. Glasser urged teachers to abandon coercive methods like class ranking and punitive grading. To help children assume responsibility for their own behavior and academic record, he said, teachers should develop “caring relationships” with students, sign contracts binding both teacher and pupil to certain standards of behavior and performance, connect all lessons to everyday experiences and never give a failing grade.

There is no real reason to fail a child,” Dr. Glasser said in a 1988 interview. “Once children start failing, they begin to believe that they can’t do anything. They give up.”

Dr. Glasser had many critics. Some were skeptical that children could assume so much responsibility for themselves. Others objected to his assertion that Reality Therapy was useful in treating serious mental illnesses like schizophrenia.

Asked in a 2002 interview whether his theories were naïve, as some critics contended, Dr. Glasser said naïveté was no sin if the methods worked, and he insisted that they did.

“I am naïve,” he said, but added, “people listen to me”.

William Glasser was born on May 11, 1925, and grew up in Cleveland, the son of Betty and Ben Glasser. His father worked as a watch and clock repairman. He was a painfully shy young man, he told interviewers, and felt obligated by his family’s modest means to seek an education that would provide a good job.

But after earning a degree in chemical engineering in 1945 from what is now Case Western Reserve University, Dr. Glasser found himself so unhappy in his work that he returned to the university a few years later to study psychology and earn a second bachelor’s degree.

He earned a medical degree from Case Western in 1953, completed his residency at a Veterans’ Administration hospital in Los Angeles, and took his first job as a staff psychiatrist at a reform school for girls in Ventura, Calif., where he found many of the case studies that he later used in Reality Therapy.
Besides his wife, Dr. Glasser is survived by a son, Martin; a daughter, Dr. Alice Glasser; a brother, Henry; a sister, Janet; nine grandchildren and two great-grandchildren. His first wife, Naomi, died in 1992. A son, Joseph, died in 1998.

In a 1984 interview with The Los Angeles Times, Dr. Glasser said he formulated his basic ideas while serving his residency at the V.A. hospital.

“What they taught, in effect, was that you aren’t responsible for your miserable problems because you are the victim of factors and circumstances beyond your control,” he said. “I objected to that. My thrust was that patients have to be worked with as if they have choices to make. My question is always, ‘What are you going to do about your life, beginning today?’ ”

At the end of his residency, he added, “I was thrown off the staff.”

...how we feel is the most accurate information we can get as to whether or not we are in control of our lives.

(Glasser 1994)
Dr. William Glasser, a psychiatrist, education reform advocate and bestselling author whose unorthodox emphasis on personal responsibility for mental problems sold millions of books, caught the attention of educators and earned him an international following, died Friday at his Los Angeles home. He was 88.

He had pneumonia that led to respiratory failure, his son, Martin Glasser, said.

Glasser was not a typical psychiatrist. He did not prescribe psychiatric drugs to patients, did not dwell on their past behaviors or subconscious thoughts, and largely ignored the standard diagnoses of mental disorders adopted by his profession.

At the risk of sounding like a simpleton, which fit some critics' views of him, he often said there was really only one problem that sent people into therapy. "They are unhappy," he said.

In his 1965 book "Reality Therapy," he said that unhappiness usually stems from a person's inability to fulfill two basic needs: "the need to love and be loved, and the need to feel that we are worthwhile to ourselves and to others."

Glasser counseled patients to take responsibility for fulfilling those needs in a positive manner and believed that even schizophrenics and manic depressives could benefit from his approach.

"Reality Therapy" sold about 1.5 million copies, according to HarperCollins executive editor Hugh Van Dusen, and provided an intellectual basis for the school reform program he described in his next book, "Schools Without Failure" (1969).

In that book Glasser called for building emotional ties between students and educators, making lessons relevant, and abolishing grades below A and B with an overall goal of helping students attain competence.

There are 17 schools in the United States and three in Australia, Ireland and Slovenia that have declared themselves Glasser Quality Schools with faculties trained by instructors from the William Glasser Institute based in Country Club Hills, Ill.

The extent of Glasser's influence in education is difficult to gauge, but in 1971 The Times reported that 600 schools and 8,900 teachers across the country were using some of his ideas.

“A lot of schools are using the ideas without going through the official training," said Kay Mentley, who heads the 1,300-student, Glasser-inspired public charter school Grand Traverse Academy in Michigan.

She credits the school's high academic achievement, trusting relationships and lack of discipline problems to Glasser's philosophy.
His progressive approach drew the ire of traditionalists, such as Charles J. Sykes, author of "Dumbing Down Our Kids: Why America's Children Feel Good About Themselves But Can't Read, Write or Add" (1995). Glasser's "Schools Without Failure," Sykes wrote, was "a veritable handbook for schools that would fail over the next two-and-a-half decades."

