



Mohamed Sathak College of Arts and Science

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Sholinganallur, Chennai - 600 119.



DEPARTMENT OF PSYCHOLOGY

WORKSHOP REPORT

CHOICE BASED THEORY - REALITY THERAPY

Date: 20.08.2026

Time: 10.00 A.M. to 2.00 P.M.

Venue: Seminar Hall, MSCAS

Resource Person: Dr. Sayee Bhuvaneshwari, Strategist, Psychologist, Coach and Founder - Dheemer Consulting

INTRODUCTION

The Department of Psychology, Mohamed Sathak College of Arts and Science, organized a workshop on “**Choice Theory – Reality Therapy**” on **20th August 2026** at the **Seminar Hall, MSCAS**. The session was conducted by **Dr. Sayee Bhuvaneshwari, Strategist, Psychologist, Coach and Founder of Dheemer Consulting**. The workshop was designed to provide students with an experiential understanding of Choice Theory and Reality Therapy developed by Dr. William Glasser. The programme combined theoretical inputs, interactive activities, discussions, case-based learning, and role plays to help students connect psychological concepts with everyday behaviour, relationships, and counselling practice.

OBJECTIVES OF THE PROGRAMME

- To introduce students to the concepts of Choice Theory and Reality Therapy.
- To help students distinguish between External Control Psychology and Choice Theory Psychology.
- To create awareness about the five basic human needs: survival, love and belonging, power, freedom, and fun.
- To explain the concept of the Quality World and its role in shaping behaviour and choices.
- To help students understand Total Behaviour and its four components: thinking, acting, feeling, and physiology.
- To familiarize students with the WDEP system used in Reality Therapy.
- To encourage the practice of tonic, positive relationship habits over toxic, negative habits.
- To provide students with practical exposure to the application of Reality Therapy through case studies and role plays.

DIGNITARIES PRESENT

- **Dr. M.S. Mohamed Jaabir** – Principal, MSCAS.
- **Dr. M. Syed Ali** – Vice Principal, MSCAS.
- **Mrs. Vishnupriya. K** – Head of the Department of Psychology, MSCAS.
- **Dr. Sayee Bhuvaneshwari** – Resource Person, Founder of Dheemer Consulting.
- **Faculty members and students** of the Department of Psychology & Master of Social Work.

PROGRAMME HIGHLIGHTS

1. Welcome and Inaugural Address

The programme began with the Qirath recited by Afshan Irshad Ahmed from III B.Sc. Psychology, followed by Tamil Thai Vazhthu rendered by Shireya and Abinaya from III B.Sc. Psychology. Shireya delivered the welcome address and welcomed the dignitaries, resource person, faculty members, and participants. The Principal and Vice Principal facilitated the felicitation of the Resource Person. The principal appreciated the Resource Person, the Head of the Department, and the students for organizing the programme. Ms. Ameera from II B.Sc. Psychology delivered a felicitation speech introducing Dr. Sayee Bhuvaneshwari, after which the resource person commenced the session.

2. Icebreaker Activity

As an introductory activity, students were asked to write their name, a character they liked, and the reason for liking that character. The activity encouraged participation and created an interactive atmosphere before the theoretical session.

3. Introduction to Choice Theory

Dr. Sayee Bhuvaneshwari introduced Choice Theory by contrasting External Control Psychology with Choice Theory Psychology. Students learned that Choice Theory emphasizes personal wants, needs, choices, and responsibility, and that individuals have control over their own doing and thinking rather than attempting to control the thoughts, feelings, or actions of others.

4. Basic Needs and the Quality World

The session explored the five basic needs identified by Choice Theory: survival, power, freedom, fun, and love and belonging. Students were also introduced to the Quality World, described as an individual's mental picture of the people, values, experiences, and things that are personally important.

