

OUTLINE OF THE TRAINING LEADING TO RTC ACCREDITATION

Phase One

Organised training

Basic Intensive Training	4 days –	30 hours	}	
Basic Practicum	8 practicum sessions –	60 hours		
Advanced Intensive Training	4 days –	30 hours	}	Phase One 210 hours
Advanced Practicum	8 practicum sessions –	60 hours		
Certification Process (RTC)	4 days –	30 hours		

Phase Two

Organised training

III. year of training				}	
Workshop: CT/RT and psychological problems I.	4 days –	30hours			
Practicum I.	4 practicum sessions –	30hours			
Workshop: CT/RT and psychological problems II.	4 days –	30hours			
Practicum II.	4 practicum sessions –	30hours			
IV. year of training				}	Phase Two 240 hours
Workshop: CT/RT and working with group I.	4 days –	30hours			
Practicum I. –	4 practicum sessions –	30hours			
Workshop: CT/RT and group psychotherapy II.	4 days –	30hours			
Practicum II. –	4 practicum sessions –	30hours			

Required Additional Activities – both phases

Written examples – 6 at BP (3h / 1example)	18 hours	}	
Written examples – 6 at AP (5 hours / 1 example)	30 hours		
Supervised case studies – 3 at III. year (10 hours / 1 case study)	30 hours		
Supervised case studies – 3 at IV. year (10 hours / 1 case study)	30 hours		
Analysing literature and preparing the presentations	150 hours		
Peer (supervision) review (16 hours yearly / 4 year)	64 hours		
Individual sessions with supervisor (9 hours yearly / 4 year)	36 hours		
Other personal experiences: (journal, portfolio, plan of personal development)	50 hours		I.+II. Phase 408 hours

Practice in counseling

Practice in counseling begins during year 2: Advanced Practicum 250 hours

Demonstration of RTC competency **20 hours**

Summation

Theory and training of therapeutic skills	540
Supervision	96
Personal experience	222
Practice in counseling	250
Demonstration of the psychotherapeutic competency	20

Total **1128 hours**

Contents, Modes and Hours of the RT Training in both Phases

Contents	Mode	Hours
Theory and training in the therapeutic skills	Attending lectures, preparation and lecturing, literature review, discussions, analysis, practicing with client and exercises through organized activities (BIW, AIW, CW, 4 PTW workshops , BP, AP, PTP) and <i>additional activities (literature)</i>	390 + 150 Σ 540
Supervised practice	Individual supervision through <i>additional activities (supervised case studies at PTP III.- IV. and individual sessions with supervisor)</i>	96 Σ 96
Personal experiences	Personal experience of the therapy (role plays, the Choice Theory Focus Group) exercises, self-evaluation, co-operative self-evaluation of the development through organized activities (PTP) and <i>additional activities (written examples; personal development in CT Focus group; other personal experiences – diary, portfolio, plan of personal changes)</i>	60 + 162 Σ 222
Clinical practice under supervision	The practice is the base for candidate's experience from AP on	Σ 250
Demonstration of psychotherapeutic competence	Presentation of CV; Case study; co-operative self-evaluation. (Open to public!)	Σ 20

Prerequisite: Preferentially bachelor degree in human sciences (medical, psychological, social, educational, etc.).

Structure of Additional Activities outside of the organized training

Written examples – 6 at BP (3h / 1example)	18 hours
Written examples – 6 at AP (5 hours / 1 example)	30 hours
Supervised case studies – 3 at III. year (10 hours / 1 case study)	30 hours
Supervised case studies – 3 at IV. year (10 hours / 1 case study)	30 hours
Analysing literature and preparing the presentations	150 hours
Peer (supervision) review (16 hours yearly / 4 year)	64 hours
Individual sessions with supervisor (9 hours yearly /4 year)	36 hours
Other personal experiences: (journal, portfolio, plan of personal development)	50 hours
Total :	409 hours

SHORT DESCRIPTION OF ADDITIONAL ACTIVITIES

Written examples at BP (3h / 1 example)

