

SEC0107503: Philosophical Counselling

Total Marks: 75

Credit: 3 [2(T) + 1(P)]

◆ Syllabus showing each unit against class number and marks :

Unit No.	Unit Content	No. of Classes	Marks
I (Theory)	<ul style="list-style-type: none"> • Philosophical Counselling—its meaning and scope • Philosophical Counselling versus Psychological Counselling 	15	25
II (Theory)	<ul style="list-style-type: none"> • Critical Thinking Approach –Logic- Based Therapy (LBT)—Philosophical Principles of LBT, LBT fallacies, antidotes • Existential Approach— Existentialism Based Therapy –Authentic and Inauthentic Life 	15	25
III (Practical)	<ul style="list-style-type: none"> • Practical will be conducted in the form of project/dissertation which is to be typed or neatly hand written (2000 words). The project/dissertation will be based on practical session(s) which is to be conducted by the student (counsellor) with a counsellee/client. Given below is a list of Problems out of which any one may be chosen for addressing in the project/dissertation. The same has to be carried out under the supervision of a teacher. • Moral issues • Value disagreements • Political issues and disagreements • Time management issues • Procrastination • Career issues • Financial issues 	15	25

<ul style="list-style-type: none"> • Adult children of aging parents • Problems with family/ Domestic problems • Breakups and divorce • Sibling rivalry Loss of a family member • Friendship issues • Peer pressure • Academic or school-related issues • Rejection • Discrimination • Religion and race-related issues • Technology-related issues 			
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◆ Reading list:

Cohen, Elliot D. (2016). Logic-Based Therapy and Everyday Emotions: A Case Based Approach, Lexington Books

Cohen, Elliot D. Philosophical Principles of Logic-Based Therapy

Lacovou, S. & Karen Weisel-Dixon. (2015). Existential Therapy: 100 Key Points and Techniques, Routledge

Lahav, Ran. (2016). Stepping Out of Plato's Cave: Philosophical Counselling, Philosophical Practice and Self-Transformation, Loyev Books, 2nd edition.