

PSY 444 Unit 6 Essay Tiffany Elliott
Choice Theory and Reality Therapy

25. The aspects of Choice and Reality Therapy I see aligning with a Christian worldview include the brokenness of relationships, not just with one another but with the Holy Trinity. We each have free will and it is up to each of us to take responsibility for owning our sins, seeking forgiveness and repenting and praying for the Holy Spirit to guide us and make us new each day to try to work on our hearts and character. And, to be reconciled with God, the Father, the Son Christ Jesus and the Holy Spirit. The elements of Choice/Reality Therapy I see conflicting with a Christian worldview include the notion that people are sometimes victims of their circumstances and could have difficulties cognitively being able to sort through broken relationships, especially if they are the children of addicts or severely mentally ill parents. Choice/Reality Therapists could appear to some to lack mercy and compassion for the person who is in an unsatisfying relationship or unable to form and sustain a relationship. Unhappiness is caused by broken relationships, and to a child who has not had a parent provide attachment and trust this could be extremely difficult to expect.

26. The characteristics that define reality therapy include the key concepts of basic psychological needs of drives which are survival or self-preservation, love and belonging which is power or inner control, freedom which is independence and fun which is enjoyment. We each have a choice which speaks to how and why we function, or, choice theory. It is based on the premise that we need to give and receive love, and to be able to do this, we must have a cooperative person to help us meet it. Our brain monitors our needs and feelings and it keeps track of every bit or byte of information we store of anything that we find enjoyable, and we build and save to the file called quality world. And we develop an internal picture album of our wants and the best ways they are met. Glasser rejected the medical model of diagnosis and psychotherapy and instead leaned into control theory to form choice theory which is based on the premise we are all responsible for what we choose to do, and we are all internally motivated by our current needs and wants and we control our present behavioral choices. We have to take responsibility for our past behavior and determine what we have learned about pain and frustration from our unsatisfying relationships, and would not give a medical reason or diagnosis unless the brain literally was abnormal such as from an infection, head trauma, epilepsy or Alzheimer's disease. People must not rely on a label or excuse for their past or present behavior, but own it. They must own their acting, thinking, feeling and physiology which drive action, thought and feeling. This is the client's total behavior. The client suffers from the transference of unsatisfying or entirely absent relationships causing the pain and suffering of all unhappiness the client has.

31. Glasser rejected the Freudian Model because he held people responsible for their own behavior. He believed it more effective to speak part of the client which was sane and not engage their disturbed side. He did not believe in labeling clients with diagnosis except when necessary for insurance purposes.

32. The WDEP system is an acronym to describe the key procedures and practice of reality therapy. It is used to help clients explore their wants, possible things they can do, opportunities for self-evaluation and design plans for improvement. The purpose of developing an action plan is to become clear on each of these elements, to hold and promote accountability and to allow the client to own the directing and doing of their world, goals and outcomes. The key components include exploring wants, needs and perceptions and the picture album or quality world of the client and how their behavior is aimed at moving their perception of the external world closer to their inner world of wants. A client and counselor develop such a plan by working through questions to pinpoint what the client says he or she wants, through the use of open-ended questions, clear goals, process and steps, people and resources which will help the client see the situation in a new light of clarity and give the client more sense of control. Throughout the process the therapist helps the client with self-evaluation about listening to feeling, gaining awareness of behaviors, feelings and thinking getting in the way or blocking authenticity or short circuiting themselves. Asking the client open-ended questions to help the client uncover and understand and move forward to their goals is the important part of the therapy. Is what you are furthering or stopping you? How is your behavior working for you? How committed are you to this process and changing your life? Is what you want realistic? How is your thoughts and process helping you achieve your goals? The Action Plan needs to be Specific, Measurable, Attainable, Results Oriented and Timebound.