

BASIC CT/RT TRAINING

Goal:

Basic CT/RT training is intended for professionals in the field of counseling, managing and teaching, who want to improve their skills through choice theory and its application in the field in which they work.

Conditions:

The condition for join the training is a university degree, according to the new system, a bachelor's degree (psychology, medicine, social work, pedagogy) or equivalent, as well as work with people (counseling, managing, teaching etc.).

Content and manner of organization

Basic CT/RT training lasts 2.5 years and is divided into three levels.

I. level of training includes:

- Basic intensive training (4 - day seminar)
- Basic practicums (at least 10 one-day meetings)

II. level of training includes:

- Advanced intensive training (4-day seminar)
- Advanced practicums (at least 10 one-day meetings)

III. level of training:

- Certification process (4 - day seminar)

Besides organized contents, participants have also additional activities, for which they are responsible, and which are also part of the training program. Additional activities include the study of literature, written work, participation in peer groups, individual supervision and other experience. Basic CT/RT training includes at least 410 hours of work.

Guidance:

The training is led by EIRT accredited instructors and supervisors.

Application:

Training is announced on the Institute's website.

Training fee:

Training is performed in accordance with the EIRT price list. EIRT reserves the right to change prices.

I. level of CT/RT training includes:

- Basic intensive training (4 - day seminar)
- Basic practicums (at least 10 one-day workshops)

The goal of the first level of training is:

1. Using lectures, exercises, role-playing and discussions, present and explain to the participants the choice theory as a view of human behavior and relationships between people, on which reality therapy is based as a counseling/ psychotherapeutic method, Glasser's quality school as a way of teaching and quality guidance as a way of lead management. (Basic intensive training)

2. Through experiences in everyday professional and personal life, and through experiences in the educational group of practicums, enable participants to integrate the ideas of choice theory as their own view of human behavior and the importance of relationships, and thus increase the quality of their own lives. CT will not be able to be used successfully in professional practice if it has not become part of our beliefs, and if we do not use it to understand and manage our own lives. (Basic practicums)

Because people have different experiences and views on life, that choice theory ideas are not equally close to everyone, or that people do not have the same opportunities to test CT ideas in everyday professional and personal life, the question of determining the time needed to engage in different educational content has been raised. Experience so far tells us that it takes at least a year to complete the first level of training and meet all the standards prescribed by the EIRT Program. Participants have as much time as they need to gain relevant knowledge, understanding and experience. They can also use the opportunity to attend additional practicums and individual supervision to progress. The participants are not related to the group with which they completed the Basic intensive training.

Before we begin to use choice theory in counseling or psychotherapy, guidance, or teaching, it is necessary to integrate its understanding into our daily lives. Gradually, by learning and daily checking the beliefs of choice theory through our own experience, those beliefs become our own. As learning is a lengthy process, we cannot expect to integrate all the beliefs of choice theory at this stage.

The first level of training ends when the participant concludes in a cooperative self-evaluation with their supervisor that they has developed understanding in accordance with the ideas of choice theory and when they can prove it with their own experiences - that choice theory helps him develop quality

relationships in their own life (concrete examples of personal achievements, both on a personal and professional level). Thus prepared they approach II. level of training.

II. level of CT/RT training includes:

- Advanced intensive training (4-day seminar)
- Advanced practicums (at least 10 one-day workshops)

The goal of II. level of training is:

1. Through lectures, exercises, role plays and discussions, present and explain to participants the possibilities of applying the ideas of choice theory in the practice of counseling, guidance and teaching. (Advanced intensive training)
2. To enable participants to apply the choice theory in therapeutic work or in other areas in which participants already work, develop therapeutic experience or leadership experience and improve personal development through experience in a group of practicums as well as experience in personal and professional lives. (Advanced practicums)

Even at this stage, training is not limited in time. The participant takes as much time as they need to meet the standards of training . Experience so far tells us that by the end of II. level required at least a year. Participants have a choice of additional practicums and individual supervision. The second level is completed when the participant in cooperative self-evaluation with their supervisor conclude that their development has reached a level that can apply the ideas of choice theory in their practice, which they confirms by self-evaluation of their performance in these applications.

III. level of CT/RT training includes:

- Certification process (4 - day workshop)

The goal of III. level of training is:

Through lectures, discussions, role plays, feedback, and especially active participation in the group and developing quality interpersonal relationships - enable understanding of choice theory and its application at a high level of relationship between participants, between participants and teachers, and teachers and the whole group.

The third level of training is completed when the participant in cooperative self-evaluation with his instructor determines that his development has reached a level that he can, in his work for which he is otherwise qualified, apply the ideas of CT independently.

Upon completion of III. level, participants receive a certificate that in their work, for which they are qualified, they can apply choice theory. The certificate at this level of training does not represent a license to work, and with it the participants do not acquire the title of therapist or similar.

Activities outside the organized contents are: studying the literature, individual supervision, and other forms of learning through personal experience, such as: writing a diary, portfolio, action plan for personal development and peer CT groups.

Participant's development is individual. They progress according to their own abilities. In order to progress as successfully as possible in organized contents, it is important that they get involved in additional activities as well. The transition of participants from one level of training to another is realized on the basis of cooperative self-evaluation with the supervisor.

Literature study and preparing presentation

At the beginning of the training, the participants were recommended literature. Literature is also used to prepare and perform a presentation at a practicum. They make notes from the read literature and, if necessary, process it with a certain teacher, supervisor.

At least 75 hours are recognized for participants during the literature study training.

Written examples during the training

Writing is the way of experiential learning during the training. Written examples are an integral part of individual supervision. Participants in their written examples (a total of 12) elaborate experiences from personal life (minimum 6 written examples) and experiences of practicing (minimum 6 written examples). When writing written examples, the participant is assisted by a practicum supervisor, who guides and supervises their work. Participants are given 48 hours to write written examples.

Individual training and supervision

Individual training and supervision begin at the basic practicums. Participants have the opportunity to work individually on written examples from their life and practice. He does this work with the practicum supervisor. For each written example or case study, participants have 1.5 hours of individual work with a supervisor.

Other personal experiences: (action plan, diary, portfolio)

In addition to the mentioned personal experiences, the participants already at the beginning of the training, prepare an action plan for personal growth that contains two important relationships that will be improved with the help of CT. Participants write a plan and follow the implementation of the plan, which they write in their personal progress diary. They write down other important notes in the diary, collect important documents and thus create their own portfolio. In a two-year training, participants dedicate at least 20 hours of their work to this way of learning. The action plan, diary and portfolio are the basis for the self-evaluation that the participants make at the end of the training. Hours of other personal experiences in the index are signed by the supervisor who leads the practicum.

Presence in training

The planned hours of organized and additional training activities represent the minimum hours that need to be realized. Participants in the training process can, in accordance with their own and cooperative self-evaluation with a supervisor and instructor, realize several hours of organized and / or additional contents.

Participants are required to attend organized and additional training contents in the number of hours provided in the training. Absence from the seminar will not be tolerated, as the seminar is organized to require the presence of the whole group. The lack of practicum hours can be compensated in

agreement with the practicum supervisor in the form of individual work. The hours of each additional practicum that is reimbursed are paid separately in accordance with the agreed price per hour of individual supervision.

Yearly conference " Days of Leon Lojk" are an integral part of the training and presence is required since it is included in the prescribed number of practicums in each year of training.