Reality Therapy: Ordinary People Movie

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Reality Therapy, founded by William Glasser, is based on choice theory and the belief that people are responsible for their thoughts and behaviors. The focus is on personal responsibility rather than an exploration of feelings or a person's past. Within the client-therapist dynamic, the Reality therapist's role is to be directive and guide or teach the client in making more effective choices and behaving in ways that positively benefit the client in meeting their needs and wants.

Glasser posits that we are born with five ingrained needs. People need love, survival, power, freedom, and fun, with love and belonging as being the primary need. If one of these basic needs are not being met, we feel unsatisfied and act in ways to try and meet our need, though our actions may not be congruent with our wants. A reality therapist will employ choice theory through skillful questioning in order to identify the need and guide the client to satisfy it by focusing on their current thoughts and behaviors. The therapist will likely use the WDEP method in order to facilitate deeper conversations. (Corey, 2015)

If I were employing Reality therapy with Conrad, I would first seek to establish a genuine trust and connection with him. I would explore with Conrad what his "quality world" looks like for himself, as described by Glasser, and who the significant people are in his life. We would explore the unsatisfying relationships, particularly the one with his mother, and well as his coach and friends. We would then examine his behaviors to find out what he feels is helping and not helping him connect to the people in his world that he wants to connect with better. I would emphasize that the only thing he can control is his own behavior, and that in order to fulfill his need of love and belonging, he can choose to change even if the other person does not change.

I think this modality would be helpful for Conrad because it would help him not become a victim to his environment or let his past become his destiny. Rather, we would use the WDEP method to explore his wants for himself, what he is currently doing, do some self-evaluation, and create a plan to achieve his wants. I would strive to instill a sense of hope for his future no matter how bad things seem in the present.

References

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