



# Reality Therapy For the 21st Century

*Robert E. Wubbolding*

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## **Reality Therapy For the 21st Century** Robert E. Wubbolding

This text aims to be a comprehensive, practical, clearly illustrated examination of reality therapy. It includes an historically significant interview with William Glasser, MD, multicultural applications and research based studies. Its goal is to enhance the skills of helpers so that clients may live a more effective life through a total balance of love, health, and happiness. To help teach reality therapy, the author encapsulates the delivery system into the acronym "WDEP". It is expanded to include 22 types of self-evaluation which counsellors and therapists can use to shorten therapy time in the current managed care environment. Each component of the delivery system is illustrated with dialogues so that the reader can see exactly how the system is practical and immediately usable.

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