

Title:

Problem Solving With Reality Therapy

Word Count:

936

Summary:

Reality Therapy is a counseling method that was developed by Dr. William Glasser in 1965. How

Keywords:

reality therapy, choice theory, problem solving, leadership skills

Article Body:

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The underlying key to Reality Therapy is the relationship that is established with the person

So how do you build a relationship? Reality Therapy provides a model by instructing helpers to

After hearing the person's story, the helper needs to determine what the ideal solution would

The next step is to take an inventory of all the things the person is doing to attempt to get

The next step is the most crucial in the entire process. In the next step the helper asks help

The final step in the Reality Therapy process is to help the helpee come up with a plan to do

Of course there are many subtle nuances to the process and I have only provided a thumbnail sk

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