



## **Annual Meeting**

**Online, 9:00 a.m. - 6:00 p.m. EDT  
Saturday, July 16, 2022**

**All Members Welcome**  
*Flexible Attendance, Come & Go As You Please*

**to receive your Zoom link,  
please email [admin@appa.edu](mailto:admin@appa.edu)**

# draft program

**all times indicated are EDT (New York time)**

9:00-9:30 a.m. co-hosts **Vaughana Feary (USA) & Lou Marinoff (USA)**  
*Welcome, and updates on APPA's new initiatives*

9:30-10:30 a.m. **Carolina Beaini (Canada)**  
*Aesthetic Tools for Freeing the Mind in Philosophical Practice*

10:30-10:45 a.m. *coffee break*

10:45 -11:45 a.m. **Jeremy Gallegos (USA)**  
*Hume's Descriptive Psychology and the Artificial Virtues as Applied to the Philosophical Practice of Consulting*

11:45 a.m. - 1:00 p.m. *lunch break*

1:00 - 2:00 p.m. **Simon Kenion (Spain)**  
*Working [it] Out: What Actually Makes us Exercise?*

2:00 - 3:00 p.m. **Skye Cleary (USA)**  
*How to Be Authentic: Simone de Beauvoir & the Quest for Fulfillment*

3:00-3:15 p.m. *coffee break*

3:15 - 4:15 p.m. **Massimo Pigliucci (USA)**  
*The Quest for Character — What the Greco-Romans can teach us about Leadership and everyday life*

4:15 - 5:15 p.m. **Shanti Jones (USA)**  
*Complex Moral Narratives in Philosophical Counseling – Insights from Henry James.*

5:15 - 6:00 p.m. **Happy Hour!** Open mic chat moderated by Lou Marinoff  
*Drink a glass of wine, socialize, and philosophize*



**Carolina Beaini**

*Aesthetic Tools for Freeing the Mind in Philosophical Practice*

Between the metaphors and their symbolism on one hand, and the Mind as a metaphor on the other hand, aesthetic tools interfere and transform the complexity into creativity. The natural capacity of the Mind tends to see and replace every figure by a clue and manipulate all the clues to create and rebuild new perspectives. Every perspective creates new possibilities and infinite reformulations in order to unblock the conceptualization, the identification, the understanding and the action. The Logic, the Hermeneutics and the Theory of Mind meet and reflect *Aesthetic Tools for Freeing the Mind in Philosophical Practice*.

**Carolina Beaini, PhD.**

Certified member of the American Philosophical Practitioners Association.

Professional member of the Canadian Association for Counseling and Psychotherapy.

Pioneer in Clinical Philosophy in Lebanon.

Certified in Client Counseling, Critical Thinking and Neuro Linguistic Programming.

Trainer, researcher and author.



**Jeremy Gallegos**

***Hume's Descriptive Psychology and the Artificial Virtues  
as Applied to the Philosophical Practice of Consulting***

In organizational consulting, the individual is part of the collective whole which fits David Hume's description of a naturally self-interested person in an artificial world. The description of the emotional reaction a person has to experience ties directly to the artificial virtues of property as resources and the rules, or formal procedures and policies governing resources in an organization. Further, language regarding 'allegiance' and political change are meaningful in organizational change. The philosophical move towards considering the disinterested spectator allows for individuals to review policies, procedures, and processes in organizational change initiatives.

I received my B.A. in Philosophy from Wichita State University and my M.A. and Ph.D. in Philosophy from Purdue University. After leaving graduate school, I worked at Bank of America in Texas and was trained in Six Sigma and Kaizen principles. After five years of employment, I became an Organizational Development Analyst for Emprise Bank. There, I conducted ethics and diversity training, management training, training on lean processes, team development training, and leadership training. I entered the academic field full time in 2008. I am a tenured Professor of Philosophy and Ethics and also the Division Chair for Theology and Humanities at Friends University. My preferred courses are Applied Ethics and Critical Thinking. I have published on truth telling, particularly in applied ethics settings such as entrepreneurial ethics and medical ethics. I still consult in my spare time; participating in process improvement workshops, conducting leadership training, facilitating strategic planning sessions, and also sit as Vice Chair of the Wesley Medical Center Ethics Committee.



## Simon Kenion

### *Working [it] Out: what actually makes us exercise?*

To dispel the myth that exercise takes self-discipline Shears blends evolutionary psychology with economics, anthropology, sociology, neuroscience, and philosophy. His book, 'Working [it] Out: what actually makes us exercise?' tells the struggles of two brothers and explains their contrasting lifestyle habits with drama and comedy, all the while illuminating the subliminal forces behind regular exercise. Among many lightbulbs, he provides a much-needed framework for the famed subliminal 'nudges'; explains how neuroscience has caught up with philosophy on the nature of happiness, and why we obsess over numbers, all with help from Albert Camus, Jerry Seinfeld, and George Bernard Shaw. A book where allegory and drama meet science and trivia, helping us finally understand 'what actually makes us exercise'.

