Logotherapy as Philosophical Practice

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Abstract

The paper argues the case for Viktor Frankl's logotherapy and existential analysis to be best considered as a philosophical form of practice, as a spiritual, Socratic and Stoical system and the site of existential exercises which extends beyond the scope of traditional talking therapies into the noetic or spiritual dimension of the human person. The real meaning of logotherapy and existential analysis is adduced and some semantic misunderstandings and conceptual confusions are cleared up before situating the work of Frankl within the mainstream of contemporary Continental philosophy and philosophical practice. Philosophical practice is a generic term that includes under its aegis some of the following: Modern (Nelsonian) Socratic Dialogues (MSDs), Stoic Mindfulness, Philo Cafés, Philosophy Walks, Organisational Consulting, Philosophical Counselling, Applied Ethics, Philosophy for Children (P4C), etc. More explicitly, I situate Franklian logotherapy and existential analysis (LTEA) within a Stoical frame of reference.

Blaming the Victim: Mental Illness and the Just Society

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Abstract

This paper makes the argument that there are two forces in mental health care that make society unjust. First, a diagnostic label is routinely required by universal health care and private insurance agencies for any mental problems presented for treatment before they will reimburse the patient. The patient's mental illness must be classified by listing the number assigned to it by the Diagnostic and Statistical Manual of Mental Disorders (DSM). This labelling makes it clear to the patient that various economic powers within our society see the patient's problem as located in the individual himself. Second, the pharmaceutical corporations are a driving force behind both the field of biological psychiatry and the medical model of mental illness, because those are the treatment modalities which generate the greatest corporate profits. The paper concludes with specific recommendations to restore justice.

Plato's Super-Ego

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Abstract

Plato's *Politeia*, commonly known as *The Republic*, is generally considered a political work, aimed at answering the question of how to establish a just state. The author contends that the *Politeia* is a psychological or psychophilosophical work, aimed at answering the question of how to establish a just/healthy psyche, or internal government. The author will show that rather than the triadic model of the psyche that is commonly ascribed to Plato, and compared to Freud's Structural Model, there is a crucial fourth part that is the key to understanding both the *Politeia* and psychological health. Plato's *Alcibiades* will be shown to contain this Tetradic Model as well, and to be effective as the gateway to self-knowledge and self-care. The author hopes to make a convincing argument for the statement, "You shouldn't do philosophical counseling with a person who does not know their Self." Finally, the author will present a modern version of the Tetradic Model for use in psychotherapy and philosophical counseling.

Keywords: *Plato, republic, triad, constitution, psyche, self*

A New Mode of Social Casework:
Integrating Philosophical Counseling with Social Work

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Abstract

Philosophical counseling aligns with the goals of social work, and it overlaps in some of its methods with traditional psychotherapy. Social work casework as it is currently practiced draws heavily on traditional psychotherapy, but it lacks a philosophical component that can help people more deeply understand and better resolve the root of problems such as questions about the meaning of life or clarification of values. Social work currently employs psychotherapy models such as the psycho-social model, behavior model, humanistic model, family therapy model, and so forth. This paper constructs a mode of social casework based on philosophical counseling that draws together the similar goals of social work and philosophical counseling and complements the use of traditional psychotherapy approaches used in social work.

Keywords: *social casework, psychotherapy, philosophical counseling*