

# William Glasser



# Who is Glasser?

- Dr. Glasser is an American psychiatrist and developer of the Reality Therapy and Choice Theory.
- He was born in Cleveland, Ohio 1925
- In 1953, he received his M.D. at UCLA
- He earned many awards for his outstanding work



# Dr. Glasser's Ideas

- His ideas are considered controversial by mainstream psychiatrists.
- They include:
  - Personal choice
  - Personal responsibility
  - Personal transformation



# Reality Therapy

■ Reality Therapy is the method of counseling that Dr. Glasser has been teaching since 1965. Reality therapy is firmly based on choice theory and its successful application is dependent on a strong understanding of choice theory.

- ❏ Focus on the present
- ❏ Avoid discussing symptoms and complaints
- ❏ Understand the concept of total behavior
- ❏ Avoid criticizing, blaming and/or complaining
- ❏ Remain non-judgmental and non-coercive
- ❏ Focus on specifics
- ❏ Help them make specific, workable plans
- ❏ Be patient and supportive





# Choice Theory at a Glance

- States that a person's behavior is inspired by what the person wants or needs at that particular time, not an outside stimulus.
- Glasser states that people control their behavior to fulfill their needs for one of these five areas:
  - Survival
  - To belong and be loved by others
  - To have power and importance
  - Freedom and independence
  - And/or to have fun






# Choice Theory in The Classroom

## Elementary

-  Through skits and role-playing
-  This can help the students build trust, make connections and responsible choices, make decisions, talk together, caring and respecting, and move from external control to internal control.

## Secondary

-  Basically freedom of choice
-  Teachers would only be there for support and help students make better choices.
-  In doing this, you are preparing students for the “real world”



For More Information on Glasser:  
[www.wglasser.com](http://www.wglasser.com)

