

Guidelines to Competencies for Australian Certification

The purpose of training to Choice Theory, Reality Therapy Certification is to help candidates move from external control to internal control thinking and practice.

The following criteria are specific to the Certification Training itself

Successful candidates for Certification will:

1. Be familiar with the content of Dr. Glasser's books, particularly *Choice Theory: A New Psychology of Personal Freedom*, *Counselling with Choice Theory: The New Reality Therapy* and *Warning: Psychiatry Can be Hazardous to your Mental Health, Defining Mental Health as a Public Health Issue*
2. Be fully conversant with the basic concepts in the *Choice Theory Chart* illustrating how the brain works.
3. Be able to discuss Choice Theory, Reality Therapy and Lead Management and be familiar with the conditions for quality.
4. Be able to role play with skill and confidence (*commensurate with this level*), both as a counsellor and manager, and with clients in a variety of situations, both familiar and unfamiliar.
5. Be able to interpret role-plays in the context of the *Choice Theory Chart*
6. Be able to explain the importance in Reality Therapy of establishing a trusting counselling environment and utilising the procedures that lead to change in a creative way. Further, be able to discuss recent developments such as happiness vs. unhappiness, teaching Choice Theory to clients, the connecting and disconnecting habits, and the solving circle and its applications.
7. Be able to understand theory and practice, and demonstrate the integration between these two elements
8. Be able to self-evaluate and to understand how their skills could be improved
9. Be able to offer useful feedback to other candidates in their group
10. Use self-evaluation and co-verification to show integration of choice theory into personal style and on-going learning and improvement.
11. Be able to identify and dialogue about the four basic human relationships: love and friendship, counselling, teaching, and managing.
12. Actively contribute to team and group processes. Demonstrate ability to focus on what is wanted and to achieve it in a responsible way.
13. Prepare a quality work that demonstrates the integration of aspects of choice theory, reality therapy or lead management into personal or professional life.
14. Demonstrate the ability to teach an aspect of CT/RT/LM to a group through one short, [15-20 minute] creative, interactive presentation of aspects of the quality work. Deliver the presentation in a clear, creative, concise manner.