

**Problematic Conditions for Actions Targeting Happiness**

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**Abstract**

The Hedonistic Paradox reveals two problems in our ideas and desires for happiness. Yet we continue to believe if I do \_\_\_\_, then I will be happy. By examining reasons explaining why we are not happy problems are identified in the action-targeting formula. Ideas from Ecclesiastes, Sisyphus, Aristotle, Mill and Nozick are considered. Implications are offered in regard to knowing what is effective in counseling/therapy.

**Keywords:** *happiness, hedonism, Aristotle, Ecclesiastes, Camus, Mill, Nozick, therapy*

**Reality Therapy's Concept of Basic Needs  
A Psycho-Philosophical Critique**

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**Abstract**

This paper provides a critique of William Glasser's reality therapy. As someone with an interest in the emergence of philosophical counseling as a new branch of applied philosophy, I re-examine reality therapy, based on my prior work with it, to see if it could serve as a methodology for philosophical counselors. Through this examination, practicing philosophical counselors will be afforded the opportunity here to reconsider their own assumptions regarding the roles that self-knowledge and psychological self-insight play in helping others to live the good life, or flourish as human beings.

**Keywords:** *reality therapy, Glasser, flourishing, methodology, therapy*

**Shakespeare on Grief**  
**Reading *Richard II* from the Perspective of a Philosophical Counselor<sup>1</sup>**

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**Abstract**

Grief is one of life's most intense emotions, and can be a reason an individual would seek philosophical counseling. In this article, I show how literature can be an effective means of helping a client gain a deeper understanding of the source of grief. This article focuses on a passage from Shakespeare's *Richard II*, showing how one of the principal characters, Bushy, serves as sort of philosophical counselor for Queen Isabel.

**Keywords:** *grief, counseling, Shakespeare, literature*

**The Distance between Spending and Spent  
On Manic Consuming, Hoarding, Expending, and Other Visions of Excess**

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The Copernican revolution which Freud thought he was inaugurating, by showing that the human ego is not even master in its own house, is not complete until the human ego is forced to admit another master, the Dionysian principle of excess. –Norman O. Brown 1990

**Abstract**

The purpose of this article is to discuss a methodological approach of including a patient's normative historical context as part of the customary background information, and to consider the productive value of locating our clinical work within the less obvious, perhaps counter-intuitive world of a general economy. To that end, I depict a patient's life history, the treatment relationship, and the ceremonial life of pre-capitalist societies as all isomorphic with one another. I seek to determine if this is a stage upon which we as practitioners can locate ourselves and each other amidst the inevitability of our excesses in order to critically expend our customary practice of consolidating our patients and ourselves.

**Keywords:** *Bataille, capitalism, hoarding, bi-polar disorder, Freud*