

Film Ordinary People

Reality Therapy Paper

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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. Reality therapy may cause the present to miss out on seeing the whole picture. Reality therapy focuses only on the present and gives 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 behaviors and have little control over someone else's behavior.

The choice theory states that we are born with five genetic motivations that drive us survival, love and belonging, power, inner control, freedom, independence, fun, or enjoyment. The 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 are action planning and self-evaluation. Action planning is planning 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 simple plan, and how to focus on the results that he chose to see. Conrad's 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 he presently has 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. Conrad making a change, helps him to make new plans as things happen in his life.

References

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

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