

**Film Ordinary People with Existential Therapy Applied**

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The existential theory is a philosophical approach to understanding human subjective feelings around their own experiences and their meaning of existing. Existential theorists argue that humans must create meaning and purpose for themselves and that the search for meaning is a fundamental aspect of the human experience. This theory emphasizes the freedom and responsibility of human beings. People have the freedom to make choices, but they are also responsible for the consequences of their choices.

From this theory, mental disorders are often seen as a result of a conflict between the individual's self-created meaning and the external world or between the individual's desire for freedom and their fear of the responsibilities that come with it. Thus, the theory suggests that the way to overcome mental disorders is to come to a better understanding of one's existence and to make meaningful choices that are in line with one's values and beliefs. In the meantime, they need to be mindful that they are responsible for the consequences of their choices and the meanings they give to their experiences. This responsibility can sometimes lead to anxiety but ultimately, a more fulfilling and meaningful life. In general, the existential theory states that people's behavior is driven by their search for meaning and purpose. This search is a continual process throughout one's lifetime.

Through the lens of existential theory, Conrad's behavior can be understood as a result of him feeling aimless, being trapped in his guilt, and struggling to find a way to make sense of his brother Buck's death. Even before Buck's accident, Conrad felt lonely and isolated in this family based on his childhood memories. Conrad began to question the meaning of his existence after Buck's accident. Simultaneously, he feared that his life was out of control.

As a practitioner of existential theory, I hope to help Conrad overcome his depression and find a new sense of purpose in his life. I would first increase his self-awareness to help him understand his existence. I would encourage Conrad to reflect on his experiences and feelings surrounding his brother's death and to explore the meanings he has given to these experiences. This would allow Conrad to gain greater self-awareness. Then, I would journey with him to understand his freedom and responsibility. I would encourage Conrad to take responsibility for his life and make choices that align with his values and beliefs. This may involve helping Conrad understand that he has the power to shape his own life rather than believing that external circumstances can determine his life. I would also encourage Conrad to embrace his freedom, even if it means facing difficult choices or experiencing some anxieties.

Existential therapy may be useful for Conrad to help him understand his own experiences as well as find a sense of meaning and purpose through his struggles with guilt and worthlessness following Buck's death. However, Conrad may not be ready or willing to engage in this level of change because existential therapy emphasizes the importance of personal responsibility and freedom. Without an authentic close relationship with Conrad and a thorough assessment of him, I doubt that existential therapy is the most beneficial approach for counseling Conrad, at least at this moment.

## References

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