

Journal of Creativity in Mental Health >

Volume 10, 2015 - [Issue 2](#)

2,483 3

Views | CrossRef citations to date | Altmetric

0

Creativity in the Cinema

The Perks of Being Relational: Reviewing *The Perks of Being a Wallflower*

Colton Brown & Tonya R. Hammer 

Pages 258-261 | Published online: 15 Jun 2015

 Cite this article

 <https://doi.org/10.1080/15401383.2015.1033506>



Sample our
Behavioral Sciences
Journals

>> **Sign in here** to start your access
to the latest two volumes for 14 days



 Full Article

 Figures & data

 References

 Citations

 Metrics

 Reprints & Permissions

Read this article

 Share

Abstract

This article reviews *The Perks of Being a Wallflower* (Halfon, Smith, Malkovich, & Chbosky, 2012), a coming-of-age film about 3 high school students attempting to survive school, find themselves, and connect with others. The authors provide a synopsis of various portions of the film and identify important aspects of relational-cultural theory (RCT) within its plot, such as growth-fostering relationships, controlling images, and relational images. Various characters' plotlines are discussed in relation to what RCT identifies as paramount tenets of human development and mental health. The authors also briefly discuss other counseling issues touched on within the film (i.e., affectional identity, sexual assault, and relational violence).

KEYWORDS:

relational-cultural theory

film review

relationships

creativity in counseling

Additional information

Notes on contributors

Colton Brown

Colton Brown is a Doctoral Student in the College of Education at Oklahoma State University, Tulsa, Oklahoma.

Tonya R. Hammer

Tonya R. Hammer is an Assistant Professor in the College of Education at Oklahoma State University, Tulsa, Oklahoma.

Related research

People also read

Recommended articles

Cited by
3

[Placing the 'mad woman': troubling cultural representations of being a woman with mental illness in *Girl Interrupted* >](#)

Vera Chouinard

Social & Cultural Geography

Published online: 22 Sep 2009

Information for

[Authors](#)

[R&D professionals](#)

[Editors](#)

[Librarians](#)

[Societies](#)

Opportunities

[Reprints and e-prints](#)

[Advertising solutions](#)

[Accelerated publication](#)

[Corporate access solutions](#)

Open access

[Overview](#)

[Open journals](#)

[Open Select](#)

[Dove Medical Press](#)

[F1000Research](#)

Help and information

[Help and contact](#)

[Newsroom](#)

[All journals](#)

[Books](#)

Keep up to date

Register to receive personalised research and resources by email



Sign me up



Copyright © 2026 Informa UK Limited [Privacy policy](#)

[Cookies](#) [Terms & conditions](#) [Accessibility](#)

Registered in England & Wales No. 01072954
5 Howick Place | London | SW1P 1WG



Taylor & Francis
by informa