

Ordinary People- Person Center Therapy

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Person center therapy is a kind of therapy in which the client is always talking and the therapist is there to support or guide the client. “Rogers’s basic assumptions are that people are essentially trustworthy, that they have a vast potential for understanding themselves and resolving their own problems without direct intervention on the therapist’s part, and that they are capable of self-directed growth if they are involved in a specific kind of therapeutic relationship”(Corey, G., 2016). In other words, person center therapy is known as helping build someone’s self-awareness and self-esteem. Person center therapy acknowledges that each person is capable of managing their desire, and personal growth, you are not viewing them with any kind of judgment.

In the movie Ordinary people, the therapist is using person center therapy with Conrad. In every session that Conrad would attend you can see the therapist guiding him and supporting him. During one of Conrad’s sessions with the therapist, you can see the therapist being there for Conrad and letting him speak about what he is feeling during that day. In one of the scenes, Conrad stated something and then he realized what he had to do to fix or change the situation. The point of person center therapy is for the client to be the one to trust their own decision and be able to grow from it. As the therapist, all he could have done was try to support and lead Conrad into making the decision. When Conrad’s decisions are poor all the therapist can do is support him until he is able to realize what he may need to change to make his decision better.

Conrad is going through all kinds of emotions because of his brother’s death and his feeling as if his mother is not there for him. Person center therapy has helped Conrad tremendously because he has a therapist who supported him and helps him make his own decisions. Two techniques that the therapist used on Conrad are not being judgmental and not

making decisions for the client. As a counselor of Conrad, I would use the same techniques because I believe that clients do not want to be judged but understood for their situations. As a counselor I would also allow Conrad to make their own decisions; yes I am there to guide and help Conrad but I am supposed to let him decide freely. Toward the end of the movie, you can see that person center therapy has helped Conrad in a positive way because he was able to realize on his own what he should do in order to help himself and forgive his mother.

References

Redford, R.(Director).(2017).Ordinary people [Film]

Corey, G., 2016. Theory and Practice of Counseling and Psychotherapy. 10th ed. Boston, MA:
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