Ordinary People- Gestalt Therapy

Yafranny Nunez- Rodriguez
Alliance University

GNC 502: Theories and foundations counseling

Professor Ramos

March 7, 2023,

Ordinary People- Gestalt Therapy

Gestalt therapy is a type of psychotherapy where the main goals are to improve the client's awareness, independence, and identity. It's a type of treatment that places more emphasis on the present than on the past. The foundation of gestalt therapy is the notion that people are impacted by their immediate surroundings.

In the movie Odinary people gestalt therapy was being used to treat Conard by Thetherapist. During the movie, we can see the therapist trying to help Conrad to think of the present and not dwell in the past. The therapist tries to help Conard to realize that things had to happen the way they did but he shouldn't continue to treat himself the way he does. In most parts of the movie, you can see Conrad just blaming himself for his brother's death and the action of his mother. You can see that because of this feeling, Conrad attempted to hurt himself. As the therapist, he tries to help Conrad to think of the present. He lets Conrad understand that the reason that he is alive is that he has a purpose in the present life.

In the movie, the therapist uses two techniques to help Conard during therapy, those techniques rehearsal exercises and staying with the feelings. During the therapy session when Conard asked the therapist to meet him at his office, the therapist allowed Conard to stay in his feeling. He allowed Conrad to feel the way he did but also allowed him to realize he was the one who held on to the boat, but the therapist let him know that he is scared to admit that he was the one that lived. During this season the therapist showed Conrad that he is allowed to feel the way he did because if he did not feel the pain and the sacredness then he wouldn't be able to overcome his feelings. Toward the end of the movie, we can see the therapist having a rehearsal exercise of something Canrad can say when he felt that he was the one to blame. During this time of the season, Conrad expressed that he was the one to blame for the loss of his brother and friend. The therapist ensures him that it was not his fault. The therapist during this season made

himself the Conrad brother and when Conrad was expressing himself he told him that he could not hold on longer because he was tired.

As a counselor, I believe that the techniques that the therapist used were effective for Conrad because, after the rehearsal exercises, Conrand was able to feel better about his feelings. The therapist also expressed comfort to Conrad and made him feel as if the therapist was his friend. The therapist allowed Conrad to feel understood and allowed him to feel what he was feeling. Which I believe is a great way to counsel and help those who put blame on themselves.

References

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

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