

**Insight and Action:
The Relation Between Professional Coaching and Philosophical Counseling**

DAVID H. BRENDL

LEADING MINDS EXECUTIVE & PERSONAL COACHING, BELMONT, MA

Abstract

Professional coaching and philosophical counseling are useful antidotes to mainstream psychiatry. The psychiatric profession focuses on pathological human experience, diagnosis of mental illness, and treatment with medications and/or psychotherapy. Professional coaching and philosophical counseling, on the other hand, focus on people's strengths, character virtues, and opportunities to grow in the face of challenges, obstacles, and life transitions. Coaches tend to emphasize the value of behavioral changes that can propel clients toward peak performance, while philosophical counselors highlight the centrality of self-reflection, clarification of values, and delineation of a coherent world-view. Despite their distinctive emphases on action versus insight, professional coaching and philosophical counseling can be complementary and synergistic. Coaches and philosophical counselors increasingly can collaborate to help clients to enhance self-awareness and implement strong action plans. In special cases, a dually certified coach and philosophical counselor can use a hybrid approach—"philosophical coaching"—which integrates both modalities within a single professional engagement.

Keywords: *coaching, executive coaching, philosophical coaching, philosophical counseling, positive psychology, psychiatry, psychology*

Daimonion
Guided Imagery as a Tool for Philosophical Practice

MICHAEL NOAH WEISS
NORWEGIAN SOCIETY FOR PHILOSOPHICAL PRACTICE

Abstract

Today, guided imagery is mainly used in the field of psychotherapy. This paper intends to investigate how this technique also might be of use for philosophical practice. For this purpose, a manual of a guided imagery exercise is presented, which can be used by other philosophical practitioners. Focal points of this paper are the role of self-knowledge, as well as conscience (referring to Socrates' daimonion) in settings of philosophical practice.

Keywords: *Socrates, guided imagery, ethics, conscience*

The Shield of Achilles: A Use for Philosophical Practice

CONSTANTINOS ATHANASOPOULOS, FHEA
RESEARCH AFFILIATE, DEPARTMENT OF PHILOSOPHY, OPEN UNIVERSITY, UK

Abstract

The therapeutic use of images in the control of the passions, the creation of a wonder or awe and inspiration of men in battle is a frequent theme in ancient Greek literature. I will propose a reading of the Shield of Achilles along similar lines as a pictorial narrative for inspiration and control of passions. I will assert that with the help of imagery the Ancient Greeks managed to control the strong passions during war, so that the protagonists could focus their mind and soul to the broader context of human existence and thus, gain a deeper understanding of what is to be a human, what is to fight as a human and not as a beast. The therapeutic use of such imagery for gaining a deeper human existential meaning will be highlighted and a method of using such images will be proposed.

Keywords: *Achilles' Shield, Homer, pictorial representation, images, awe, wonder, passions, Klein*

Compassionate Deception: Lying to Patients with Dementia

MATTHEW ALLEN BUTKUS
MCNEESE STATE UNIVERSITY, LAKE CHARLES, LA

Abstract

Trust is essential in an effective clinician-patient relationship, and the default assumption is that clinicians have an obligation to be truthful with their patients. This assumption is tested in cases when patients are incapable of engaging in autonomous action due to a cognitive impairment. A case study is explored which illustrates when engaging in deception may be acting in the patient's best interest. The decision flowchart in Sokol (2007) is explored as a means of justifying deception.

Keywords: *dementia, lying, deception, ethics, autonomy, compassion*