



# PHILOSOPHICAL PRACTICE

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## How Does a Client Experience Philosophical Consultation?

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### Abstract

The topic of this paper is the assessment of the work carried out in the Philosophical Counselling consultations. At the time of submitting this article (2022), in the literature review done, we have not found any other similar evaluation work.

In this context, we decided to carry out this evaluation work, selecting a method of Philosophical Counselling used in consultations and available in Portugal. Thus, in our research, we identified that in 2008, Jorge Humberto Dias created the “Gabinete PROJECT@” —a corporate brand for the Applied Philosophy consulting business in Portugal.

It was prepared as an online questionnaire, which clients answered at the end of the consultations.

In this paper, we present some results and open a new space for debate with the world community of academic research.

We are fully aware that this is an innovative work, but also fundamental for the evolution of Philosophical Counselling as a discipline of Applied Philosophy and as a work area in the business world (with people and companies). We believe this is only the first part of a new path we are now embarking on: assessing the quality and impact of philosophical work with people and organizations.

**Keywords:** *assessment, philosophical counselling, PROJECT@ method, happiness, working tool*

### 1. What is known about this topic

- Philosophical Counselling continues to grow worldwide as a working tool within the organizational and personal perspective.
- There are important milestones that contributed to the development of Philosophical Counselling in Portugal.
- PROJECT@ method is an original and innovative working tool that has been exploring individual and organizational happiness.

### 2. What this paper adds to this topic

- This article adds a first attempt into evaluating Philosophical Counselling sessions.
- Presents the PROJECT@ method’s main characteristics and assessment by the clients.
- Offers data and topics to discuss if PROJECT@ method aims to help its clients to achieve happiness.

## Introduction

This work is the result of research carried out in partnership and concerns a topic of practical interest. This paper seems to us the natural consequence of the development that Philosophical Counselling has had all over the world. But one of the main reasons was the appreciation that the World Happiness Report (UN) recently made of the Philosophy of Happiness and its importance for health.

If we accept 1981 as the date on which Gerd Achenbach's first practice appeared in Germany, we also must recognize that his line of work was clearly aimed at individual clients.

However, in 2020, when we started the research for this paper, we found that the contents of the consultations began to have a greater connection with professional issues. We can highlight some examples: people wanting to change careers and looking for their vocation at age 40; people looking for purpose in their work; people looking for greater creativity; people trying to resolve conflicts in their department; etc.

To respond to this greater demand, we collected the contribution of some authors who were already working on the relationship between Philosophy and life in Organizations:

Lou Marinoff, in his book *Philosophical Practice*<sup>1</sup>, has a chapter on Corporate Philosopher.

Tom Morris wrote the book *What if Aristotle were Director of General Motors?*<sup>2</sup>

Roger Steare has a website, where he introduces himself as Corporate Philosopher. It is possible to make an exercise online about your "moral DNA". The result will show one's profile. He published the book *Ethicability*.<sup>3</sup>

Luc de Brabandere organized a course at Coursera entitled "Strategy: What can Managers learn from Philosophy?" We suggest these two books: *Le Management des Idées* and *The Forgotten Half of Change*.<sup>4</sup>

Barth & Martin wrote the book *La Manager et le Philosophe*.<sup>5</sup>

When searching for courses in this field, we found one in 2021 at Atlântica—University Institute, with the name of "Philosophical Counselling for People and Organizations"<sup>6</sup>. In addition to the totally innovative curriculum, you can also find specialists in the faculty from other countries, who are also developing advanced training courses in this area.

As we know, in any field of management (although with special emphasis on people management), as well as in the Academy, it is very important that an evaluation of the implemented actions is carried out. Only then we will know if the goals have been achieved. Only then we will be able to adapt the work and improve.

It was in this context that it was decided to evaluate the Philosophical Counselling consultations in the PROJECT@ Office. The main objective was to understand the client's experience during the

process of philosophical consultation. We believe that this knowledge will be very useful to improve the quality of the service provided.<sup>7</sup>

### **Important milestones of Philosophical Counselling (hereinafter, PC) in Portugal**

This paper starts with this topic, so that you can better understand, not only the Portuguese reality, regarding PC, but also, the contributions that we consider relevant for this professional activity to gain more and more *status* in the Portuguese society. As we know, there is a relevant link between this *status* and the demand for PC services. In the Introduction, we already mentioned the importance of quality, as well as its evaluation. We know that there will also be a certain impact on the world, as we are spreading our work now. However, our research and several communications focused more on the Portuguese context.

