

**Film Ordinary People with Adlerian Therapy Applied**

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Alfred Adler was a crucial figure in the early development of the psychodynamic treatment method, along with Freud and Jung. Adler emphasizes the oneness of the personality in his argument that humans can only be understood as integrated, whole creatures. This point of view also highlights the intentionality of behavior, stressing that where we come from does not matter as much as where we are trying to go. According to Adler, each person develops a particular way of life that serves as both a path toward and a representation of the goals they have chosen for themselves. In this way, our childhood experiences do not simply mold who we are; we also create it ourselves.

Adler concentrated on how a person's perception of early events continued to affect that person's present conduct, as well as how the person's history was interpreted in the present. Social connections rather than sexual drives primarily motivate humans. According to Adler's theory, an action is intentional, goal-directed, and conscious rather than unconscious. Adler emphasized personal responsibility, having a purpose in life, and pursuing achievement, fulfillment, and perfection. Adlerians try to see the world through the client's point of view, referred to as a phenomenological perspective. The most essential and unique ideas are social interest and community emotion. These concepts refer to people's knowledge of their place in the human family and their attitudes toward interacting with others in a social setting. According to Adler, to succeed in life, we must effectively complete three tasks: making friends (a social task), developing closeness (a love-marriage task), and giving back to society (an occupational task). The Adlerian method is distinct in focusing on sibling relationships and one's psychological birthplace within the family.

After Conrad's big brother Buck died, he had difficulty fulfilling the three major tasks - making friends, developing closeness, and connecting to others. He tried to distance himself from his friend, who was also a friend of Buck, to avoid the bad feelings of missing Buck. He did not connect with his family or concentrate in class and quit swimming. His birthplace in the family should not be overlooked. As the second and youngest son, he felt he needed to be the perfect boy to be loved. He liked to control and compete.

I would follow the four stages of the therapy process from Adlerian counseling. Firstly, I would create a suitable therapeutic alliance with Conrad. I will understand things from his view to earn his trust and ease his discomfort. Secondly, I would examine his psychological dynamics. I would ask Conrad to provide his earliest memories about his family during the evaluation period. The early recollections will help us find what affects Conrad's private logic - his mother loves his brother Buck more, and he has to work very hard to obtain her love. Besides early recollections, I will also pay attention to his family constellation. Thirdly, I would promote the growth of his self-awareness. I will ask open-ended questions to let him explore the underlying causes behind his present-day actions. Finally, I would aid him in making fresh decisions. I will reorient him toward understanding and loving his mother, and his behavior will make a difference in that relationship.

Conrad struggled with guilt and inadequacy. He could benefit from the Adlerian approach that helps him understand and develop his strengths and capacities. The Adlerian theory focuses on encouraging individuals to find their sense of purpose and direction. It could help him move beyond guilt and shame toward a more positive and fulfilling life.

## References

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