

**Feminist Therapy/ Ordinary People**

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An integrative form of therapy called feminist treatment addresses the difficulties women encounter as a direct result of stereotypes, unfair treatment, and other circumstances, as well as how these pressures may negatively affect their state of mind. Feminist therapy can benefit from helping clients identify their gender roles. Feminist therapy was used in the movie however it was noted Feminist therapy in the movie with Conrad's mother. During the time that the movie was made women were known as "the housewife". At the beginning of the movie, you can see Conrad mom cooking and cleaning the home. You can also see Conrad's mom taking all the pressure that women would have to take. Conrad's mother does a mother thing where she blames herself for her son's death and Conrad's suicide attempt. To speak on Conrad, his expectation of his mother was that wished that she loved him and cared for him, which is normal for a son to expect. To move forward, Conrad did have feminist therapy taken in place. During the movie, Conrad was trying to find his identity and that was something he struggled with that. He even felt disconnected from his mom. During his session with the therapist, Conrad was able to understand that his mother does it all. You can say that the therapist helped Conrad open his mind to understanding why his mother was feeling the way she does.

The techniques that were used during the session with Conrad were gender roles and social identity. The therapist helped Conrad understand what his role is as a male and a son. The therapist also helped him understand the role of his mother. As a counselor, I would use this kind of therapy on someone who is having trouble with identity. I believe that this kind of therapy would mostly help women who have been through stereotypes. This kind of therapy would help women understand who they are as women.

**References**

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