

Ordinary People Application Paper
Person-Centered Therapy

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Ordinary People/ Person-Centered Therapy

Person-centered therapy also known as client-centered therapy is when a person decides to take charge of their lives and change how they think and feel. During this stage, the client will attempt to change things about themselves and their lives. The client is supported by an empathic therapist. In person-centered therapy, the client takes the lead and not the therapist. The therapist isn't nonjudgmental toward the client's feelings and behaviors.

In "Ordinary People" Dr. Berger accepts all of Conrad's emotions and experiences. Dr. Berger shows unconditional positive regard towards Conrad. Dr. Berger shows empathy, understanding, and congruence.

Conrad takes the lead by wanting to have his way in his sessions. Conrad decides to leave the swimming team and not tell his parents until he feels comfortable. He also feels anger and accepts his mother's limitations. He expresses love towards his father. This theory explains Conrad's behavior because he feels like no one understands him and he can't express how he is feeling. Due to the point that Conrad is feeling beside himself, he has a voice to speak to and someone to listen to him. Dr. Berge shows Conrad how to have faith in himself and how to not let others rule over him. Having a voice can help Conrad to see that life is worth living for.

Two techniques that are used in this book are unconditional positive and empathic understanding. I chose these two theories' because the therapist will always accept the client for whom they are showing support and care no matter what they are going through. By showing unconditional positive therapy for Conrad by having eye contact, listening attentively, and having positive body language.

Another technique that is being used is empathic understanding. I would use this therapy by maintaining awareness and sensitivity to his experience. My goal would be to help Conrad build a good rapport with me and let him know that I completely understand.

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I believe this approach would be beneficial because a client needs to understand that a therapist is there for them and not against them. A client wants to be heard and understood. When a client comes into a therapist's office the client wants to see that the therapist can help them.