



Brigham Young University's
39th Annual

COUNSELING WORKSHOP

William Glasser, M.D.
Choice Theory: Explanations, Public Health Implications, and
Applications for Creating a Happier Marriage

March 6-7, 2008

Sponsored by the BYU Counseling and Career Center
BYU Conferences and Workshops

<http://counseling.byu.edu>



Brigham Young University
39th Annual Counseling Workshop
Conferences and Workshops
348 Harman Continuing Education Building
PO Box 21532
Provo, UT 84602-1532

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BYU COUNSELING WORKSHOP REGISTRATION FORM

MARCH 6-7, 2008

SVO 2008CW(806)

Please print

Last Name _____

First Name _____

Address _____

City _____

State _____ Zip Code _____

Telephone Number _____

E-mail Address _____

REGULAR REGISTRATION SECTION:

Lunch provided March 6 and refreshments included
 \$215 Noncredit registration (includes 8 contact hours for CEU credit)

BYU BENEFITED EMPLOYEE/SPOUSE REGISTRATION SECTION:

Lunch provided March 6 and refreshments included
 I may be eligible for employee tuition benefits through the BYU Benefits Office. (Please call Benefits Services at [801] 422-4716 if you have questions about eligibility.)

OPTIONAL CREDIT:
Credit is in addition to your registration.

\$30 0.5 BYU credit CPSE 514R (pass/fail, non-degree-seeking)
 \$30 0.5 BYU credit CPSE 515R (letter grade, non-degree-seeking except with departmental approval)

Social Security Number _____

*Date of Birth _____

*Information required for university credit or BYU Benefited Employee/Spouse Registration

GRADUATE STUDENT SECTION:

Lunch provided March 6 and refreshments included
 \$80 Noncredit registration (student ID required at check-in)

PAYMENT: VISA MasterCard Discover

Card # _____

Exp. Date _____

Check (payable to BYU in U.S. currency)
Total Amount Enclosed \$ _____

Send completed registration form and payment to:
BYU Counseling Workshop
120 Harman Continuing Education Building
Provo, UT 84602

Questions? Please call (801) 422-2568.

<http://counseling.byu.edu>

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Choice Theory: Explanations, Public Health Implications, and Applications for Creating a Happy Marriage

PRESENTER

William Glasser, M.D.

Dr. Glasser is an internationally recognized psychiatrist who is best known as the author of Reality Therapy, a method of psychotherapy he created in 1965 and is now taught all over the world.

Born in 1925 and raised in Cleveland, Ohio, Dr. Glasser later attended medical school at Case Western Reserve University in Cleveland. He took his psychiatric training at the Veterans Administration Hospital in West Los Angeles. And at UCLA from 1954–1957. It was there that he began his break with psychiatric tradition. He was initially a Chemical Engineer but went into psychiatry when it became apparent to him that this was his real interest in life. He became Board Certified in Psychiatry in 1961 and was in private practice (using Reality Therapy) from 1957–1986.

Glasser's path has been one of a continuing progression in private practice, lecturing and writing, ultimately culminating in the publication of over twenty books. After writing the counseling book, *Reality Therapy*, in 1965, he added education with *Schools Without Failure* in 1969, greatly expanded the understanding of motivation and behavior with *Choice Theory Psychiatry Can Be Hazardous to Your Mental Health* in 2003 and with *Eight Lessons for Happier Marriage*, in 2007.

Very early he came to the conclusion that genetically, we are social creatures and need each other. However, the cause of almost all psychological symptoms is our inability to get along with the important people in our lives.

By 1980, he began to form the final idea that led to Choice Theory: **the reason why so many people are unhappy in their relationships.** He explains that, unlike all other living creatures, only human beings are genetically driven by the need for power. Only we have learned "I'm right and you're wrong." We try to satisfy our need for power by using what he calls, *external control* psychology—literally trying to force people to do what we want them to do. This struggle has led to the symptoms described in the DSM-IV and many more, such as pain and fatigue. Dr. Glasser offers choice theory to replace external control and has dedicated the remainder of his life to teaching and supporting this idea.

In 1967, Dr. Glasser founded The Institute for Reality Therapy. Since that time, over 75,000 people worldwide have taken intensive week training in his ideas.

Dr. Glasser maintains a very active schedule and is a much sought-after speaker. He has been listed in *Who's Who in America* since the 1970s, and in 1990 the University of San Francisco awarded him the honorary degree of Doctor of Humane Letters, Honoris Causa. In March of 2003, he was presented with the ACA Professional Development Award, which recognizes the significant contribution he has made to the field of counseling throughout his professional career. In April of 2004, The American Counseling Association presented him with the "A Legend in Counseling Award" for the development of Reality Therapy. Finally, in January 2005, the American Psychotherapy Association presented Dr. Glasser with the prestigious Master Therapist designation, the highest honor that can be bestowed upon a member.

PROGRAM DESCRIPTION:

In this unique conference, attendees will be able to hear one of the world's best known psychiatrists, Dr. William Glasser, discuss his latest thinking on reality therapy and choice theory, and especially on how these ideas are applied to public mental health and quality relationships. He will point out that what those of us who work in mental health and education do is manage people, as much as counsel them.

He will also explain his latest ideas on quality relationships in counseling, teaching, and managing and show why many of the people we manage/counsel are unhappy. Unless we relate to them in a way that persuades them to increase the quality of their lives, we will have little chance to succeed in what we are attempting to do with them. This is especially applicable to problems that arise in marriage, and he will explain how this can be done through a discussion of his books: *Choice Theory*, *Warning: Psychiatry Can Be Hazardous to Your Mental Health*, and *Eight Lessons for a Happier Marriage*. He will also show that these new, noncoercive ideas can be successfully applied to all aspects of working with people, in both counseling and in schools.