Glasser's interest in psychology stemmed from an eagerness to deal with his own intensely shy nature. The son of a watch and clock repairman, he was born in Cleveland on May 11, 1925, and earned a degree in chemical engineering in 1945 from what is now Case Western Reserve University.

After a brief, unhappy stint as an engineer, he returned to the university to study psychology. At the urging of a dean, he applied to medical school to become a psychiatrist and earned a medical degree from Case Western in 1953.

He completed his medical residency under UCLA supervision at the Veterans’ Administration hospital in West Los Angeles, where he irritated his superiors with his anti-Freudian tendencies.

"What they taught, in effect, was that you aren't responsible for your miserable problems because you are the victim of factors and circumstances beyond your control" Glasser told The Times in 1984. "I objected to that.... My thrust was that patients have to be worked with as if they have choices to make. My question is always, 'What are you going to do about your life, beginning today?''"

At the end of his residency, he said, "I was thrown off the staff."

His approach was welcomed at his next job as staff psychiatrist at the Ventura School for Girls, a reform school in Ventura, where he taught troubled girls to take charge of their own behavior. Many of the case histories wound up in "Reality Therapy."

"He would hold them responsible for their behavior, not accept the fact that they could get away with blaming their past or society," said Bob Wubbolding, a licensed psychologist in Cincinnati who was Glasser's director of training for 23 years.

"A lot of psychologists functioned on that basis but it wasn't emphasized then, it wasn't part of their formal training. That is his major contribution."

Today most textbooks in graduate counseling programs include chapters on reality therapy, which Glasser later called control theory or choice theory, Wubbolding said.

Glasser wrote more than 20 books, including "The Quality School: Managing Students without Coercion" (1990) and "Warning, Psychiatry Can Be Hazardous to Your Mental Health" (2003).

If I choose all I do, maybe I can choose to do something better. (Glasser 2000)
"His therapy was so effective that people got well quick, so he couldn't make any money on it," his wife, Carleen Glasser, said of his private practice. "So he started to write these books."

She was his coauthor on three books, including "Getting Together and Staying Together: Solving the Mystery of Marriage" (2000). He also wrote several books with his first wife, Naomi Glasser, who died in 1992.

In addition to his wife Carleen, his son Martin and daughter, Dr. Alice Glasser, five grandchildren and two great-grandchildren, he is also survived by a brother, Henry; a sister, Janet.
Dr Glasser visited New Zealand on two occasions. Each time he brought the energy of his teaching as he connected with many throughout the country. His attendance at the conference in Christchurch was a standout time for those of us who attended.

Gwen Sands and I had dinner with him following that conference and we will both always have that memory etched in our quality worlds.

I wish to pay tribute to him and to what I think is some of what he has taught us.

**Dr Glasser - The Lens Maker**
The lens through which we view the world is the beliefs we have about how we live our lives. Are we at the mercy of things and people outside ourselves or do we have control? This lens impacts on how we interact with others, how we accept what is happening with us and those around us. If we view the world as ‘doing things’ to us – we can easily slip into the disconnecting habits of blaming and complaining. Through the lens of internal control psychology we learn that we can make better choices.

**Dr Glasser – The Code Breaker**
It has been said that we are born without an instruction manual. Dr Glasser has given us the simple framework of the Basic Needs to understand our driving motivations. By teaching us this, he has given us the manual for understanding ourselves and others. With this knowledge we can help others take charge of their lives.

**Dr Glasser – The Matchmaker**
In sharing his theory about the basic needs, we learned about the strengths of your needs. Knowing your genetic profile or the strengths of you five basic needs and those of someone with whom you are in a relationship, can give valuable information about possible pitfalls. Profiles of your need strengths that are significantly different can be perceived as a barrier to the relationship, however, awareness of these differences can enable understanding and acceptance.

**Dr Glasser – The Peacemaker**
The Solving Circle is a very useful way of getting couples on their front wheels and continuing to work hard at their relationship. Knowing that the only person someone can change is him or herself, this strategy sets up a situation where people within a relationship can see a way forward. It is useful not only for partners in a relationship but with groups of children in a family or at school.
Dr Glasser – The Saver of Schools
If all schools were Glasser Quality Schools, we would impact significantly on the world. Schools where students are self managing, are achieving at high standards and are joyful in learning, would mean that students leave as happier and healthier individuals.

Research shows us that if children are self managing by the age of ten, it impacts on their long term health, wealth and their likelihood of committing crime. We would need fewer prisons, fewer hospitals and the world would be a safer place for everyone.