Thus, we start by characterizing the main achievements that PC had in that country:

So far, we can identify the two associations dedicated to PC: APAEF<sup>8</sup> (founded in 2004, in the city of Lisbon) and APEFP<sup>9</sup> (founded in 2008, in the city of Braga). The first chairman of the APAEF board was Jorge Humberto Dias and the first chairman of the APEFP board was Eugénio Oliveira (who remains today).

In APAEF, Dias spent a 4-year term, that is, until 2008. During his term, Dias organized 6 training courses for Philosophical Consultants, 4 international congresses and published 3 books. Dias gave numerous conferences around the country to publicize PC, having also participated in several interviews for media organizations. From 2008 to 2012 the president was Nuno Tavares. During his term, Tavares organized an internship and created a new website. Tavares gave some workshops around the country. From 2012 to 2018 was Alves Jana. During his term, Jana organized 1 national meeting, 2 courses and created a new blog. From 2018 to 2021 was Teresa Furtado Coelho. During his term, Coelho organized 1 course, 1 conference in a school and some philosophical café. From 2021 to 2025 we have Paulo Jorge Duarte.

In APEFP, Oliveira has been president between 2008 and 2023. However, it should be noted that APEFP has not carried out relevant activities on PC. At the moment, it is more focused on the area of Philosophy for Children and Practical Ethics. In 2019, APEFP created a Training Centre for Teachers, carrying out most of its activities there. Concerning publications, we can see 13 on the website, most related to the topic of Philosophy with Children. APEFP organized several Philosophical Cafés in the north of Portugal, some seminars about social questions, some activities about sport, 1 national conference and 1 national Children's Philosophy award.

Looking now at the first publications on PC in Portugal, we have 2: "*De Olhos Abertos*"<sup>10</sup> and "*Pensar Bem, Viver Melhor. Filosofia Aplicada à Vida*"<sup>11</sup>.

Concerning philosophy companies, several attempts have been made throughout history, but the one that remained on the market was the Gabinete PROJECT@, created in 2008 by Dias.

In 2013, Jorge Humberto Dias completed the first PhD in Portugal on PC and Happiness, at Universidade NOVA de Lisboa.

In addition to the Postgraduate course already mentioned in the Introduction, currently, Dias is teaching the 4th edition of the Postgraduate Course about People Management and Organizational Happiness (University Institute Atlântica), with the assignment “Ethics, Happiness and PC”.

### **History of the PROJECT@ Method in the World**

After the brief presentation of the main achievements of PC in Portugal (and we are aware that we could have mentioned a few more achievements, but the rules of the Journal editors limit the number of words), especially those that have a more pertinent relationship with the objective of our paper, we will now make a small approach to the history of the PROJECT@ method, as it was the one that Dias used in the consultations that were object of evaluation by the clients. In the next chapter of this paper, we will get to know the results.

First of all, we would like to say that the PROJECT@ method was validated in a European doctoral thesis jury, in 2013, at Universidade NOVA de Lisboa.

Another pertinent piece of information is that, although the assessment of the consultations contains only the perception of some clients, the truth is that the Gabinete “PROJECT@ Cabinet” has already received, between 2008 and 2020, more than 1000 consultations/clients.

The PROJECT@ method has already been presented in several conferences and webinars. Given that we do not have space to refer to all events, we will highlight only the ICPP<sup>12</sup> editions in which Dias explored his method with the participants: IX ICPP 2008, Italy; XI ICPP 2012, South Korea; XIV ICPP 2016, Switzerland<sup>13</sup>; XVI ICPP 2021, Russia and World Lumen Congress—20 Years, 2021, Romania.

In addition to conferences, the PROJECT@ method has also been taught and worked on in training courses: in associations from various areas (Philosophy, PC, Social Education, Sociocultural Animation, etc.), in companies (BMW Group, Sair da Casca, Solução Direta, Systemic, etc.), in universities (Universidad de Sevilla and Universidad de Barcelona—Espanha, Universidade Católica Portuguesa, Universidade do Minho and Universidade Atlântica—Portugal, Universidad Vasco de Quiroga—México, Universidad Nacional Abierta y a Distancia—Colombia, Claretiano—Instituto Superior—Brasil, etc.), in libraries, etc.

Dias has explored his method in several publications: in books, scientific papers, dictionaries, journals, web platforms, etc. We are not going to mention them here, but in the bibliography that we will present at the end of this paper, you can find some main references.

