

Ordinary People Application Paper

Existential Therapy

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Ordinary People: Existential/Models Paper

Existential/Models were discovered by many therapists during the 19th century.

Existential therapy is when the therapist tries to help the client to find purpose and meaning in their lives. A therapist helps the client to understand the present and not focus on the past.

Existential therapy believes that once a client in therapy accepts their choices and surrenders to control then they can move their lives into a more positive stance. A client asks questions in sessions such as “Why am I here?”. (Corey, pg. 138). Existential therapy is used in individual therapy, group therapy, and family and couples therapy. A client being guided through existential therapy become self-aware and take responsibility for their values.

There isn't any one technique that is being used but existential therapy, but counselors could use the freedom, responsibility, and choice technique that emphasizes the relationship with the client. This way Dr. Berger helps Conard by not focusing on blaming others for his failures but to take responsibility for himself. Dr. Berger lets Conard cry and then comforts him this lets Conard get in touch with his emotions. Dr. Berger refuses to let Conard bury his emotions. Dr. Berger reminds Conard of his advice to drop his emotional burden. Conard accepts the choice he makes by forgiving his mother.

Another technique that is being used is the isolation and loving (intimacy) approach this is where the client is struggling with being alone and isolated. This technique helped Conard by not focusing on the past but to focus on the future. The client depends on the counselor's love and genuine caring that they can't close themselves in from other people. Dr. Berger helps Conard through this technique by encouraging him to make more friends,

Another technique that Dr. Berger's used is the living and dying technique which helps Conard to understand that he isn't responsible for his brother's death. By focusing on the positive

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things, he remembers good things about his brother and the good times they had, Conrad is clearly understanding that his brother's death was an accident. It was also clear because the day of his session was also his brother's birthday.

I believe this approach would be beneficial because a client needs to know how to accept the good and not the bad. If the client is allowing him or herself to accept the changes that come their way, then they can move forward and have a rewarding life.

References

https://pluto.tv/en/ondemand/movies/ordinary101?utm_medium=textsearch&utm_source=google

Corey, Gerald. (2015), Theory and Practice of Counseling and Psychotherapy.,
10th Edition USA, Thompson Learning.