



# Reality Therapy (Theories of Psychotherapy)

*Robert E. Wubbolding*

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## **Reality Therapy (Theories of Psychotherapy)** Robert E. Wubbolding

In "Reality Therapy", Dr. Robert E. Wubbolding demonstrates this choice-centered approach. Reality therapy is based on choice theory, which states that people choose their behaviors to do one of two things: fulfill a need or communicate with the surrounding world. Reality therapy first assesses what the clients' needs are and what they want from therapy. The therapist conducts an assessment to help clients determine how effective their behaviors have been in fulfilling their needs and then works with clients to determine a plan for more effective action. In this session, Dr. Wubbolding works with a man in his 40s who has relationship difficulties because of his communication style. Dr. Wubbolding helps the client to look at his relationship differently and to try to see things from his girlfriend's point of view.

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