In addition, the PROJECT@ method has been cited by other authors: in Portugal, Spain, Germany, Colombia, Brazil, Mexico, Argentina, etc. These references also include master’s and doctoral works. We will cite just one example, in honour of the late Marta Claus, a Brazilian professional, who contributed immensely to the development of PC in Brazil. Her doctoral thesis, in 2013, was entitled: *The possibility of Historicity as a theoretical foundation for clinical practice*. One of the chapters was dedicated to the PROJECT@ method and to Dias’ theory on PC.

That said, let's explain, for those who still don't know, the reason for the acronym "PROJECT@": firstly, the base is the word "project", as it represents the vision of the human being who sustains all the work in the PC consultations (for a more in-depth look at this topic, we suggest reading other works by Dias<sup>14</sup>); secondly, the word is written in the English language, because its internationalization is facilitated; third, the "@" allows two aspects, one facing the technological dimension and the other facing the double reading (for man and woman), that is, the dimension of the substance and the dimension of the constructive action; finally, the word must be capitalized.

### **Bibliographic Revision on Academic Journals that Publishes About PC**

In this chapter, we will present the bibliographic review that was conducted in 9 academic journals in which Applied Philosophy and PC research has been published. Following these criteria, we only considered the papers that have a direct and main relationship with themes of philosophical consultation in their practical occurrence. Our main objective is to find works or papers that refer to evaluation procedures concerning this same happening, namely, from the perspective of the respective service user: the client.

Another equally interesting analysis criterion could be to look at the first issue of each Journal and see what the main issues of interest to the profession were. So, we could create a comparative picture.

Journal name	Publisher / Editor name	Foundation Year
Thinking: The Journal of Philosophy for Children	Institute for the Advancement of Philosophy for Children / Frlia Garcia Moriyde	1979
International Journal of Applied Philosophy	Association for Practical and Professional Ethics / Elliot Cohen	1982
Journal of Applied Philosophy	Society of Applied Philosophy - University of Aberdeen / Elizabeth Brake	1984
Inquiry: Critical Thinking across the Disciplines	Sam Houston State University / Frank Fair	1988
Philosophy in the Contemporary World	Society for Philosophy in the Contemporary World / Taine Duncan and Geoff Pfeifer	1994
International Journal of Philosophical Practice	National Philosophical Counseling Association / Elliot Cohen and Samuel Zinich	2001
The National Catholic Bioethics Quarterly	National Catholic Bioethics Center / Edward Furlon	2001
Philosophical Practice – Journal of the APPA	American Philosophical Practitioners Association / Lou Marinoff	2005
Revista Internacional de Filosofía Aplicada - RIASER	University of Seville / José Barrientos	2010

In addition to the aforementioned criteria, we are now going to explore by date of foundation.

In the *Philosophy Documentation Centre*<sup>15</sup>, we put the expression "PC" in the search engine and found 884 papers with references to the discipline. We highlight here just a few, that is, those that we consider most related to the purpose of our study:

*Thinking: The Journal of Philosophy for Children*: In 1999, Christopher Phillips published PC: An Ancient Practice is being Rejuvenated.

*International Journal of Applied Philosophy*: In 1998, Roger Paden published Defining PC. In that same volume, Shlomit Shuster published On Philosophical Self-Diagnosis and Self-Help. A Clarification of the Non-Clinical Practice of PC. Warren Shibles published PC, Philosophical Education and Emotion. In 1999, Jon Mills published Ethical Considerations and Training Recommendations for PC. In 2000, Peter Raabe published How Philosophy can help you feel better. PC and the Emotions. In 2003, we found a paper that refers to the word “Assessing”, but in relation to the promise of PC. The author was James Hak. In 2007, Eliot Cohen published Albert Ellis’s Philosophical Revolution - An In Memoriam Tribute, where he argues the contribution of this author to Applied Philosophy. In 2014, Ching-Tzu Chen published A Counselee who questions her mother’s authority. In 2010, Michael Davis published Licensing, Philosophical Counsellors and Barbers: A New Look at the Old Debate about Professions.

*Journal of Applied Philosophy*: The first paper on PC was published in 1991 by Shlomit Schuster and was classified as a discussion paper. 1996 was remarkable in the history of this Journal, as it had three papers on PC. The authors were: Ran Lahav, Rachel Blass and David Jopling.

