

## **How Might Philosophical Practice Respond to the Covid-19 Pandemic?**

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### **Abstract**

As of June 2020 the Covid-19 pandemic has killed more than 125,000 people in the United States and disrupted almost every dimension of American life. This essay provides a provisional outline suggesting how all three areas of philosophical practice (individual and group counseling and organizational consulting) might respond to the pandemic and make significant contributions to resolving related problems through using Anglo-American, Continental, and Asian philosophical traditions of philosophy. A concluding case study will suggest that in using philosophy to address one of the problems associated with this public health crisis, philosophers may also make a contribution to stimulating renewed interest in the health of the planet.

**Keywords:** *Covid-19, philosophical counseling, solitude, bioethics consultation, philosophy and nature*

## **Existential Digestion: Philosophical Counseling during the Pandemic**

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### **Abstract**

The COVID-19 pandemic has caused many disruptions to the otherwise routine dimensions of our lives, and consequently has raised our individual and collective awareness of our mortality, and of the contingency, fragility, and uncertainty of life, among many other considerations the pandemic has foisted upon us. Anyone doing philosophical counseling work at this time is likely to be addressing these concerns. In this article, I explore some of the ways these issues have impacted me, and, more importantly, how they may figure in philosophical counseling work.

**Keywords:** *COVID-19, dichotomy of control, existential digestion, existential indigestion, loving-kindness meditation, meditation, mindfulness, philosophical counseling, Stoicism, Tibetan Book of the Dead*

**Philosophical Practice in the Time of Coronavirus  
How It Can Be helpful During this Global Pandemic  
—A Philosophical Conversation—**

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**Abstract**

This article aims to describe phenomenologically a most recent practical philosophical experience, which is still going on, as—at the moment (April 2020)—is continuing the pandemic of a new strain of the coronavirus disease named Covid-19. A health and social crisis of vast complexity, able to upset our lives and our beliefs, therefore so deeply significant to make us share a few reflections on our conditions as human beings, and the conditions of the world we live in. Moreover, despite its being a work in progress, this philosophical conversation may allow us to trace a sort of orienting pathway which can be helpful during this extra-ordinary experience, as well as a powerful remedy against our malaise. An experience which is, spatially and temporally, both local and global, and brings out questions and matters that for us as human beings are equally actual and eternal.

**Keywords:** *body, death, time, freedom, truth, nature, reason, wisdom.*

## Outdoor, Peripatetic Philosophical Counseling

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### Abstract

It may be time to move indoor philosophical counseling sessions outside. Not only has it been found that sharing indoor space increases the risk of COVID-19 transmission, but there is compelling evidence that the combination of (1) exposure to natural sights and sounds, and (2) physical activity—especially walking—reduce anxiety and facilitate open discussion and creativity. Examples are given of effective, outdoor, peripatetic (walking) conversations, and objections to the practice are considered.

**Keywords:** *COVID-19, peripatetic, Aristotle, philosophical counseling, shinrin-yoku*

## **Literature: A Useful Tool for the Philosophical Counselor During a Pandemic**

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### **Abstract**

The urgency of the question, “How should I live?” is experienced most acutely in times of stress such as the pandemic through which we are currently living. It is just one example of agonizing times which human beings must endure and make sense of. The times demand that philosophical counselors dig more deeply into their resources in order to best meet the situations with which their clients are confronted. Although we have the entire history of philosophical texts at our fingertips, how many of them can we call on to help our clients think clearly about how one should live in the midst of a pandemic? Well-written literary works are supplements to philosophical texts. Both literature and philosophy pursue the question of how one should live, but novels can be especially helpful in exploring more deeply the issues clients face in these stressful times. Three novels and one play which deal with pandemics and which provide excellent platforms for further thought are discussed: *The Plague*, by Albert Camus, *Nemesis* by Philip Roth, *Horseman on the Roof*, by Jean Giono, and *An Enemy of the People*, a play by Henrik Ibsen. Their plot lines and existential themes are presented in a way that will help counselors understand not only why they might want to refer their clients to them, but also help to ensure they can make the best possible use of them.

**Keywords:** *existentialism, limit situation, literature, novels, pandemic, philosophical counseling*

**Suicide Happens:  
What the Philosophical Practitioner Needs to Do to Prepare in an Age of Pandemic**

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**Abstract**

This article discusses how philosophical practitioners might deal with the risk of suicidal behavior among clients. Topics include understanding the classification of clients for potential suicidal behavior, screening tools, risk factors, and warning signs. There is also a discussion of the conditions under which it may be considered safe to work with certain clients with suicidal risk factors.

