

17TH ANNUAL BETA CHI WELLNESS CONFERENCE
JOHN CARROLL UNIVERSITY

Keynote Speaker:

Robert Wubbolding, Ph.D.

**Dealing with Different Behaviors: A Reality Therapy
Approach**

Saturday, October 23rd, 2010

8:30 a.m. to 1:00 p.m.

John Carroll University

Dolan Center for Science & Technology



**\$30: STUDENTS &
BETA CHI MEMBERS
\$65: PROFESSIONALS**

3 CEUs AVAILABLE

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AUCTION HELD DURING THE
CONFERENCE WILL GO TO
BENEFIT THE SCHOLARSHIP
FUND FOR BETA CHI

"To change for the better is a life long project," according to our well-renowned speaker, Dr. Robert Wubbolding. The idea of change may be scary for some, but it is something we can all relate to—clinicians and clients alike. We are all in a constant state of change, and it takes work to meet our goals. Dr. Wubbolding is an expert on Reality Therapy, a type of therapy that assists resistant clients in making positive transformations in their lives. The methods used by a reality therapist differ from most forms of counseling. Rather than using external rewards and punishments, the goal is to try to get clients to make judgments from their core by using self-evaluation, defining what they want, and making plans. The therapist provides information and offers suggestions, but it is an internal method of motivation. The rationale behind this type of motivation is that our behavior, our actions, our thinking, and our feelings originate from inside of us; it is not something that can be externally driven.

Learning Objectives to be obtained during the presentation:

- Overview of choice theory, the basis of Reality Therapy: five motivators of human behavior; four components of behavior; levels of perception.
- Increase skill in using the WDEP system of Reality Therapy: the Cycle of Therapy, Counseling, Managing, and Supervising; Discussion of how Wants, Doing (behavior), Self-Evaluation, and Planning apply to hostility, disruption, and excuses.
- Derive strategies to deal with denial, resistance, and hostility.
- Discover alternative behaviors to impatience and irritation that is felt at times toward clients and students as well as a protection plan for burn-out

Dr. Robert Wubbolding has been a practitioner of Reality Therapy for nearly 30 years. He studied with Dr. William Glasser, the founder of Reality Therapy, and is now the director of his own center for Reality Therapy in Cincinnati, Ohio. He formerly served as consultant to the drug and alcohol abuse programs of the U.S. Army and Air Force. His workshop will not only apply to the education and counseling fields, but also lends itself to the world of business professionals. The primary goal is for participants to leave with immediately applicable skills and techniques that will allow them to assist clients, employees, and/or students in accepting responsibility for their actions and empowering them to change their negative behaviors into positive actions.



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