Dr Glasser – we thank you from the bottom of our hearts for the learning we have gained because of your work.

We will strive to show a better way to live by continuing to ‘Strengthen New Zealand though Choice Theory Psychology” Choosing, Connecting, Changing.’

With love and peace
Bette Blance

From South Australia

In 1978, first came in contact with the work of Dr. Glasser, when I was working as a teacher through a psychologist who came to the school as a special guest to talk to the entire staff about a child in my class who had numerous difficulties.

A psychologist spent the whole day in my room and observed the tantrums the child was throwing. They were so severe that the other children had to be removed from the room. The girl and I had a very good relationship, she trusted me. The psychologist respected that and questioned her with me being present. The series of questions impressed me and when all was settled and the girl returned to the group, I asked the psychologist what the theory behind her way of interviewing the child was.

The answer was Reality Therapy. I asked her for titles of books I could buy. The two books were “Reality Therapy” and “Schools without Failure”. I became very interested and began to practise what I learned. “Schools without Failure” was a real eye opener. It put me on the road to changing forever the way I taught and managed my classes.

It was also clear to me, reading the book “Reality Therapy “ that Dr. Glasser believed in the importance of loving relationships. So did I.

In the early eighties I learned more about Dr. Glasser. In 1989 he came to Australia for a tour and I attended his presentation in Adelaide after which I joined the first Basic Intensive Week.
That is when my life changing journey began. I am still learning. In 1996 Dr. Glasser toured Australia again and it gave me the opportunity to meet him and Carleen personally. This meeting reinforced Dr. Glasser’s friendliness, openness and honesty.

I respect his great skill to question using a minimal amount of words that make a maximum impact. When I found out that he passed away I decided to watch the DVD called Dr. Glasser in his own words. I have seen it before quite a few times. Each time it shows that he was his own person taking nothing for granted. He dared to stand up for his opinions and stuck by them. I value that enormously as well as his ability to think things through.

In all his books, from the earliest ones to his last ones, he refers to the importance of relationships. He constantly built on his ideas.

I believe that his books have been read and are being read all over the world. His ideas are like a ripple in the pond which becomes wider and wider. He is no longer alive but he will live on for ever through his work.

Joan Hoogstad, Senior Faculty Australia

From the Sunshine Coast

Thank you Dr Glasser, for teaching me that I am in control of what I do and who I am on my life journey, that I have far more personal freedom than I ever dared dream and for a deep understanding of myself and other people.

You have given my partner, Jacqui and I the tools to maintain a wonderful marriage for 30 years, to be the parents we want to be with our two amazing kids, and to be able offer the same insights into what it means to be human to others in our support and counselling roles with five to seventeen years olds, their families and teachers.

You are someone who has truly made a fundamental difference in the world; you’ve left us the tools we need to be happy.

Gerard O’Brien
On the shoulders of giants

When I look back on my life today I can visualise the exact crossroads through the times that brought me here. I used to think that I had been fortunate; I now know that I have made fortunate choices.

The discovery of Choice Theory finally offered me a blueprint of human behaviour congruent with my life experience (55 years of it!). Choice Theory justified every human reaction and action I had observed until then.

Its ten Axioms sold me this Philosophy of Choice. It made sense.

Every behaviour has a good intention; the only behaviour we can change is our own; we are driven by five genetic needs; the pictures in our Quality World motivate all our actions; all a living creature can do is behave; behaviour is always chosen; behaviour is the result of four components, it is flexible and creative, it is our best attempt at getting what we need… Wow!

So very powerful.

I have learned how to choose to be happy. Furthermore, the simplicity and effectiveness of Reality Therapy has given me a toolbox to share with others. It is my ultimate purpose, nowadays, to help people to live happier lives through more responsible choices.

Isaac Newton said back in 1675—in his letter to R. Hooke, “If I have seen further it is by standing on the shoulders of giants”. Paraphrasing Newton I can truthfully state, “If I have seen deeper it is through the work of a giant”. That is, William Glasser, M.D. a giant within the psychiatric practice.

I thank you Dr. W. Glasser for your life work. It made me a better person.

Ines Pintos-Lopez, BPyc (ANU), GradDip (IRTSIA), CT/RTCert, MWGI-A, MQCA, PACFA/ARCAP Reg(Prov)

Registered Counsellor at Counselling by the Beach

A Change of Name

The Voice of Choice in Action will become the name of the e-magazine which will serve both the William Glasser Institute-Australia and the William Glasser Institute-New Zealand membership. The next edition will be out in late December.
A memorial page for Dr Glasser is located at www.wglasserinternational.org

Should you wish read what others have written or add a tribute just use this link.