Mrs. Glasser, a senior instructor in the William Glasser Institute, joins her husband to demonstrate the theory and explain how to teach others the concepts of successful relationships using choice theory and not external control. She is an excellent teacher and counselor, and both she and Dr. Glasser work very effectively together not only in their speaking engagements but also in coauthoring at least four books, including their recent book *Eight Lessons for a Happier Marriage*.

GENERAL INFORMATION

Admission and Standards

Participants of any race, color, creed, and ethnic or national origin are accepted for admission to this program provided they maintain the university standards while on campus. These include modesty in dress and conduct and abstinence from alcohol, tobacco, coffee, tea, and harmful drugs.

We are committed to providing a learning atmosphere that reasonably accommodates persons with disabilities who are otherwise qualified. Prior to registration, applicants with disabilities are invited to discuss the program content and available facilities with the program director.

Certificate of Attendance

A certificate of attendance will be available to all conference participants.

Location and Parking

The workshop will be held at the BYU Conference Center located on the corner of 900 East and University Parkway in Provo, Utah. Ample parking is available free of charge in the lot west of the Conference Center.

Lodging

A limited number of rooms have been set aside at a discount rate. When calling to make your reservation, mention you're attending the Counseling Workshop at BYU.

Super 8 Motel
1555 N. Canyon Road
Provo, Utah 84604
Phone: 801-374-6020

For more information, visit the Utah Valley Convention and Visitors Bureau Web site: <http://www.utahvalley.org/>.

Credit Requirements

If you desire credit for workshop participation, you will receive a copy of the course requirements upon receipt of registration. The requirements are also posted on the Counseling Workshop Web site at <http://counseling.byu.edu>.

To receive BYU credit for this program, students should be in good standing with both Brigham Young University and The Church of Jesus Christ of Latter-day Saints (if a member). All students are expected to uphold the university standards while in class.

The registration fee for this conference includes 8 contact hours for CEU certification. The CEU certification *will not* appear on a transcript, but you will receive a certificate at the end of the conference verifying you completed the required hours. If you would like BYU credit (which *will* appear on a BYU transcript), please register for one of the credit options, pay the additional \$30, and complete the credit requirements. Please see the Web site for more information. Those registering for credit should

attend the credit information session at 8:30 a.m. on Thursday, March 6.

Who May Attend

The BYU Counseling Workshop is open to men and women age 18 and above. Logistical and safety constraints will not allow us to accommodate nursing infants or young children in any conference sessions.

FERPA Policy

The Family Educational Rights and Privacy Act (FERPA) protects the privacy of your educational record. In order to be in compliance with FERPA, we require verification of your identity before releasing any personally identifiable or educational information to you. Please do not ask friends or family members to request this information for you.

HOW TO REGISTER

By Mail: Mail completed registration form and payment to Counseling Workshop, 120 Harman Continuing Education Building, Provo, UT 84602.

By Phone: Call (801) 422-8925 and pay with your VISA, MasterCard, or Discover card (Monday–Friday, 8:00 a.m.–5:00 p.m. [MT]).

In Person: Register in person at 120 Harman Continuing Education Building, Brigham Young University, Provo, Utah (Monday–Friday, 8:00 a.m.–5:00 p.m. [MT]). At-the-door registrations will be accepted on a space-available basis.

Online: Register over the Internet and pay with your VISA, MasterCard, or Discover card at <http://counseling.byu.edu>.

Benefits: Interested individuals who may be eligible for BYU benefits should contact Conferences and Workshop at (801)422-2568.

POTENTIAL OVERFLOW SEATING

The room capacity for this conference is 450; guaranteed seating is given to the first 50 graduate students who register. Once room capacity has been reached, all other registrants will be seated in a nearby video overflow area. Please note the registration deadline is Monday, February 18, 2008, at 5:00 p.m. (MT).

SUBSTITUTIONS AND CANCELLATIONS

You may arrange for a substitute to come in your place at any time without penalty. A \$10 fee will be assessed for each refund requested. After the conference begins on March 6, 2008, no refund can be given. You will receive a full registration refund if the program is canceled for any reason. The university will not be responsible for any cancellation or change charges assessed by airlines, travel agencies, or other institutions.

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TENTATIVE SCHEDULE

THURSDAY, MARCH 6, 2008

8:00–9:00 am

Registration and Check-in

9:00–10:00 am

Explanation of Choice Theory and Its Applications

10:00–10:30 am

Refreshment Break

10:30–11:30 am

Choice Theory's Relationship to Mental Health as a Public Health Issue

11:30 am–noon

Discussion of Choice Theory, Applications, Relationship to Mental Health

Noon–1:15 p.m.

Lunch (provided)

1:15–2:45 pm

Choice Theory: Role Plays, Questions, and Discussion

2:45–3:00 pm

Refreshment Break

3:00–4:00 pm

Choice Theory: Role Plays, Questions, and Discussion (continued)

FRIDAY, MARCH 7, 2008

8:30–9:00 am

Registration Desk Open

9:00–10:15 am

Eight Lessons for a Happier Marriage: Applications of Choice Theory

10:15–10:45 am

Refreshment Break

10:45 am–12:30 pm

Marriage: Role Plays, Questions, and Discussion