*Inquiry: Critical Thinking Across the Disciplines*: In 1994, Maria Tillmans published PC: The Art of Hearing through Experience. Here we can verify the use of the word “experience”, which is very relevant to the scope of our paper, as the object of evaluation was, precisely, the “client experience” in the process of the PC consultations. Karl Pfeifer published Philosophy outside the Academy. The role of Philosophy in people-oriented professions and the prospects for PC. In 1995, E. Klein published Philosophers as Experts: A response to Pfeifer. In 1998, we find a paper by Kenneth Cust, entitled Introduction to PC and another one from Eckart Ruschmann, The Foundations of PC.

*Philosophy in the Contemporary World*: In 1998, Hakam Al-Shawi published A General Framework for PC. Lou Marinoff published What PC can’t do? In 2000, Marco Iorio published Philosophy and Money Making. In 2003, Sara Waller published PC: An almost alternative Paradigm.

*International Journal of Philosophical Practice*: In 2001, Michael Russell published PC is not a Distinct Field: Reflections of a Philosophical Practitioner and The Passion to Understand People: Living Philosophy with Philosophical Practice. In 2002, James Taylor published The Central Value of PC. Marshall & Sargent published A Rhetorical Turn in PC. In 2003, Eric Hoffman published The Future of PC: A Modest Vision. In 2004, Lydia Amir published Three Questionable Assumptions of PC. In 2005, Samuel Zinaich published Janet Staabon Philosophical Coaching as Engaged Pedagogy. In 2018, Martha Lang published Philosophical Counseling and the Network Theory of Wellbeing. This paper is very relevant to our investigation, as the objective of PC and the PROJECT@ method is also, according to Dias (2019), to contribute to the promotion of personal and organizational happiness.

*The National Catholic Bioethics Quarterly*: In 2018, Mark Repenshek published Examining Quality and Value in Ethics Consultation Service. Although this is not a paper on individual PC, its objective is close to our objective, especially regarding the evaluation of the quality of the ethical/philosophical service provided.

*Philosophical Practice—Journal of the APPA*: In 2005, there is a work by Morten Fastvold on methodological issues in the consultation space. In 2006, Helge Svare addresses the issues of training

the philosophical consultant. In 2008, Rhiannon Stamp featured a paper about the Lola Voss case. Despite approaching the scope of analysis of our paper, that is, working with clients and evaluation, this is not a real case of the author of the paper. In 2009, we have two innovative papers, one on Business Philosophy by Geoffrey Klempner and another on Philosophy and Entrepreneurship by Eli Eilon. Kate Mehuron also signs 2 papers on a topic that approaches the scope of our paper: the first on Supervision and Case Notes in the practice of PC and the second on Research Cases at Eastern Michigan University. Fitz-Gibbon & Russell also feature the same theme, but in relation to SUNY Cortland. In 2014, Zhang Lizeng published one of the papers that comes closest to our theme: On the counsellor-client relationship in PC. In 2019, Simon Tang has a very interesting paper that is also close to our theme: A critical review of philosophers' advice on how to face a crisis of meaning in aging and death.

HASER—*International Journal of Applied Philosophy*: In 2010, the journal has a paper by Raabe on philosophy as a cure and an important reference to the topic of mental illness. In another paper, Carmen Zavala compares the queries of Lahav, Brenifier and Gruengard. Samuel Bravo's paper has a case-study, which is one of the requirements for Applied Philosophy, however, it is not a case of face-to-face consultation. The remaining papers are more theoretical. In the Reports Section, there is an interesting work by José Luís Romero on the history of PC in the world. In the Bibliographic Reviews Section, we have a very interesting analysis of the book *Filosofía Aplicada a Personas y Grupos* (Barrientos & Garcia, 2009), in which Dias participates. The book was published in partnership with the PROJECT@ Office. The author of this analysis was Macarena Conesa. In 2011, we have an original work, on PC consultations in health care, by Francisco Barrera. However, we are also facing a more theoretical work on the concept of health and the relationship of this approach with the work of some philosophers, such as Shopenhauer and Frankl. In this volume, we also have an interesting interview with Michael Russell and a summary of the X ICPP, written by Leon de Haas & Peter Harteloh. In the Bibliographical Reviews Section, we draw attention to the analysis of 2 Dias books: *Idea y Proyecto. La Arquitectura de la Vida* (co-authored by José Barrientos) and *Projecting Happiness at School—The new paradigm of Applied Philosophy*. The analysis was carried out by Ana Espinosa and Maria Afonso, respectively. In 2013, we have a pioneering work on the philosopher's place in companies. The author is Joana Sousa. In the Bibliographical Reviews Section, we have a second analysis of the Dias & Barrientos book: *Idea y Proyecto. La Arquitectura de la Vida*. This time, the author is Miguel Varo. In 2015, in the Reports Section, we have a paper by Nacho Bañeras on the training program of the company Cura Sui. In 2016, we have a paper by Rosa Oliveira about the work of Dias and his PROJECT@ method. In this issue we have 2 important papers for academic research on the theme that concerns us: the Socratic dialogue framed in a qualitative action-research, done by Dinkins & Hansen and Weiss & Ohrem. In 2019, we have an innovative work by Zoran Kojcic, who was a student at the PROJECT@ Office: The active PC and its application to IT companies. This article is very close to the professional figure of the Chief Philosophy Officer, a topic that has been developed in Portugal by Dias. In our perspective, this topic will be the future of the intervention of the philosophical consultant.

