

REALITY THERAPY

HOW PEOPLE FUNCTION

- HUMANS HAVE 5 PSYCHOLOGICAL NEEDS
 - BELONGING
 - FREEDOM
 - POWER
 - FUN
 - SURVIVAL

BEHAVIORS

- BEHAVIOR IS A BEST ATTEMPT TO CONTROL THE WORLD AND OURSELVES TO MEET THOSE NEEDS
- 4 COMPONENTS OF BEHAVIORAL CHOICE
 - DOING
 - THINKING
 - FEELING
 - PHYSIOLOGY

PROBLEM DEVELOPMENT

- PEOPLE MAKE CHOICES (ADVERTANT OR NOT) TO FULFILL EITHER NEEDS OR 2NDARY GAINS
- THUS WE CHOOSE TO BE:
 - DEPRESSING, ANGERING, ANXIETYING, PHOBICING, GLADDING

CHANGE PROCESS

- DISCOVER NEEDS/WANTS
- EXPLORE TOTAL BEHAVIOR
- PLAN IMPROVEMENTS TO MEET NEEDS/WANTS
- TAKE RESPONSIBILITY FOR OWN BEHAVIOR

COUNSELOR RESPONSIBILITIES

- ESTABLISH FRIENDLY ENVIRONMENT
- EXPLORE NEEDS/WANTS
- ASSESS BEHAVIORS-DO THEY MEET NEEDS
- PLAN BEHAVIORS
- CONTRACT

COUNSELOR RESPONSIBILITIES

- NO EXCUSES FOR FAILURE
- NO CRITICISM, ARGUMENT, PUNISHMENT
- PERSISTENCE

COUNSELOR TECHNIQUES

- QUESTIONING
- LAUGHING
- CONFRONTING
- PARADOXICAL TECHNIQUES
- REFRAMING
- PARADOXICAL INTENTION

EXPERIENCES OF CLIENTS

- AT FIRST SAME STRUGGLE AS WITH COGNITIVE
- RECOGNITION OF UNPRODUCTIVE BEHAVIORS
- STOPPING EXCUSES/TAKING RESPONSIBILITY
- PRACTICE

OUTCOMES

- IN CONTROL OF BEHAVIORS
- AWARE OF CHOICES
- ABLE TO EVALUATE NEEDS AND MAKE CHOICES ACCORDINGLY
- NO LONGER IN TROUBLE WITH SELF OR WORLD
