

**Ordinary People- Existential Therapy**

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GNC 502: Theories and foundations counseling

Professor Ramos

February 28, 2023

Existential therapy is a kind of therapy that is used to help clients focus on trusting themselves and understanding their anxiety. The main goal of the therapist when using existential therapy is to help support and guide the clients with helping them be aware of their decision making. Existential therapy is usually used when a client experiences a situation in which they are unable to understand on their own.

In the movie Ordinary People the therapist uses existential therapy on Conrad. During the movie you can see Conrad struggling with finding reassurance with the loss of his brother. Conrad tries to find answers to why he lost his brother and because of that it leads him into having fear or anxiety. Another thing that we see Conrad struggling with is feeling in fault that his mother does not love him because of the death of his brother and Conrad believes he is the reason why his mom feels that way towards him. To add on Conrad struggled with finding a purpose in life when his brother left and when he came back home from the hospital he still felt the same way. As the therapist he helps Conrad figure things on his own by giving him a free will of deciding on how he is currently feeling. The therapist allowed Conrad to deal with his thoughts and anxiety but he was there for him and supported him. The therapist helped Conrad see a meaning in life by allowing Conrad to open his mind. A technique that the therapist used was during the movie was trying to understand Conrad's situation and asking questions toward his feelings. To add on another technique that the therapist used was getting Conrad into his deepest moment to help counsel Conrad better.

As a therapist I agree with the techniques that were used for the existential therapy on Conrad because they were very helpful with helping Conrad see a new meaning of life. Conrad was able to find reassurance after the therapist was able to help him understand what happened was not his fault in that he needs to stop living in fear. I would say that understanding the person and

being able to have the person go into their deep feeling is a great technique to help the client find reassurance.

**References**

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