As it is clear, PC is growing in relevance, practitioners, clients and general curiosity and interest. Some philosophical counsellors shared their methodologies and procedures, providing us some information about what goes on during a session of PC. From the epistemological point of view, some criticism was identified concerning its results and if PC really helps the client or not.



That said, we can draw the following conclusion: from our research, no paper was found published about assessing PC consultation.

### From a Vision of Human Life to the PROJECT@ Method

In order to understand, in greater depth, the work developed in the PC consultations, using the PROJECT@ method, it would be important to explore the vision we have about human life. For this purpose, we suggest reading the doctoral thesis by Dias (Dias, 2013), whose reference can be found in the bibliography of this paper.

The slide presented below summarizes the view of human life, based on the Aristotelian idea that happiness is the great purpose of life, and therefore, philosophy should contribute to this goal. Given that there are several schools on philosophy of happiness, this slide could gain even more relevance in understanding the dialogue that we can establish between Epicurus, Stuart Mill and Julián Marías. For the latter, happiness is precisely the realization of good projects throughout life.<sup>16</sup>



That said, we will now present the 6 levels of the PROJECT@ method, so that we understand the work done in the PC consultations. This is not the place to explain each level of the method in detail.<sup>17</sup>



- Level 1 – Identify one’s project in life.
- Level 2 – Analyze the structure of a project.

Level 3 – Relate the project with one’s life (values and meaning).

Level 4 – Regroup projects and define applications.

Level 5 – Reinforce one’s life philosophy.

Level 6 – Verify its reality and importance.

### Assessing PROJECT@ Method in PC Consultations

By assessing PROJECT@ method in PC consultations, we seek to collect all the possible information, feedback and evaluation from the clients and self-evaluation of all the consultation process. We aim to determine how to improve the quality of PC consultation and the level of satisfaction registered and felt by the client.

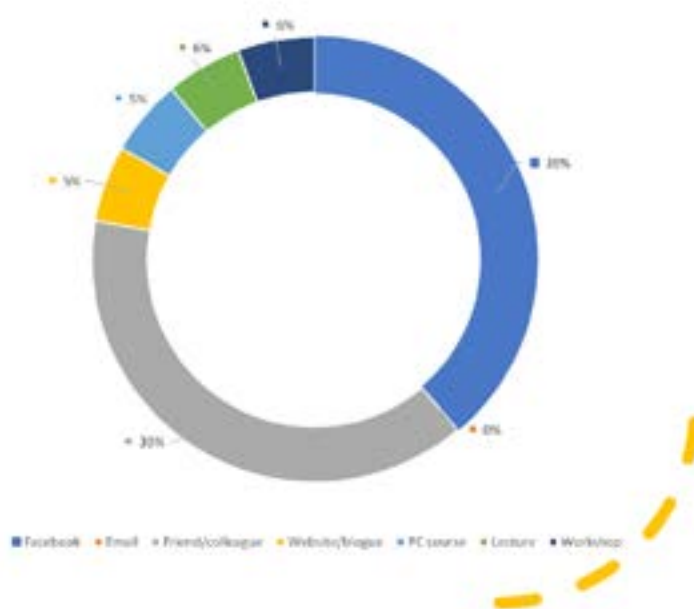
To do so, we drafted 12 questions with the goal of collecting the perception of the clients after using PROJECT@ method in their PC consultations.

For this assessment, we gathered a sample of 18 participants (14 females and 4 males) with an age average of 40.28 years old, being the younger participant 21 years old and the oldest one, 62. As explained, to perform an exploratory analysis, we used a google form with 12 questions that all the participants answered online after their consultations. The survey took an average of 8 minutes to answer.