**Keywords:** *Suicide; Risk factors; Warning signs; Suicidal ideation; Suicide screening; Columbia Suicide Severity Rating Scale; COVID-19; Diagnostic and Statistical Manual of Mental Disorders*

## Escaping Psyche's Traffic Jam with Covid-19

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### Abstract

This article examines the application of the quote by Immanuel Kant that “Percepts without concepts are empty ... Concepts without percepts are blind.” Ecologists urge us as consumers to return to harmony and balance with nature, while psychologists examine what children innately know and have been 'trained' to forget. These two worlds of consciousness desperately need each other as we have seen in recent months with the pandemic of Covid-19. The human mind has been left with the impression of something perceived evil and the mental concept of isolation for success. The paper suggests that comments of “avoid the downtown area” or “try an alternate route” have created a mental state with no regard for the healing process. Confusion has settled in as to how to re-engage a cyclical approach to life—a giving back of self, a return to the sense as sensibility—in order not to be blind to others. This philosophy leads us to have a vested interest in community. Could we say that certain cultural values have degraded and swallowed the human race? We have much to learn from Indigenous people and their philosophy that spirituality without community lacks the key ingredient of need. People need each other: in healthcare, in cultural values, in spirituality, and in the practicality of consumerism. Escaping narcissism leads to a life of balance, but will we remember these times—or remain blind as Kant expresses?

**Keywords:** *Kant, Enlightenment, community, indigenous, healing, God, freedom, perceptions, culture*

**The Emperor Has No COVID:  
How Philosophy Can be of Help During the Global Pandemic**

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**Abstract**

We are living at an extraordinarily troubling time in human history, during which a virus has isolated us from one another while threatening our lives and our livelihoods. Though its importance and meaning has become lost to most and it has increasingly been tucked out of sight in our universities, philosophy is here to help. As difficult as COVID-19 is, its consequences are not unlike problems philosophers have addressed and resolved many times. In this essay, Thales of Miletus, Epictetus, Marcus Aurelius, Søren Kierkegaard, William James, John Dewey, Erich Fromm, and Lou Marinoff, among others, exemplify how philosophy is good and necessary medicine at this peculiar moment.

**Keywords:** *Pragmatism, Sickness, Boredom, Despair, Meaning*



## **The Existential Character of a Pandemic**

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### **Abstract**

In this paper, on the occasion of the book “The Enigma of Health”, by H-G. Gadamer, we try to approach the phenomenon of the recent pandemic philosophically. We associate this current global issue of COVID-19 with the view of health that Plato took and Gadamer’s view expressed in the context of the continental tradition of philosophy. We highlight the connections between these two views of health and try to show how philosophy, and consequently, philosophical counseling, are related to this great present-day issue.

**Keywords:** *Pandemic, Gadamer, Plato, health, philosophical counseling, continental philosophy, existence, holistic medicine.*

## **Philosophy and Social Media: Remedies to Compulsion and the Loss of the Self**

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### **Abstract**

In response to the covid-19 pandemic, the CDC has adopted social distancing guidelines that include encouraging people to spend more time at home alone. As a result of this increase in isolation, many people are spending more time online. This increase in internet use comes with significant risks. These risks included compulsive social media use and the loss of one's self in the hive. The philosophical counselor has a role to play in alleviating these maladies, should they occur. By pulling from the works of Marcus Aurelius, Immanuel Kant, Martin Heidegger, Jean Baudrillard, and the Dalai Lama, the philosophical counselor can help the client overcome her compulsive use of social media, mitigate her tendency to self-objectify, and reconstruct an authentic sense of self.

**Keywords:** *social media, internet, compulsion, addiction, self-objectification, social comparison, self-other balance, authentic self*

**The Human Development Model of Philosophical Practice  
for Supporting Business Executives During the Global Pandemic**

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**Abstract**

In this paper I will propose a model for the use of philosophical practice as a way of supporting business executives during the global pandemic. I will start the paper by characterizing the problem. I will then explain why philosophy (and philosophical practice in particular) is an appropriate “tool” to offer support to them. I will describe the model proposed. I will finish the paper by sharing insights from the actual application of the model with a group of executives.

**Keywords:** *Pandemic, decision-making, moral dilemma, self-realization, human development, model, internal ethical conflicts, individual sessions, group work*