

Taming Intrusive Memories

BRIAN DOMINO

ASSOCIATE PROFESSOR OF PHILOSOPHY, MIAMI UNIVERSITY

Abstract

Intrusive memories often play a key role in prolonging depression. I explore a method of ending the memories' appearance using two of Francis Bacon's techniques for combating what he calls the "Idols of the Mind."

Keywords: depression, suicide, Bacon, memories, memory, therapy, counselors

Somaesthetics: Possibilities for Philosophical Practice

ANDREW FITZ-GIBBON¹
SUNY CORTLAND

Abstract

In this paper I consider the possibilities of somaesthetics in philosophical practice. I suggest that closer attention to the body—analytically, pragmatically, and practically—will help philosophical counselor and client achieve a greater sense of well-being than will a continued neglect of the body.

Keywords: somaesthetics, somatics, counseling, Shusterman, meditation, Zen

Sneaky Stories: Challenges to Moral Contraband

AJIT MAAN

PHILOSOPHICAL PRACTITIONER, EUGENE, OR

Abstract

Temporal and linear sequencing is the dominant form of narrative structure in Western theory and practice. Prominent philosophers and psychologists have made categorical claims about the necessity of this form of narrative order. One of the associated problems with this structure is that while the inference between causality and succession has been called out as a fallacy, it nevertheless operates from common superstition to contemporary theoretical discourse. Further, moral elements are tacitly imported along with temporal and linear narrative association. These moral elements include moral responsibility, blame, normativity, and assumptions about what constitutes “the good life.” I do not address what is silenced, marginalized, or repressed by temporal structure, rather, I focus on what is snuck in, implied, tacitly assumed. This is what I refer to as moral contraband.

Keywords: narrative structure, narrative therapy, temporality, Aristotle, autobiography

Release as Philosophy

ARTO TUKIAINEN
PHILOSOPHICAL PRACTITIONER
TUTOR, CRITICAL ACADEMY, HELSINKI

Abstract

The virtue of non-willing—or release, as I propose to call it—involves letting go of evaluations that create our perceptual and existential focus. It contrasts with vices that spring from strong and multiple desires and aversions. Release engenders tranquility and joy of life as well as makes us capable of an impersonal way of perceiving the world. Non-judgmental, preferably unfocused awareness as a philosophical exercise for enhancing openness to release can be supplemented with arguments to the conclusion that we may not be able to know what we have a reason to will. Will-quieting philosophical counseling does not accordingly seek to find and organize aims but to elicit not-knowing regarding the right path of life. Counselors can also suggest that there may be several equally good ways to proceed, and we can choose between them with a released attitude towards our first-order desires.

Keywords: release, simplicity, virtue, tranquility, joy, unfocused awareness, philosophical exercises, philosophical counseling