Below we present those 12 questions and the results of the answers collected from the participants.

The first question asked was “How did you get acquainted with PC?”

The answers obtained were 39% by a friend or colleague, 39% by Facebook, 6% by a lecture, 6% by a workshop. Finally, 5% was introduced to PC by a PC course and another 5% by a website or blog.



The 2nd question was “In one word, what drove you to schedule a meeting of PC?”

The answers with more frequency were “Unhappiness” with 41% and “Life Project” with 35%. With 12% we received the word “Indecision” and with 6% each, “Meaning of life” and “Conflicts”.

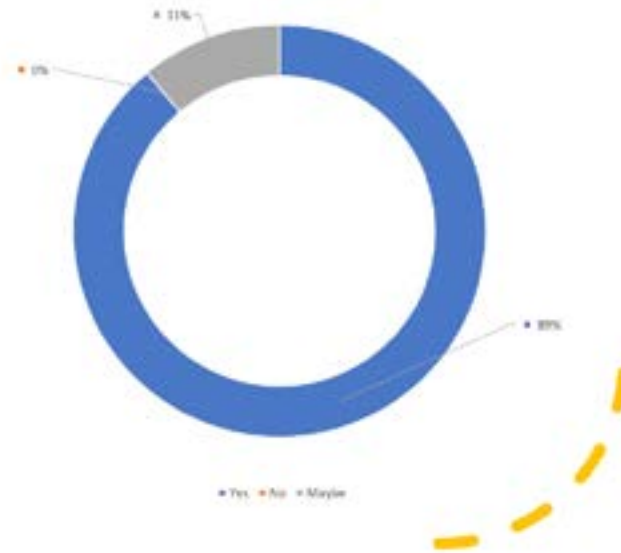


The next question (n.3) was: “Please explain how you felt that the motive of your consultation was dealt with.”

The results were “Self-knowledge” (30%), Thoughts clarification (13%) and “Life history” (13%). With 9%, we received the answer “Dialogue”, “Active listening”, “Perspective” and “Justify”. Finally, with 4%, “Goals analysis” and “Questioning”.



The next question was “Would you recommend this practice to someone that you know?” and 89% said “Yes” and 11% said “Maybe” and we didn’t receive any “No’s”.

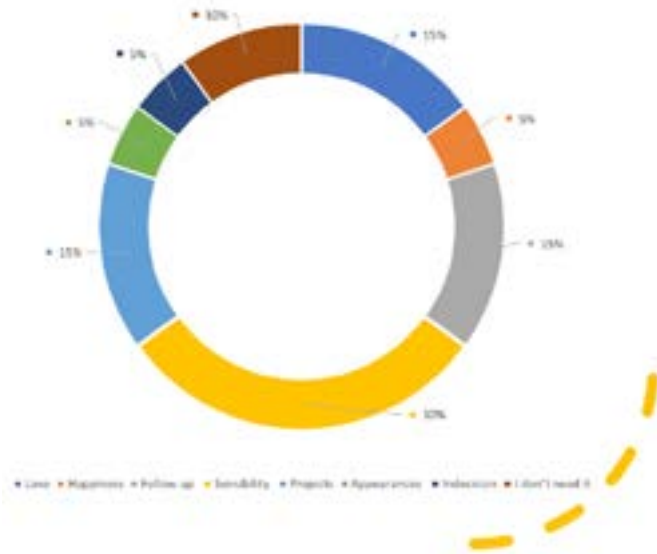


Related to the previous question, we then asked: “In one word, why?” The answers received were “Help” with 39%, “Knowledge” with 22%, “Happiness” with 5.5%, “Different method” with 11%, “Useful” with 17% and “Professionalism” with 5.5%.



The following question was “If you would return to this practice, what would you want to discuss/work on?”

The answers were widely dispersed. The most frequent was “Sensibility” with 30%. With 15% “Love”, “Projects”, and “Appearances”. With 10% “I don’t need it” and, finally, and with 5%, “Happiness”, “Follow up”, and “Indecision”.



In order to assess if the PC was useful or not, we asked: “Do you think that this PC consultation helped you?”

72% of the participants said “Yes”, 22% said “A lot” and 6% said “A little”. Nobody answered “No”.



