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| Module name | **Philosophy as Therapy. An Interdisciplinary approach** |
| Erasmus code | PL\_UMCS\_Phil\_07 |
| ISCED code |  |
| Language of instruction | English |
| Website |  |
| Prerequisites | Background in philosophy and behavioral sciences |
| Educational outcomes verification methods | Essay and oral exam |
| Description | The aim of the course is to analyse the therapeutic function of philosophy, which takes into account the achievements of social and cognitive sciences. The aim of the classes is to search for mechanisms responsible for therapeutic change based on various sources of knowledge as well as the techniques and ways of practising individual change. Through the use of research in the fields of philosophy, psychology, neurocognitive science, anthropology and cultural studies, the approach is interdisciplinary.  The philosophical practice will be presented in the context of psychotherapeutic practice, philosophy of psychiatry and various forms of counselling. The work with the student will be tutoring and individualised work on an essay on the therapeutic aspects of philosophy. |
| Reading list | Bazzano, M. Webb, J. (2016) Therapy and the Counter-tradition: The Edge of Philosophy, Routledge, ,  Brian Sheldon, B. (2011), Cognitive-Behavioural Therapy: Research and Practice in Health and Social Care, 2nd Edition, Routledge  Fischer, E. (2011) ‘ Diseases of the Understanding and the Need for Philosophical Therapy, Philosophical Investigations 34: 22 – 54.  Fischer, E. . (2011b) Philosophical Delusion and Its Therapy: Outline of a Philosophical Revolution. London: Routledge.  Paden, R. (1998). ‘‘Deﬁning Philosophical Counselling.’’ International Journal of Applied Philosophy 12:1–17.  Peterman, J.F. (1992) Philosophy as Therapy: An Interpretation and Defense of Wittgenstein’s Later Philosophical Project, State University of New York Press  Ratcliffe , M. (2008). Feelings of Being: Phenomenology, Psychiatry and the Sense of Reality. Oxford : Oxford University Press.  Stanghellini G, Broome M, Raballo A, Fernandez AV, Fusar-Poli A, Rosfort R, editors. (2019) The Oxford handbook of phenomenological psychopathology. Oxford: Oxford University Press; 2019.  Stanghellini G. (2016), Lost in dialogue: anthropology, psychopathology, and care. Oxford: Oxford University Press.  Stanghellini, G., Rosfort, R. (2013). Emotions and Personhood: Exploring Fragility – Making Sense of Vulnerability. Oxford: Oxford University Press.  Svenaeus, F. (2001). The Hermeneutics of medicine and the phenomenology of health: Steps towards a philosophy of medical practice. Dordrecht: Kluwer Academic Publishers.  Wisnewski, J.(2003).‘‘Five Forms of Philosophical Therapy.’’Philosophy Today 47:53–79. |
| Educational outcomes | After completing the subject, the students should be able:   1. to know the relation between philosophy and psychology/cognitive sciences/psychopathology, 2. to understand nature of philosophical practice; 3. to discuss the limits of therapeutic function of philosophy and to recognize its connections with other fields of knowledge; |
| Practice | None |