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Creativity in the Cinema

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

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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

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