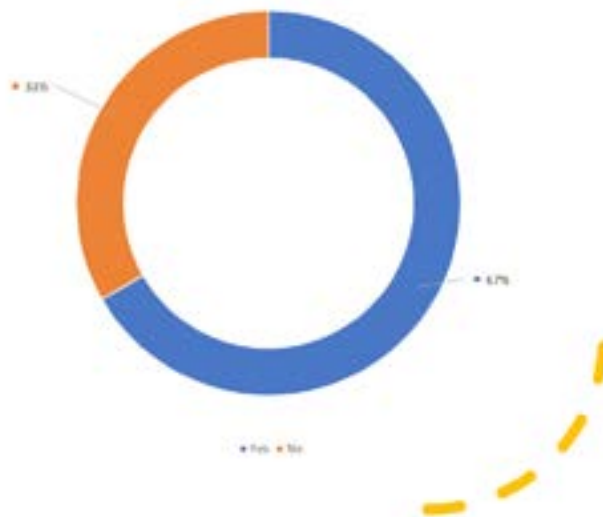
Question number 8 was: “In a word, how did you feel during the consultation(s)?”

The most frequent answers were “Tranquility” (32%), “Happy” (26%) and “Comprehension” (16%). With 11%, “Sensibility” and with 5%, “Curiosity”, “Safety”, and “Freedom”.



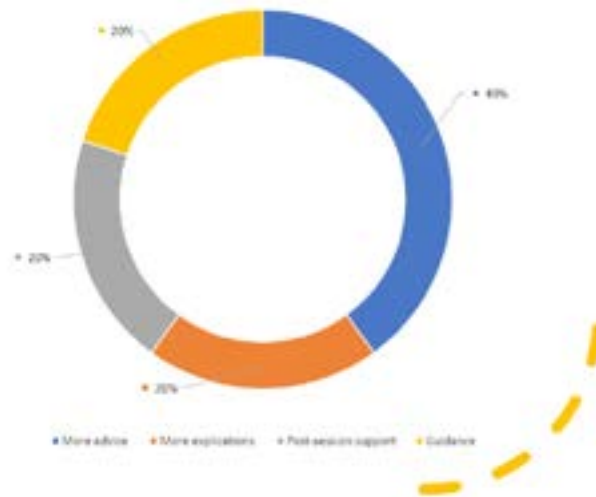
The following question was: “Do you consider that something can be improved in this PC consultation?”

67% answered “Yes” and 33% said “No”.



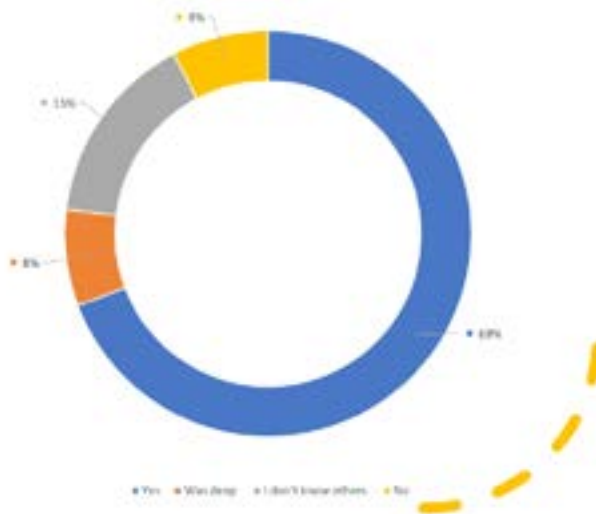
Connected to the previous question, “If you think so, please tell us what.”

40% of the answers were “More advice”. With 20%, “Guidance”, “More explanations” and “Post-session support”.



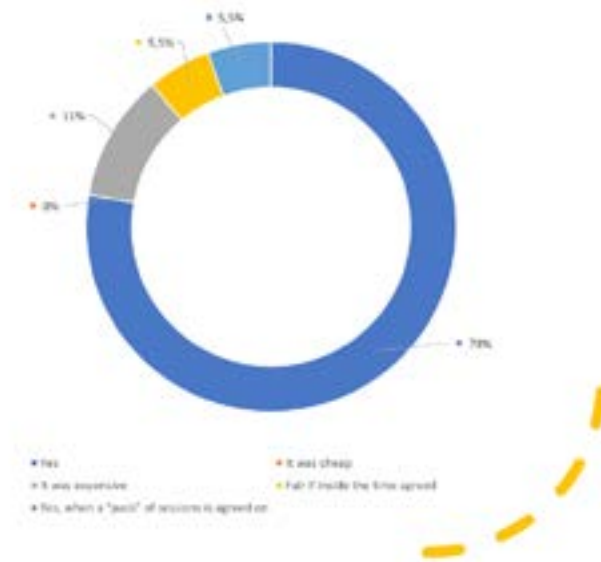
Question number 11 was “There are a lot of methods in PC. Do you think that PROJECT@ was suitable for you?”

