

Reality Therapy

Glasser's Control theory

Eight Steps

- Build a good relationship
- Examine the current behavior
- Evaluate behavior-helpful or not?
- Brainstorm alternatives
- Commit to new plan
- Evaluate results-no punish/excuses
- Accept logical & natural consequences
- Don't get discouraged

Therapy process

- Five helpful questions
 - » What are you doing?
 - » Is it helping you get what you want?
 - » If not, what might be some other things you could try?
 - » Which idea would you like to try first?
 - » When would you like to start?

Questions for young children

- What did you do?
- What is our rule about this?
- Was what you did against the rule?
- What were you supposed to do?
- What are you going to do next time?
- Do you want to write your plan for next time, or do you want me to write it?

Brief counseling and Reality Therapy

■ common components

- working alliance/collaboration
- identify strengths
- active counseling techniques: role play, homework, confrontation, reframing
- clear, concrete, measurable goals

10 Step Consultation

- What have you tried that does not work? Stop these!
- Do the unexpected
- Brainstorm what you could do that might help the child have a better day, i.e. give choices, ask for child's opinion, place them in helper role.

Phase I Try one line approaches

- Ask child to stop undesirable behavior
- Try “could it be” questions-goal disclosure
- Acknowledge cooperative behavior w/o thanking child for responsible behavior

Phase II

- Emphasize rules agreed to previously
 - What did you do?
 - What was our rule?
 - What were you supposed to do?
 - What will you do?

Phase II

■ Use written contract or handshake

- What did you do?
- How did it help you?
- What could you do that would help you?
- What will you do?

Phase III--4 Steps

- In class time-out Quiet corner--
make a plan to return to group
- Out of class time-out Make a plan to
return to class
- Out of school time-out Rest of the day
- Juvenile court visit, and referral to
community agency if behavior does not
change

Person Centered Counseling

- Five basic techniques
 - Unconditional positive regard
 - Active listening
 - Reflection
 - Clarification
 - Summarization

Ready to Learn

- Combines Rogers/Carkhuff and Adler
- Focus on the learning skills and social skills
most predictive of long term school success
- Attending, listening, social/encouragement
- Uses story telling, student story retelling,
and student story telling to teach skills
- Target group is grades k-2

Review Play Therapy packet

- Application of person centered counseling
 - Tracking of behavior
 - Restatement of content
 - Reflection of feeling