

Ordinary People- Reality Therapy

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Reality therapy urge patients to utilize therapy to address any behaviors that can inhibit them from obtaining a solution to their problems by focusing on the things that are issues in the present and not things that happen in the past. Reality therapy helps clients to be able to reconnect with family, friends, and people they may not know. Clients can learn to have freedom, and fun and can have the power to make their own decisions. In the movie Ordinary People Reality therapy is used with Conrad. In the movie, you can see the therapist showing Conrad how to focus on the now and not so much on the past. During the movie, you can see that when Conrad started therapy he started to be more social with his father, and friends. Mother wise he tried to connect with her, but he kept being pushed away. In the movie, Conrad's feels as if his mother does not love him but when he started to do therapy, he was able to understand why his mother was acting differently towards him. The therapist helped him understand his mother's feelings and Conrad was later able to forgive his mother because he was able to understand her feelings.

Conrad's therapist during the therapy was teaching Conrad not to let the past hold him back from the present. The two techniques that the therapist used with Conrad were WDEP "Wants, doing and direction, evaluation and planning". The other technique that was used was creating a counseling environment. Each technique has helped Conrad understand why things were happening and how to move forward from the issue. The therapist was able to create a safe counseling environment for Conrad to help him feel comfortable and listened to by the therapist. To add on the therapist used the techniques WDEP by asking Conrad what his wants are and then creating a plan to help him better his situation. As Conrad's therapist, I would also use both techniques because they seemed to be very effective with clients like Conrad. Both techniques can help clients be more successful in solving their problems on their own and be more confident when sharing their emotions with others.

References

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