

**Adlerian Therapy - Ordinary People Paper**

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GCN503: Theories and Foundations of Counseling: OA

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Alfred Adler conceptualized and developed Adlerian therapy based on his own childhood experiences. He had sibling rivalry with an older brother, and his younger brother died in their bed next to him, he was very sick at an early age to the point where he overheard his doctor tell his father that he was lost. It must have been extremely difficult for a child to hear from someone with such a status that he was lost, especially after losing his brother. Perhaps he thought that he was going to die too, and so it was important that he motivate, encourage, and ultimately heal himself from within.

Despite all he had gone through at such a tender age, rather than shrinking back, and submerging himself into self-pity, he proactively endured. He rose to the occasion that scholars have continued to use in today's helping profession. Alfred used what he endured as a learning process to his own advantage. Striving for significance and superiority, Adler believed in recognizing one's inferiority feelings and the consequent of thriving for perfection or mastery are factors present in individuals from birth. He believed that people have to capacity to react to inferiority by pulling themselves up and away from forces that may have attempted or attempted to pull them down.

Like Conrad who has lost his older brother whom he loved dearly, and had no love connection with his mother, Alfred lost a younger brother, and had no love connection with his mother, but developed great relationships with their fathers.

It made sense that Alfred Alder went on to create the birth order and Sibling Relationships Theory. Of course, his family composition must have given him more than enough insight to create such a theory. The oldest child, the second child, the middle child, the youngest child, and the only child, do have some truth to this theory, and generation to generations have,

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can, and will relate to either one of these theories or all of these theories.

The Family Constellation theory was important to Adler, who had a large family. Unlike Conrad who had a small family, the dynamics were similar. It was fully established in his family who the favorite child was, the relationships with both mother and father, how the parents get along, their agreement or disagreement, and issues and concerns for each other.

Using the Encouragement theory, Dr. Berger assists Conrad in realizing that he was not responsible for his brother's death and that he was not sick, but was discouraged, and beaten down with guilt. He helped him to realize that he is the stronger one. That really help him to look within, and he was able to draw strength from within himself. Dr. Berger established a great relationship of trust and comfortability with Conrad. He also used the Family Constellation with the information he received from Conrad about his mother, brother, and father to understand, and gain insight as to why Conrad was experiencing what he experienced.

The Family Constellation, the Friendship, and the Encouragement theories, all played a major role in the process of helping Conrad to release his guilt and fears. They all help him grow and ultimately, he was able to believe in his father again knowing he has his best interest at heart, and he was able to develop new relationships.

## **CONCLUSION**

In conclusion, Adler believes that despite a person's situation, or circumstances, despite where they came from, when motivated, when having someone to believe in them, they can move forward on their path to succeed and to accomplish their desired goals. He believes that it

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is all coming from the internal forces from within, not the external. His Life Task to master three universal life tasks are building friendship (social task), establishing intimacy, (love-marriage) and contributing and contributing to society (occupational task). He believes that irrespective of age, gender, time in history, culture, or nationality, all people need to address these tasks to thrive well.

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### References

Corey, G. (2018). *Theory and practice of counseling and psychotherapy*, (10th ed., pp. 95-128). Cengage Learning.

Ordinary People, released September 19<sup>th</sup>, 1980 (USA)

Directed: Robert Redford

Award: Academy Award for Best Picture, Academy Award for Directing, More

Language: English

Music composed by: Marvin Hamlisch

Watched on Pluto