

## APPA Level II Certification, Questionnaire

When we started this philosophical counseling movement we were guided by the idea that there should be a blossoming of the hundred schools and from these different approaches and methods there might emerge a few that are more effective than others. If so, it would be important for our members to know of these developments.

To this end, APPA-Certified Counselors (Level I) are encouraged to read APPA's Journal and other professional literature, to attend meetings and conferences, and to engage directly with APPA's faculty via Level II Certification.

Therefore, we ask Level II certification candidates to complete this questionnaire form and to return it for our review. Please approach this task with the integrity it deserves.

1. When did you begin your practice of philosophical counseling? How did those you talked with, your subjects or colleagues, find that you were offering counseling? Did compensation, or payment, present a problem?

2. What kinds of subjects were discussed? Were drug problems discussed, or religious issues, or family issues, or personal development issues discussed, or other issues?

3. When you engaged with your subject's problems did you find you drew upon your philosophical background? What work works, or authors, did you tend to draw upon to guide your counseling?

4. How many individuals would you say you have counseled? How long would you say most of your counseling sessions lasted? If you had additional talks with the same people, what would you say drew them for additional talks? Among those you dialogued with how many returned for additional talks? Could you say what subjects brought them to return?

5. What benefit would you say your subjects, or colleagues, gained as a consequence of your talks? Were the problems they came to discuss resolved in some way? How would you say they were resolved or understood? What persistent problems have you discovered in your counseling sessions?

6. Did those who came for counseling had prior experience with psychological counseling? Religious counseling? Pastoral counseling? If so how did they perceive the difference in your approach?

7. Now, please take time to describe the way you conducted your counseling sessions? Since we are a new member in the counseling profession, how would you

say you are functioning in your counseling sessions? Is it possible that you have a model that you are following as you proceed in your talks? Please describe that model and how would you say it is similar or different than those used in other counseling practices?

8. Do you take notes, or make recordings, or videos, of your sessions and if so do you share them with others, or with your subjects?

9. If you have developed a method of approach would you demonstrate and share it before one of our APPA meetings? There are two ways of proceeding in counseling and one is interpretive and the other non-interpretive. As you consider your past sessions, would you say yours were mostly one or the other? Please explain the way you conduct your sessions so that we can learn what kind of problems you encountered using the one or the other approach.

10. If there was a method that was purely philosophical that was non-interpretive, would you be interested in learning of it? Or, if you discovered a different approach than yours would you be interested in learning of it?

11. In Plato's *Republic* he mentions the need for the study of dreams, would you say you have explored dreams in your counseling sessions? If so how did they go? On what grounds would you say your sessions were successful in reaching the meaning of the dreams?

12. Are there any questions that you would like to ask, arising from your practice? If so, please enumerate them here.