

Ordinary People – Feminist Therapy

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According to Corey (2017), feminist therapy has a goal of focusing primarily on the psychological oppression that women and other minorities may be facing. With this form of therapy, most of the clients' problems are viewed in a sociopolitical and cultural context. There are no clear founders for this form of therapy. It can only be traced back to the beginning of the feminist movement in the 1960s, which was actually considered the second wave of feminism. With feminist therapy, the client is the expert on their own life but are guided by the therapist throughout the therapeutic process in order to become better educated on the matter. Those clients who do choose to participate in feminist therapy must be openminded to taking social action and making social changes since there is a heavy focus on social and cultural norms. In feminist therapy, the counselor/client relationship is considered egalitarian. This means that there are no power struggles in the professional relationship and that no one person has authority over the other.

Based off of the movie, *Ordinary People*, I believe the feminist therapy theory would be least likely to be used on Conrad based off of his symptoms. Though, there are a few areas in his life where we can see that feminist therapy may help him. Especially with his relationship with his mother. Feminist therapy could potentially help Conrad in a way to help him understand gender and social norms better. Especially during this time period, and even nowadays, women are expected to act, respond and handle specific situations in a certain way. These situations also include personal and family trauma; in Conrad's case as well as his parents, losing his bigger brother and their eldest son. Feminist therapy could help Conrad understand where his mother comes from with her emotions on the situation as well her emotions towards Conrad after returning home from the mental institution. If I were Dr. Berger, the two techniques I would use in order to help Conrad would be power analysis and bibliotherapy.

Reference

Corey, G. (2017). *Theory and practice of counseling and psychotherapy (10th ed.)*. Cengage Learning.

Redford, R. (Director). (1980). *Ordinary People* (Film). Paramount Pictures.