

Choice Theory/Reality Therapy – ordinary People Paper

Sheila Martin

Mental Health Counseling, Alliance University

GCN503: Theories and Foundations of Counseling: OA

Choice Theory/Realty Therapy– Ordinary People Paper

Dr. George J. Ramos, Assistant Professor of Mental Health Counseling

March 13, 2023

Choice Theory/Reality is such a familiar theory/therapy that so many teachers and parents can relate to. They really speak for themselves. They have given clients the power, and the right to choose. They gave clients the right to decide what they want or need out of life, where and when they want to move forward with the guidance of the therapist.

Choice theory helps individuals to understand that they have the power to control themselves but do not have the power to control others.

Reality therapy viewed people's behavior as choices they made. It believes that psychological symptoms occur not because of mental health conditions, but due to people choosing to fulfill their needs and desires.

When Conrad's father gave him the telephone number to make the phone call and consider seeing Dr. Berger assist him after returning home from the hospital after his attempted suicide, he consciously made the decision to remove himself from the equation as his father. He knew that his son needed help, but he was not qualified to help him. Conrad was the only one with the power to help himself. However, with his love/belonging and support, he helped his son.

The five (5) principles of choice/reality theory/therapy are survival, freedom, fun, power, and love/belonging which human beings attempted to satisfy through their everyday choices.

In Conrad's situation, he felt powerless after the loss of Buck because he believed he could have done more to save him, even though he was the one who lost the power and the grip to continue to hold onto Conrad's hands. In therapy, Dr. Berger helped Conrad to reminisce and reflect on his strength and power compared to his brother. The technique and principles of survival, freedom, fun, power love/belonging helped Conrad to reach the pinnacle of forgiving himself, that he was the strong one, not Buck.

During Conrad's moment of grief, he knew he survived, but his brother did not. Unfortunately, he did not feel free, empowered, loved, or belong because every day since his brother's death, his mother never made him forget that she lost her son. Her behavior towards him was not short of anger and resentment.

Using these techniques, not only helped Conrad, but they empowered his father as well, to see his wife in a different light. It helped him to realize that his wife was self-centered, selfish, and cruel towards their son.

Conclusion

In conclusion, Choice Theory/Reality Therapy is a stark reminder of how most parents - disciplined their children. It is called tough love. With Choice theory/Reality/therapy, children learned the hard way that they have choices, and with the wrong choices, come consequences. This tough love concept is a reminder of a story that was told by a wonderful doctor who had at least one person laughing, which will always be etched in the memory of so many. It is a story that has been used when necessary and gave people something to think about.

He stated that when he was in 4th grade, things at school were not what he expected, so he made his parents aware that he had made a decision to quit school. He stated that while he was in bed somewhere about the next, after decided not to go back to school; of course, he was too young to even think about plan "B". His brilliant parents took matters into their own hands, went into his room, and woke him up with a shopping cart of what might have been oranges. In shock and disbelief, he was curious about what was going on. He stated that his parents told him, that since he decided and quit school, he will have to go to work. His parents' reaction was nothing

short of Choice theory/Reality therapy. That was a reality check with choices.

As a result of what his parents did, he realized that he had choices, and better ones too. That wonderful doctor went on to complete school and became a doctor in his own right. This is a story that can help so many people and should be told whenever he gets the chance to do so.

References

Corey, G. (2018). *Theory and practice of counseling and psychotherapy*, (10th ed., pp. 95-128). Cengage Learning.

Ordinary People, released September 19th, 1980 (USA)

Directed: Robert Redford

Award: Academy Award for Best Picture, Academy Award for Directing, More

Language: English

Music composed by: Marvin Hamlisch

Watched on Pluto