18 hours

There are 6 written assignments at BP. The first two of these are based on Dr. Glasser's books "Control Theory" and "Choice Theory" which should be read before basic practicum starts. Participants write about their understanding of Glasser's ideas in these books, personal experience they were thinking about while reading and dilemmas and questions regarding the reading material. Three of the written assignments are based on everyday life frustrations in relationships by trying to analyse them using CT. The final one is profound self-evaluation based on the whole year's work in training and the plan for personal change which has been set at the beginning of the practicum. Participants usually send one example to the supervisor before each practicum session by e-mail. This is an opportunity for the supervisor to improve the relationship with the participant and to model CT principles. The supervisor reviews the participant's written examples and prepares a written answer to it by sharing his/her comments, suggestions, personal experience and ideas.

Written examples and case studies at AP (5h/ 1 example)

30 hours

There are 6 written assignments at AP. The first two of them are based on Dr. Glasser's books "Reality Therapy in Action" and "Warning: Psychiatry Can Be Hazardous to Your Mental Health" which should be read before advanced practicum starts .

Candidates write about understanding Glasser's ideas in these books, personal experience they were thinking about while reading and dilemmas and questions regarding the reading material.

Three of the assignments are case studies based on work with clients. Candidates analyse the client's situation using CT and describe how they use CT in therapy – the New Reality Therapy. The final assignment is profound self-evaluation based on the whole year's work in training and the plan for personal change which has been set at the beginning of the practicum. Candidates usually send one example before each practicum session by e-mail. The supervisor reviews the candidate's written examples and prepares a written answers to it by sharing his/her comments, suggestions, personal experience and ideas.

Supervised case studies at Phase II (10h/ 1 case study)

60 hours

There are 3 written case studies at third year and 3 of them at fourth year of training. Unlike case studies at AP candidates choose the client for the case study in consultation with the supervisor. A case study at this level is much more profound. It consists of the description of the client's situation, analysis of it using CT and a short review of several sessions so that progress can be evident. During the preparation of a case study the supervisor offers his/her help and support.

After the case study is prepared the candidate discusses it with the supervisor individually (see individual supervision).

Analysing literature and preparing the presentations 150 hours

Beside the books- already mentioned, all other publications from the CT/RT field are recommended to be read as well as books and written material regarding specific topics in III. and IV. year (psychosomatics, psychosis, addiction, etc; group work, ethics, review of different approaches, etc.)

Candidates usually prepare their presentations for the practicum from CT/RT publications. If they decide to use books from any other field the presentation should be adjusted and explained through CT.

Peer (supervision) review (16h yearly/4 years) 64 hours

At the beginning of training candidates are asked to put in some extra effort and to meet without the supervisor between practicum sessions. We call it peer supervision or peer review. It is an opportunity for candidates to share experiences, learn from each other focused on CT and improve their relationships and CT beliefs. It helps them sometimes to identify and later address with the supervisor some important questions. Peer review is very important personal experience.

Individual sessions with supervisor (9h yearly/4 years) 36 hours

Individual supervision begins at the same time as BP and lasts until Fourth Year. Candidates have an opportunity to work with the supervisor individually and discuss whatever they want. They can choose to do individual supervision with the supervisor who runs the practicum or may choose any other practicum supervisor who is willing to do it. During the practicum at Phase Two candidates choose the supervisor and have individual sessions based mostly on case studies. For every case study participants have 1.5 hours of individual supervision.

Other personal experiences 50 hours

In addition to the personal experiences already mentioned, the candidate at the beginning of the training programme sets out a plan of personal change which focuses on at least two important relationships that the candidate evaluates to be in need of improvement in his/her life. The candidate makes a plan to improve those relationships using CT. S/he writes about the plan and its realisation in a diary so s/he can follow up her/his own personal development. The candidate uses the diary to take other relevant notes as well as collect important documents for a portfolio. All of this is used for the final self-evaluation and co-verification.