

Director of William Glasser Institute, Japan, Visits Internal Empowerment Training

Laguna Hills, CA, December 22, 2010

Dr. Masaki Kakitani (professor at the School of Psychology, Rissho University, Japan, and director of the William Glasser Institute, Japan, along with his family visited the Choice Theory Connections - Internal Empowerment Coaching (CTC-IEC) program to personally witness the results of the teaching and hear the testimonies of the transformation that occurs in the lives of the students.



Left to right: Dr. Lester Triché, Dr. Masaki Kakitani, Mrs. Sumiye Kakitani, and Inochi Kakitani

While visiting Southern California for a conference at LMU, Dr. Kakitani and his family chose to visit after having heard about the CTC-IEC program. They spent the better part of the day as Dr. Triché taught over 40 students Choice Theory at the California Institution for Women (CIW), Corona, California.

The self-reflection and what appeared to be an instant transformation in the lives of the students being taught by Les Triché so moved Mrs. Kakitani that she decided to share a portion of her story. That is, after testimonies given by the students at CIW expressed how Choice Theory greatly benefited their

ability to make a better decision, Mrs. Kakitani graciously explained her positive attitude as being reinforced since her diagnosis of cancer. She moved all of those in attendance when she revealed how she lost her hair because of chemotherapy. She wanted the students to know her unforeseen medical obstacle will not control her pursuit of happiness.

The students were shocked at the story she told and how eager Mrs. Kakitani was to share the details of her life. Mrs. Kakitani discussed how she reorganized her behavior in response to her medical challenge. She chose to allow her "thinking and acting" to be the dominant behavior to respond to her life-threatening situation. Her actions were consistent with Dr. William Glasser's teaching on "Total Behavior" (how we respond to information we receive by reflecting on our thinking, acting, feeling, and psychology).

In her case, she saw thinking and acting being more critical, and as stated chose to allow her thinking and acting to dictate her feelings and physiology. She illustrated the epitome of Dr. Glasser's teaching as taught through the personal application of Internal Empowerment Coaching. Furthermore, her actions were an illustration of what Choice Theory is all about—using the internal control psychology inside us to chart our course to happiness.

Professor Masaki Kakitani shared with the class his use of Choice Theory in Japan with his students and in corporate environments. He commented on how impressed he was with the practical application of Choice Theory as noted during this class period and assured all that he would share the results of the CTC-IEC program with his students upon his return to Japan.

Dr. Kakitani's program is *The Better Plan* (<https://thebetterplan.org/tag/masaki-kakitani/>).

About IECAST

Internal Empowerment Coaching and Scripture Therapy (IECAST, Inc.) is a non-profit, 501(c)(3) organization, devoted to providing educational services based on Reality Therapy, Choice Theory, and Internal Empowerment principles and practices.

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If you would like more information about this topic, please call RoxAnne Triché at (909) 227-8152, or email info@internalempowerment.com.