



## THE EIRT TRAINING FOR OBTAINING THE TITLE REALITY THERAPY COUNSELLOR

### **Purpose:**

Training for obtaining the title Reality Therapy Accredited Counsellor is a training programme of European Institute for Reality Therapy. The programme has been developed in accordance with European Association for Reality Therapy (EART) training standards. The training is conceived as a 4-year training with minimum of 1098 hours for the individuals who work in the field of counselling or for those who want to train to become counsellors.

### **Conditions:**

Conditions for entering education is a bachelor's or master's degree in humanities (psychology, medicine, social work, pedagogy, sociology, theology,...) or equivalent and a position to work with people (in counselling, leadership/management or teaching). Persons without previous formal education in humanities, but with a long work experience in the field of counselling also fulfil the required conditions.

### **Organisation and content:**

During the four-year programme, the participants are involved with at least 1128 hours of training which consist of:

Theory and training of therapeutic skills – minimum of 540 hours

Personal experience – minimum of 222 hours

Supervised practice in counselling - minimum of 96 hours

Practice of counselling with clients who have different difficulties – minimum of 250 hours

The education is split in two phases. The first phase consists of three 4-day trainings and 16 1-day trainings (practica). The second phase consists of four 4-day seminars, eight 2-day trainings (practica and 4-day conclusion of the training). In education we differentiate the content provided by the Institute (EIRT) which consists of seminars and practicum sessions, and additional activities outside of Institute - those are responsibility of the participants of the training.

### **Educators:**

Education is led by accredited faculty members of the European Institute for Reality Therapy.

### **Application:**

Application is possible upon a call for participants published on the EIRT website.

### **Educational costs:**

The prices for training comply with current EIRT training pricelist. EIRT preserves the right to change prices when necessary.

## OUTLINE OF THE TRAINING LEADING TO RTC ACCREDITATION

### Phase One

#### Organised training

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

### Phase Two

#### Organised training

III. year of training			} Phase Two  240 hours
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			
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	} I.+II. Phase  408 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	

#### 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 <b>organized activities</b> (BIW, AIW, CW, 4 PTW workshops , BP, AP, PTP) and additional activities (literature)	390 + 150 Σ 540
Supervised practice	Individual supervision through additional activities (supervised case studies at PTP III.- IV. and individual sessions with supervisor)	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 <b>organized activities</b> (PTP) and additional activities (written examples; personal development in CT Focus group; other personal experiences – diary, portfolio, plan of personal changes)	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
<b>Total :</b>	<b>408 hours</b>

## 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 realization 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.