

**Film Ordinary People**

**Reality Therapy Paper**

Della Simmons-Akers

Alliance University Graduate School

GCN 502 OA Theories and Foundations

Professor George Ramos

March 21, 2023

## **Ordinary People Reality Therapy Paper**

Reality therapy is a form of counseling that focuses on a client's behaviors. Reality therapy is only limited to the present. Of reality therapy may cause the present to miss out on seeing the whole picture. Because of reality therapy it focuses is only on the present and give the therapist the power to focus on their own central views and value on the client. Reality theory is based on Choice theory. Choice therapy states that a person will control their own behaviors and have little control over someone else's behavior.

Choice theory states that we are born with five genetic motivations that drive us survival, love and belonging, power, or inner control, freedom, or independence, fun or enjoyment. Choice theory states that we don't satisfy our needs directly. We store information in our minds and build a file of it.

Two techniques that I could use with Conrad is action planning and self-evaluation. Action planning are plans that a therapist could guide a client through serves his or her needs. Action planning for Conrad could help him by deciding on a specific plan, a plan that is simple, and how to focus on the results that he chose to see. Conrad plans must be immediate or time limited. With new plans Conrad could see a breakthrough and be willing to follow through with what he says.

Conrad could benefit from self-evaluation by understanding his present actions. He could understand his present goals and how they are working and those that didn't. Conrad could understand if the goals his presently have are realistic or not. Do these goals serve as an option to getting him where he needs to be? Conrad could decide if he is willing to make a change for the better. By Conrad making a change this helps him to make new plans as thing happen in his life.