

**Film Ordinary People with Cognitive Behavior Therapy Applied**

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Cognitive Behavior Therapy (CBT) is a psychotherapeutic approach that focuses on changing maladaptive thoughts and behaviors to improve mental health. The theory underlying CBT is that our thoughts, feelings, and behaviors are interconnected and influence one another. CBT assumes that negative thinking patterns and distorted beliefs can lead to mental health problems such as depression, anxiety, and other disorders. CBT aims to improve mood and behavior by identifying and changing these thought patterns.

Conrad, in the movie *Ordinary People*, experiences depression symptoms after the death of his older brother Buck. Cognitive Behavior Therapy suggests Conrad's negative beliefs and distorted thinking patterns contribute to his symptoms. For example, Conrad feels guilty and believes he should have died instead of his brother. This belief contributes to his feelings of worthlessness and hopelessness, which are core symptoms of depression. In addition, Conrad's avoidance of certain situations, such as talking about his feelings with his parents, maintains his negative beliefs and reinforces his depression symptoms. Besides family relationships, Conrad's negative beliefs about himself may also contribute to his behavior in romantic relationships. For example, he may feel he does not deserve love or is not good enough for Jeannine. These beliefs could lead to behaviors such as seeking reassurance from her or avoiding situations where he feels vulnerable.

I would recommend two CBT techniques/extensions to treat Conrad's symptoms and conditions: cognitive restructuring and Strengths-Based CBT. In Conrad's case, his guilt and negative self-beliefs about his brother's death may contribute to his depression symptoms. To help him challenge these negative beliefs, I would work with Conrad to identify the evidence that supports and contradicts these beliefs. I would encourage him to generate more balanced and

realistic thoughts about his brother's death and his role in it. The second CBT extension I would like to use is Strengths-Based CBT. I would start by identifying his strengths and positive qualities, such as intelligence, perseverance, and sensitivity. In using a strengths-based approach to help Conrad deal with his parents, I can draw on the success of his romantic relationship as a source of strength and resilience, as he demonstrated great communication skills, empathy, and openness in it.

I believe that CBT could be helpful in treating Conrad's symptoms and conditions. This approach focuses on identifying and challenging negative thoughts and beliefs and replacing them with more realistic and adaptive ones. By helping Conrad recognize and modify his negative thinking patterns, CBT therapists can help him manage his disconnection from others, guilty feelings, and depression symptoms.

## References

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[https://www.amazon.com/Ordinary-People-Donald-Sutherland/dp/B00AALLU08/ref=sr\\_1\\_1?crid=2DCW2YC69IFLB&keywords=ordinary+people&qid=1675562867&s=instant-video&srefix=ordin%2Cinstant-video%2C228&sr=1-1](https://www.amazon.com/Ordinary-People-Donald-Sutherland/dp/B00AALLU08/ref=sr_1_1?crid=2DCW2YC69IFLB&keywords=ordinary+people&qid=1675562867&s=instant-video&srefix=ordin%2Cinstant-video%2C228&sr=1-1)