



The Balanced Life

Presents

Control, Choice and Responsibility- How Reality Therapy Helps with Psychological Growth

Friday, January 10, 2020, 8:30 am-12:00 pm (check in begins at 8:00 am)

9238 Madison Blvd. Bldg. 1 Suite 800 Madison, AL 35758

3 Contact Hours to be awarded at completion of workshop

Cost to attend: \$50.00 by 12/27/19

\$80 through 1/9/20

\$110 day of/onsite

Name (as you'd like it to appear on certificate): _____

Address: _____

Phone: _____

Email: _____

Request(s) for accommodations: _____

Payment (Check One):

Check enclosed: Make checks payable to **The Balanced Life**. Mail check and registration form to:

ATTN: Dana Hampson 9238 Madison Blvd. Bldg. 1 Suite 800 Madison, AL 35758

Credit Card: Please mail completed registration form to the address above or email to address below. Once received, you will be emailed an invoice to pay online. *You are not considered registered until payment is made.* In order to receive the early bird or late registration rate, payment must be made on or before the dates listed above.

Further inquiry contact: dana@thebalancedlifellc.com or 256.258.7777 x 101.

Content Description and Objectives:

- Understand the basic tenants of Choice Theory, developed by William Glasser, including the five basic needs
- Discuss the difference between external and internal loci of control and their effect on happiness and impact on relationships
- Learn Reality Therapy strategies based on Choice Theory to use with clients to help them gain insight and perspective
- Understand the connections between Choice Theory and Cognitive Behavior Therapy

Presented by: Dana Hampson, LPC-S, MBA

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