

Feminist Therapy – Ordinary People Paper

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Feminist theory is not about women protecting women or females protecting females while denouncing and pushing men to the side, but rather about equality, fairness, and justice for all genders, races, sexuality, cultural identity, stereotyping, oppression, patriarchy, and contemporary art.

Feminist counseling is built on the foundation that it is important to consider cultural, social, and political contexts that may or may not contribute to a person's problems, for that person to be diagnosed and treated properly.

During the sessions, Feminist psychotherapy, Empowerment, and Power Analysis were used by Dr. Berger to help Conrad understand his strength and his role in trying to save his brother. He assisted Conrad in realizing that he could have held on to his brother for so long, but his brother was not strong enough, so he let go. During Dr. Berger's sessions with Conrad, he helped him to bring all his suppressed thoughts, doubts, fears, and feelings to the surface where he got the opportunity to deal with them head-on which was excruciating for Conrad, but he was able to release them.

Beth's reaction to Conrad and her husband was not because she did not love them, but because she was grieving differently than they were. They all grieved differently, but perhaps because Beth was a female, everyone expected her to crumble, but she never did. She stood her ground. She held her own. Perhaps it was her way of protecting her sanity. Could it be that her husband was disappointed in how tough she was, and he and Conrad were not? two males versus one female.

These techniques were extremely helpful for Conrad. They helped him to analyze and reframe his way of thinking. They helped Conrad to see things more clearly through a different lens. In doing so, Conrad allowed himself to accept the present and released the past.

2.

Conclusion

Everyone processed grief differently, and Conrad's mother was no different from any other. She appeared to be tough and resistant, but deep down the mother who lost her son, the wife who now appeared to be the antagonist, and the mother to an only child who believed she hated him was alone, and somewhat lonely, to the point where she would create as many distractions as possible to find escape in her own reality. She gave everyone the impression that she had moved on, and everyone should too, but she was hurting for her lost son. In the process of doing so, she neglected her remaining son, which was not intentional, but completely overlooked because of her grief.

In the end, her husband, the father of her children, had enough of her way of treating, and ignoring Conrad. Eventually, he resented her for her behavior towards their son. He himself did not understand her reaction towards her son, except that she loved her firstborn more than the one who was left behind. As a woman, her grief was not like other women, and therefore, was acceptable to her friends as well as her family.

Ordinary People tackled trauma, grief, gender roles, loss suicide, and mental illness.

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