

Ordinary People- Adlerian Therapy

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Yafranny Nunez- Rodriguez

Alliance University

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Adlerian therapy is a kind of therapy that is used to focus on goals, actions and social interest based on past experience. According to Adlerian “From the Adlerian perspective, human behavior is neither determined by heredity or environment. Instead, we have the capacity to interpret, influence, and create events. Adler asserted that genetics and heredity are not as important as what we choose to do with the abilities and limitations we possess.”() Adlerian therapy is basically a kind of therapy that you are understanding and accepting the reason why you are behaving the way you are.

In the movie ordinary people you can see Conrad struggling to accept that his brother has passed away. You can also see him always blaming himself for his death. When Conrad started to see the therapist, the therapist would use adlerian therapy. Sometimes the therapist would use humor to help Conrad cope with what Conrad is dealing with. The therapist helps Conrad explain his feelings and then tries to find a solution to help him feel better. After Conrad is able to express himself the therapist hears him out but he uses early recollection analysis to help Conrad understand his patterns to feel the way he does. During the movie the therapist makes him think about his feelings towards his mom. Conrad stated that he mom has always had love for his brother more than she did for him, which is the reason why he put so much blame on himself. Conrad feels as if his mother hated him because of the accidents and maybe if that would have never happened his mother would have some kind of love for him. The therapist helps Conrad understand that sometimes things happen for a reason even when people are careful. The therapist also helps Conrad understand that he has to forgive himself before

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he can forgive his mother. He also understands that he had to figure out his problem and find the resolution to help him feel loved by his mom.

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Reference

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