

Ordinary People Application Paper

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Ordinary People

One of the theories from this film that I am going to speak about is how to apply psychodynamics/psychoanalytic to Conrad. Conrad is a son, a student, that needed counseling after he was released from a mental hospital after trying to kill himself when his brother was killed on a boating trip.

The free association technique could be used to help Conrad to express what he is feeling and say whatever comes to his mind. Conrad could feel that whatever he says will help him in the long run. Free association is used with Conrad to help him express himself immediately without being judged. I would apply the psychodynamic theory with Conrad by encouraging him to express himself and letting him know that doing so will get to the bottom of the issues. The free association will be used to help the therapist by shortening Conrad sessions and helping to simplify the sessions.

Another therapist session that could be used is transference where the client is able to transfer feelings, attitudes, and fantasies that the client has. In this film, Conrad has a mix of feelings from being blamed for his brother's death to where he stands in life. As the session continues the therapist was able to help Conrad use transference through positive and negative feelings they have toward their therapist. Conrad could resolve his feelings towards the therapist and see him as a father figure. Conrad's transference of feelings helps him to see how having negative thoughts turn to positive thoughts about what he is experiencing helps him in sessions to see that everything isn't negative but has a positive end.

Ordinary People

[https://pluto.tv/en/on-demand/movies/ordinary-people-1-1?](https://pluto.tv/en/on-demand/movies/ordinary-people-1-1?utm_medium=textsearch&utm_source=google)

[utm_medium=textsearch&utm_source=google](https://pluto.tv/en/on-demand/movies/ordinary-people-1-1?utm_medium=textsearch&utm_source=google)

Corey, Gerald. (2015), Theory and Practice of Counseling and Psychotherapy.,

10th Edition USA, Thompson Learning.