

Cars 'R' Us Training

5th August 2022



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.

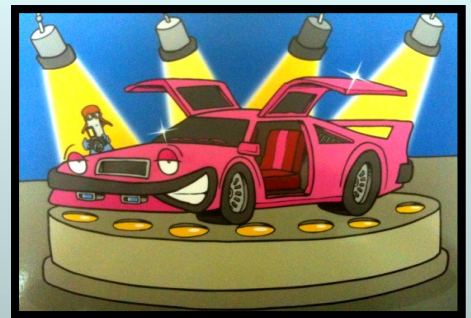


Dejected? Broken?

How can my clients become empowered?



OR..

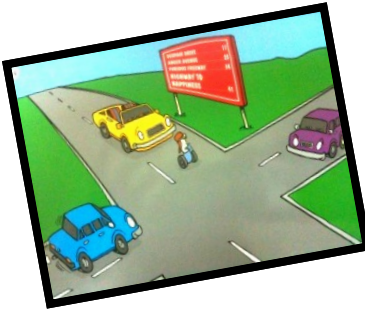
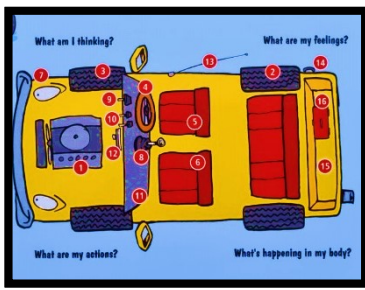


Confident!

Trainer-Mdm Bathma

Mdm Bathma is a seasoned practitioner with 40 years of experience working in Singapore Schools. As a CTRT certified counsellor, she has used Car R Us as part of her practice with amazing outcomes.

She has also provided clinical supervision and training on Mental Health and other related issues for counsellors and Social workers. She also has extensive experience supporting families and integrates CTRT and family therapy in her work.



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

Training	Date & Time	Price
<p>Onsite Location of the venue TBA</p>	<p>5th August 2022 9am to 1pm</p>	<p>(Workshop ONLY) Early Bird : S\$215 Normal Price: S\$245</p> <p>(Workshop with Card Set) Early Bird: S\$ 280 Normal Price: S\$310</p> <p>Mode of payment: Singapore : ibanking / Paynow / IFAAS Overseas participants: Event brite</p> <ul style="list-style-type: none"> ❖ <i>For add-on of Cars R Us card set, a 10% discount will be given.</i> ❖ <i>Workshop can be considered for VCF funding as a non pre-approved course.</i>



We are committed to keeping class sizes small to facilitate interaction, so please register early. **Training will be highly experiential and interactive.** **Morning tea will be provided.**

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