5. Activity – Ideal World

Students explored their Ideal World by identifying the person they would take along, the values they would preserve, and the possessions and beliefs they would carry with them. The activity encouraged reflection on personal dreams, ideals, relationships, achievements, and priorities.

6. Activity – Storytelling Using Pictures

Volunteers from the boys' and girls' groups were asked to connect pictures with narratives and create stories based on their interpretations. The activity demonstrated how individual perceptions and interpretations of reality can differ according to personal experiences and perspectives.

7. Old Brain, New Brain and the Negative Loop

The Resource Person explained the concepts of the Old Brain and New Brain in relation to human needs. She also explained the Negative Loop, through which sensory information is filtered through knowledge and values, forming the Perceived World, which is then compared with the Quality World and influences thinking and acting.

8. Understanding Our Behaviour

Students learned that wants and needs give rise to thinking and action, while physiological responses and emotions are not directly under voluntary control. The session emphasized that thinking and acting influence emotional and physiological responses.

9. Tonic and Toxic Habits

The workshop highlighted tonic relationship habits such as listening, encouraging, trusting, respecting, accepting, and supporting. Toxic habits such as criticizing, blaming, complaining, and nagging were also discussed. Students were encouraged to consciously develop healthier communication patterns in personal and professional relationships.

10. Introduction to Reality Therapy

The Resource Person explained the development and application of Choice Theory and Reality Therapy by William Glasser. Students learned that behaviour is connected to attempts to meet basic psychological needs. The session also introduced Total Behaviour, the Perceived World, the Quality World, and the principle that meaningful change is more effective when the individual is willing to participate in the process.

11. Tonic and Toxic Habits – Role Play

The second session began with a role play on tonic and toxic habits. Ameera from II B.Sc Psychology portrayed the tonic role and Zainab from I B.Sc Psychology portrayed the toxic role. Participants observed the interaction and identified the communication habits demonstrated.

12. WDEP System and Therapy Strategies

Students were introduced to the WDEP framework: Wants, Doing, Evaluation, and Planning. The Resource Person also discussed important Reality Therapy strategies, including focusing on the present, confrontation, positivity, behavioural choice, responsibility, and evaluation.

13. Applying WDEP to a Case Study

The Resource Person presented a client case study and guided participants through questions related to Wants, Doing, Evaluation, and Planning. This activity helped students understand how the WDEP framework can be applied in an actual counselling context.

14. Role Play – Therapist, Client and Observer

Participants were divided into four groups and assigned the roles of therapist, client, and observer. Each group received a case scenario and prepared a counselling role play. The observers identified the WDEP components and examined the therapist's questioning style and responses.

15. Vote of Thanks

The programme concluded with a vote of thanks delivered by Ameera, expressing gratitude to the management, dignitaries, resource person, faculty members, and students for their support and active participation throughout the day.

OUTCOME OF THE PROGRAMME

The workshop successfully enhanced students' understanding of Choice Theory and Reality Therapy and their application in counselling and everyday relationships. The interactive activities helped students identify their own basic needs and Quality World, understand the role of choice and responsibility in behaviour, and recognize the difference between constructive and destructive relationship habits. The case study and role play activities provided practical exposure to the WDEP framework and strengthened students' understanding of therapist questioning, evaluation, planning, and client participation.

CONCLUSION

The Workshop on Choice Theory – Reality Therapy organized by the Department of Psychology was an insightful and engaging learning experience that connected theoretical concepts with practical counselling skills. The combination of interactive activities, reflection, case-based learning, and role play enabled students to develop a deeper understanding of human needs, behaviour, personal choice, responsibility, and therapeutic communication. The Department expresses its sincere gratitude to Dr. Sayee Bhuvaneshwari for sharing her expertise and to the Management of Mohamed Sathak College of Arts and Science, the Principal, Vice Principal, Dean/HOD, faculty members, and students for their wholehearted support and active participation in making the programme a successful and meaningful academic event.

“Understanding Ourselves, Choosing Better.”