

Ordinary People- Psychoanalytic Theory

Yafranny Nunez- Rodriguez

Alliance University

GNC 502: Theories and foundations counseling

Professor Ramos

February 7, 2023

Psychoanalysis theory is explained as making the unconscious conscious. The psychoanalytic theory is separated into three groups: the id, ego, and superego. Each of these groups explains that a person's pleasure principle rules the id, and the ego is the sense of self but also represents the reliability at the moment and the conflict. The superego is explained as more mature, it is the moral principle. When it comes to the Psychoanalytic theory and mental disorders it is identified as unresolved mental conflicts, according to Freud, are the leading cause of symptoms including anxiety, irritability, dark thoughts, problematic personality features, and interpersonal problems. He believed that these issues were caused by previous events and connections.

The psychological theory explains Conrad from the movie Ordinary People as someone who is unconsciously conscious. Conrad understands what happens to his brother and knows that he tried to harm himself but he keeps on blaming himself for the things that were not his fault. Conrad is aware of everything but the hard Trauma that he had to face is affecting him. During the movie, you can see that Conrad has PTSD from his brother's death. He keeps reliving how his brother had passed away. During the movie, you can see that Conrad is having trouble sleeping. You can also see him hiding his feelings which shows the unconscious part of his mind. The conscious part of him is that he makes it seem as if she is okay, although people may know that he is hurting. To add on, not only his passing of his brother's life but his mother not showing him love which also affects him. He feels as if his mother blames him for his brother's death so he feels like he doesn't belong. Overall Conrad has been through a lot and it all started when he was younger when his mother was giving his older brother more attention.

Two techniques that can be used during counseling for Conrad are the analysis of resistance and Interpretation. The technique analysis of resistance is a great technique to use

while counseling Conrad because it would help the client understand and be aware of the reasoning behind their resistance. As noted during the movie Conrad was very resistant towards the death of his brother. He even pushed his friends away because he wanted to deal with things on his own, which was not good for him. Helping Conrad understand why he is acting the way he is would help him heal from what he has experienced. Another technique that can be used is interpretation which would help give Conrad a better understanding of what is being shown. During the ending of the movie Conrad and the therapist did a role play in which the therapist would act as his brother. During this scene Conrad was able to express himself on how he really felt towards what happened. At the end of that role play the therapist was able to teach Conrad the reasoning behind why things had to happen the way they did. He had to learn to accept himself and those people around him.

Reference

Redford, R.(Director).(2017).Ordinary people [Film]

Corey, G., 2016. Theory and Practice of Counseling and Psychotherapy. 10th ed. Boston, MA: Cengage Learning US.