**Simon** has an MA in Philosophy from the University of St. Andrews and is an associate of the American Philosophical Practitioners Association (APPA). He has worked as a scientific researcher on expeditions to Australia and Antarctica, studying the feeding and migratory behaviour of blue and humpback whales. Today, he is a fitness polymath who mentors clients into active lifestyles and a health and fitness columnist for the *Majorca Daily Bulletin*.



## Skye Cleary

### *In an age of self-exposure, what does it mean to be authentic?*

“Authenticity” has become attenuated to the point of meaninglessness; everyone says to be yourself, but what that means is anyone’s guess. In Skye’s new book, [“How to Be Authentic: Simone de Beauvoir & the Quest for Fulfillment”](#) (St Martin’s Press, 8/16/22), she argues that for existential philosopher Simone de Beauvoir, authenticity is not the revelation of a true self, but an exhilarating quest towards fulfillment. Beauvoir’s view, central to existentialism, is that we exist first and then spend the rest of our lives creating—not discovering—who we are. To be authentic is to live in pursuit of self-creation and self-renewal, with many different paths towards diverse goals. Beauvoir’s ideas can help us become more conscious of living purposefully, thoughtfully, and with vitality, and she shows us how to do so in responsible ways that invigorate every person’s right to become poets of their own lives.

**Skye C. Cleary** is a philosopher and author of [How to Be Authentic: Simone de Beauvoir and the Quest for Fulfillment](#) (St Martin’s Press), [Existentialism and Romantic Love](#) (Palgrave Macmillan) and co-editor of [How to Live a Good Life](#) (Vintage). Skye is a certified fellow with the American Philosophical Practitioners Association and teaches at Columbia University and the City University of New York. Previously, she was an international equity arbitrageur and management consultant. Her writing has appeared in *The Paris Review*, *Aeon*, *The Times Literary Supplement*, *TED-Ed*, and *The Los Angeles Review of Books*, among other outlets. She won the 2017 New Philosopher Writers’ Award and was a 2021 MacDowell Fellow.



### **Massimo Pigliucci**

#### ***The Quest for Character — What the Greco-Romans can teach us about leadership and everyday life***

Is good character something that can be taught? In 430 BCE, Socrates set out to teach the vain, power-seeking Athenian statesman Alcibiades how to be a good person—and failed spectacularly. Alcibiades went on to beguile his city into a hopeless war with Syracuse, and all of Athens paid the price. In a new book, *The Quest for Character*, I tell this famous story and ask what we can learn from it. I blends ancient sources with modern interpretations to give a full picture of the philosophy and cultivation of character, virtue, and personal excellence—what the Greeks called *arete*. At heart, *The Quest for Character* isn't simply about what makes a good leader. Drawing on Socrates as well as his followers among the Stoics, I seek lessons about something perhaps even more crucial: how we can each lead an excellent life.

**Massimo Pigliucci** is an author, blogger, podcaster, as well as the K.D. Irani Professor of Philosophy at the City College of New York. His academic work is in evolutionary biology, philosophy of science, the nature of pseudoscience, and practical philosophy. His books include *How to Be a Stoic: Using Ancient Philosophy to Live a Modern Life* (Basic Books) and *Nonsense on Stilts: How to Tell Science from Bunk* (University of Chicago Press). His forthcoming book is *The Quest for Character: What the Story of Socrates and Alcibiades Teaches Us about Our Search for Good Leaders* (Basic Books). More by Massimo at <https://massimopigliucci.blog>.



**Shanti Jones**

***Complex Moral Narratives in Philosophical Counseling***

***– Insights from Henry James***

Something is continuously at stake for ourselves and our clients in our daily rounds of happenings and transactions, something we often don't realize or think about. Mundane occurrences often drown out the deeper realities of our experiences having to do with intersubjective social transactions contained within our individual moral worlds. This is problematic not only because basic human conundrums like the preservation of life, our aspirations, our longings for prestige and love, are often ignored but also because, when they are addressed, they are frequently contested by others and can appear seemingly indeterminate, making it difficult to wrap our minds around them. As philosophers with many theoretical books at our fingertips, where might we go to find illustrations of human life as lived on that deeper, moral level?

Henry James, a master at describing the internal states of mind and social dynamics of his characters along with their ensuing moral dilemmas, is one very good place to start. Throughout his short stories and novels, he paints word pictures illustrating how, even though we might wish to make it otherwise, life is not an illusion. We wake up to it every day. We can forget or deny it, or we can welcome our experiences as they come and give them what they demand. His works, passionate pleas for the fullest possible human development unimpeded by reckless and barbarous stupidity and informed by enlightened morality, enable us to better envision what that kind of life might look like, and see the sense of striving for it ourselves. After introducing the audience to the life, works, and philosophies of Henry James, I will present instances in which my work with clients was informed and enhanced by them.

**Shanti Jones**, Ph.D. is a certified philosophical counselor in private practice in Taos, New Mexico. She has written numerous articles on philosophical counseling and practice for peer reviewed journals, including the APPA journal. Shanti performs philosophical cabarets, the most recent entitled "What's it All About," which deals with the meaning of life, and is a regular cast member in the Taos Children's Theater.