**Assignment**

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* **Topic: Reality Therapy**
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**Applied psychology**

**Reality therapy:**

Reality therapy is a therapeutic approach that focus on problem solving and making better choices in order to achieve a specific goals.

**Developer:**

Reality therapy developed by **Dr. William Glasser 1960s.**

**Reality therapy:**

Reality therapy is a client centered form of cognitive behavioral psychotherapy that focuses on improving present relationship and circumstances, while avoiding discussion of past events. This approach is based on the idea that our most important need is to be loved, to feel that we belong, and that all other basic needs can be satisfied only by building strong connection with others. Reality therapy teaches that while we cannot control how we feel, we can control how we think and behave.

**Goals:**

The goal of reality therapy is to help people take control of improving their own lives by learning to make better choices.

**When it's used:**

The principles of reality therapy can be applied individual, parent, child, and family counselling. Studies have person the effectiveness of reality therapy in treating addiction and other behavioral problems. It is also an approach that works with people in leadership positions in education, coaching, administration, and management, where problem solving, instilling motivation, and focus on achievement play a central role in their connection to others.

**What to expect:**

Reality therapy focuses on present issues and current behavior as they affect you know and will affect your future. Little or no time is to spend delving into the past. Since reality therapy is solution-oriented, you will examine how your behavior interfering with your ability to from stronger relationship and figure out what kind of changes you can make in your behavior to get what you want out of life.

You can learn how to reconnect with people from whom you have become disconnected and how to make new connections.

If you try to make excuses or blame someone else for your behavior, the therapist will show you how that kind of thinking results in behavior that prevents you from improving relationships and reaching your goals. You have opportunity to learn and practice new behavior and techniques in the privacy of the therapist's office before employ them in your life outside of therapy.

**How it works:**

Based on the work of psychiatrist William Glasser in the mid 1960 reality therapy is a founded on the idea that everyone is seeking to fulfill five basic needs and mental health issues arise when any of these needs are not being met.

**There are five basic needs are;**

* Power, or a sense of self-worth and achievement.
* Love and belonging, or being part of a family of unity of loved ones.
* Freedom, independence
* Fun, which includes a sense of satisfaction or pleasure
* Survival, on the comfort of knowing that one's basic needs\_\_food, shelter, and sex\_\_are met.

When one or more of these needs go unfilled, the resulting problems occur in present time and in current relationships so it makes sense to act and think in the present time.

Reality therapy stresses one major point which is that people are in control of what they are currently doing in their lives whether or not it is working in their favor toward meeting their basic psychological needs for power, belonging, fun and freedom. And it is through an individual's choices that he or she makes change happen for the better or worse

Reality therapy holds that the key to behavior is to remain aware of what an individual presently wants and make choices that will ensure that goal. Reality therapy maintains that what really drives human beings is their need to belong and to be loved. What also drives humans is the desire to be free and with that freedom comes great responsibility (one cannot exist without the other). Reality therapy is very much a therapy of choice and change, based on the conviction that even though people are often products of their past, they don't have to be held hostage by it forever.

**Core Ideas**

* actions
* behavior
* control
* focus on present

**Actions**

Glasser believes that there are five basic needs of all human beings:

* survival,
* love and belonging,
* power,
* freedom or independence,
* and fun.

Reality therapy maintains that the biggest reason a person is in pain and acting out is because he/she lacks that one important 'other being' to connect with. Glasser believes the need for love and belonging is the primary need because we need other people in order to satisfy all the other needs. Therefore in a cooperative therapeutic relationship, the therapist must create an environment where it is possible for the client to feel connected to another 'responsible' person (the therapist) that they actually like and would actually choose as a friend in their real life. Reality therapy maintains that the core problem of psychological distress is that one or more of the client's essential needs are not being met thereby causing the client to act irresponsibly. The therapist then addresses this issue and asserts that the client assume responsibility for their behavior. Reality therapy holds that we learn responsibility through involvement with other responsible people. We can learn and re-learn responsibility at any time in life. The therapist then focuses on realistic goals in order to remedy the real life issues that are causing discomfort.

William Glasser's choice theory is composed of four aspects;

* thinking,
* acting,
* feeling,
* And physiology.

We can directly choose our thoughts and our actions; we have great difficulty in directly choosing our feelings and our physiology (sweaty palms, headaches, nervous tics, racing pulse, etc.). Emotions (feelings) are the client's self-evaluation is a critical and crucial first step. A self-realization that something must change, realization and acceptance that change is, in fact, possible, leads to a plan for making better choices, plans that are at the heart of successful reality therapy. The therapist helps the client create a workable plan to reach a goal. It must be the client's plan, not the counselor's. The essence of a workable plan is that the client can implement it. It is based on factor under the client's control. Reality therapy strives to empower people by emphasizing the power of doing what is under their control. ‘Doing’ is at the heart of reality therapy.

**Behavior**

Behavior, in the real world is an immediate and alive source of information about how we are doing and whether we are happy with what is going on in our lives. However, it is very hard to choose and to change our emotions directly. It is easier to change our thinking- to decide, for example, that we will no longer think of ourselves as victims or to decide that in our thoughts we will concentrate on what we can do rather than what we think everybody else ought to do. Reality therapists approach changing "what we do" as a key to changing how we feel and how we will work to obtain what we want. These ideas are similar to those in other therapy movements such as re-evaluation counseling and person-centered psychotherapy, although the former emphasizes emotional release as a method of clearing emotional hurt.

**Control**

Control is a key issue in reality therapy. Human beings need control to meet their needs:

one person seeks control through position and money, and another wants to control their physical space. Control gets a client into trouble in two primary ways:

* when he or she tries to control other people,
* when he or she uses drugs and alcohol to give him or her a false sense of control.

At the very heart of choice theory is the core belief that the only person the client can really control is him or herself. If the client thinks he or she can control others, then he or she is moving in the direction of frustration. If the client thinks others can control him or her and follows up by blaming them for all that goes on in his or her life, then he or she tends to do nothing and heads for frustration. There may be events that happen to the client which is out of his or her control, but ultimately, it is up to the client to choose how to respond to these events. Trying to control other people is a vain naive hope, from the point of view of reality therapy. It is a never ending battle which alienates the client from others and causes endless pain and frustration. This is why it is vital for the client to stick to what is in his or her own control and to respect the rights of other people to meet their needs. The client can, of course, get an instant sense of control from alcohol and some other drugs. This method of control, however, is false, and skews the true level of control the client has over him or herself. This creates an inconsistent level of control which creates even more dissonance and frustration

**Focus on the present**

While traditional psychoanalysis and counseling often focus on past events, reality therapy and choice theory solutions lay in the present and the future. Practitioners of reality therapy may visit the past but never dwell on it. In reality therapy, the past is seen as the source of the client's wants and his or her ways of behaving, not as a cause. A client's quality world is examined as to what this person wants in his life and is it realistic. Supposedly each person from birth has taken pictures or stored mental images that he wants in his quality world. Also, each person strives to attain these things that have given pleasure in the past. Everyone's quality world is different, so naturally when people enter into a relationship their quality world most likely will not match up with their new partner.

**Basic principles:**

Reality therapy is also based on choice theory. The principle that humans choose to behave in certain ways and that these choices can help or hamper your ability to satisfy essential needs and reach individual goals. You cannot change or control others, so they only sensible approach to solving problems is to control yourself and your own behavior by making choice that help you achieve your life goals.