



# Cars 'R' Us Training

The *Cars 'R' Us* kit reflects the optimistic, positive psychology of **Choice Theory** and **Reality Therapy** and draws on the **Total Behaviour Car** model that has been used successfully by Reality Therapists for many years.

## Cars 'R' Us Kit:

- ✓ Works well with children, youth and adults
- ✓ Explores feelings and current behaviours
- ✓ Generates options & practical plans
- ✓ Teaches Emotional Intelligence
- ✓ Changes negative thought patterns

## Who Should Attend?

For anyone who works with children, youths , adults and families. Social Workers, Counsellors, Therapists, Mental Health Professional and Health Care practitioners. *\*Those without CTRT Background, can still attend.*

*Cars 'R' Us allows a paradigm shift from a negative outlook to a positive desirable mental frame.*

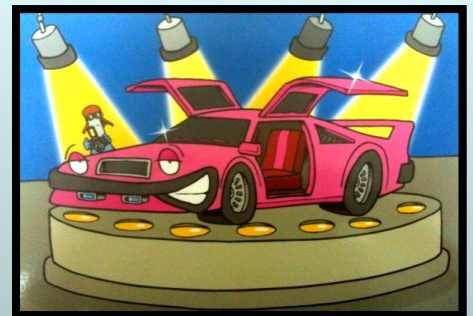


**Dejected? Broken?**

How can my clients become empowered?



**OR..**



**Confident!**

## Trainer: Ms. Alison Krusec

With over 30 years' experience working with families in a range of human services and early year's settings. She has graduate qualifications in childcare, social science (pre-natal and post-natal care), vocational training and parenting education. Alison is the ideal person to support social workers, counsellors and psychologists build their strengths-based, solution-focused toolkit.

Alison is passionate about demonstrating how different resources, card sets and tactile tools can easily be incorporated into everyday conversations with clients, colleagues and teams. She can tailor training around the needs of your organisation or practice.

**Cars 'R' Us** is an engaging tool designed to help young people and adults tackle negative thoughts and attributions while strengthening their internal locus of control. A deceptively simple yet powerful tool, it provides a framework for nearly anyone to do effective therapy with others or as a self-evaluation tool. Modelled on **Choice Theory** and **Reality Therapy**, it is popular with psychologists, counsellors and coaches all over the world. **Choice Theory** posits that we cannot control others' behaviours but our own. By learning to choose healthy alternatives, it will result in greater satisfaction. This also assists us to make effective interventions at the point of greatest leverage.

*"It's fantastic having an expert in CARS to teach you and show you all the different ways the cards can be used. She has such in-depth knowledge of not only the cards but the fundamental theories that they are grounded in. Attending her workshop gives me practical insights and tips on how I can use these cards with my students to enhance my counselling sessions". - Senior Full-Time School Counsellor*

We are committed to keeping class sizes small to facilitate interaction, so please register early.

**Training will be highly experiential and interactive.**

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