

Ordinary People Application Paper

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One of the theories from this film that I am going to speak about is how to apply Adlerian theory to Conrad. The Adlerian theory focuses on Conrad's social interactions and community involvement. Adlerian theory suggests that we as humans have one desire, and that is to belong and on significant. The Adlerian theory says that we must master building friendships, establishing intimacy, and contributing to society (Corey, pg. 102).

Adlerian theory says that feelings of inferiority can hinder a client/therapist relationship but, if used appropriately can be beneficial to the client. All human behaviors are what we could think, feel, and act about the goals that we are trying to establish. Adlerian believes that we can understand the purpose, and goals that we are trying to strive for.

In the film "Ordinary People" the Adlerian theory is used in Conrad behavior such as he doesn't like being in the therapist session. He doesn't want to come to discuss it. Conrad is having trouble relating to people and denies being depressed. His reaction to Dr. Berger's questions about how he is handling the situation is a simple answer "double edge super glue". Conrad uses a short answer format so that he doesn't have to spend much time thinking or answering any questions that might cause him pain. Conrad's behavior is typical of someone that is suffering from post-traumatic stress disorder. He is always questing his purpose in life, and how he could move forward with the people in his life. Dr. Berge is seeing how Conrad is coping with fear and relationship issues.

Two techniques that I am using from the book are establish the relationship and assessing the individual's psychological dynamics. Here the therapist focuses on establishing a relationship with the client. I would focus on having a person-to-person relationship with the client before trying to start with the problem. The therapist should be working on finding the client's

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problems. I would offer support and encourage the client by speaking more. I would encourage the client to speak more by giving them my total support by hearing them, listening attentively, agreeing if it is true, and trying to give support on things that are going to be helpful to the client. I would deal with the client's issues the client is willing to speak about.

Another technique is assessing the individual's psychological dynamics which is when I try to get deeper into the client's life. I will understand the client's identity and how the client views the world. I would want to learn more about the client's backgrounds, their families, and how and where they develop their thinking styles from. I would be using the subjective interview where I would help the client tell his or her story as completely as possible. (Corey, pg. 109). What the client says will spark a way for the therapist to use empathic listening and responding. I would also use objective interviews where I could discover more information about the client's life. Adlerian counseling focuses on the family constellation it is where each person forms their unique view of self, others, and life. This objective interview helps the therapist to see the client's early memories and how they attach them to their early lives. Adler believed that each family constellation forms its views. The family constellation started with birth order. Early recollection starts by asking the client to recall the earliest memories that help us to understand how we feel about ourselves. I chose to use these two techniques because they seem to be the best ones for Conrad. I believe that having Conrad open up first and me getting to know him when before any session will help Conrad to feel more comfortable with me. If Conrad was to start with the problem, then he wouldn't have an opportunity to see who he is before discussing his problem. By, understanding Conrad's lifestyle and getting to know his identity and how he relates to the world helps me to understand where his mental stability and what he is thinking.

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https://pluto.tv/en/ondemand/movies/ordinary101?utm_medium=textsearch&utm_source=google

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

10th Edition USA, Thompson Learning.