69% of the participants answered “Yes”, 15% said “I don’t know others”, while 8% said “Was deep”. 8% of the participants answered “No”.



Last question (12) was “Do you consider that the price was fair?”

“Yes” got 78% of the received answers, “It was expensive” got 11%, “Fair in the time agreed” got 5.5% and “Yes, when a “pack” of sessions is agreed on got 5.5%. “It was cheap” got no answers.



## Conclusion

This first approach to assess the client's perception on PC is essential to one's practice improvement. (Rowlands & Wright, 2021)<sup>18</sup>

The study of one's practice is, on one hand essential, but it lacks published research (Bager-Charleston, du Ploek & McBeath, 2020).<sup>19</sup>

The methodology used in this kind of research may vary from quantitative (Balkin, 2021)<sup>20</sup> to qualitative (Smith, 2021),<sup>21</sup> but never without limitations and room for improvement (Giordano, 2021)<sup>22</sup>.

The results presented give us clear clues that the online marketing and client satisfaction are the main sources that PC clients use to visit a philosophical practitioner. Brown<sup>23</sup> and Hewett<sup>24</sup> also underline the importance of online marketing and investment in it. Hewett even published a paper on *Therapy Today* called "Less Research, more Marketing" (Hewett, 2015).

As many people that seek advice or even therapy, the participants that visited this philosophical practitioner did it due to problems such as unhappiness, indecision, and conflicts. On the other hand, meaning of life and life project are still reasons used to schedule a PC consultation. According to Rowan,<sup>25</sup> the difference of situation presented, and the service looked for presents similitudes but also requires the use of a different kind of "logic".

The clients who participated in this assessment felt positive feelings, such as tranquility, happiness, safety and freedom. Those feelings are commonly identified during a counselling process (Bergsma, 2008).<sup>26</sup>

As expected, and often discussed during the sessions, the client prefers to be given a clear solution to his/her problem than to engage on a reflection path. Therefore, they tend to ask for guidance, or they don't feel that PC works for them.



PROJECT@ is a method of PC which is found suitable for the large majority of its clients, and they are referring that during the process they work towards self-knowledge, thoughts clarification, life history. They also identify PC as a place for dialogue, active listening, goals analysis and questioning.

When asked, they refer PC to others since it is considered useful, helpful and the practitioner is professional.

The prices of PC are considered fair and never cheap, which is consistent with the same reported to similar services, such as, psychological counselling, for example.

Despite PROJECT@ was considered a method to possibly be improved, it was almost unanimously considered as a helpful intervention to one's life.

This work clearly shows the need to develop the evaluation resources in order to be able to understand the relation established between client and philosophical practitioner. Larsen, Edey and Lemay<sup>27</sup> bring the value and concept of "Hope" in counselling, which may be considered as an important point to that understanding. (Larsen, Edey & Lemay, 2007)

A standardized working tool that could give information before and after consultation could be very useful for both client and practitioner.

This working tool is not only useful to evaluate and better understand their client, but also can be an essential working tool for the self-evaluation process, allowing the practitioner to be aware of its stronger points and also the ones to be improved or changed.

The working tool presented below aims towards that goal.

### **New Working Tools for Measurement and "Diagnosis"**

To finish this paper, we would also like to share two new working tools that are currently being explored, with the aim of improving the work in PC consultations.

The first working tool was created by Dias within the scope of the subject of "Ethics, Happiness, and PC" at Atlântica University (Portugal). Those students were the first to participate by answering 100 questions. However, and within the pedagogical learning process, students also made comments and suggestions, which contributed to the improvement of the working tool. At this moment, we are in the 10th improved version.



This working tool has as its main objective to make a philosophical “diagnosis” about the client’s happiness. It consists of 100 questions, framed in 5 major categories. Given the limitations that we have in this paper, we will not present, in detail, the 100 topics of the questions. And since there is still no publication on this working tool, we advise anyone who wants to deepen their knowledge to contact the authors of this paper.

1. Life’s circumstances.
2. Emotional well-being.
3. Physical well-being.
4. Relationships.
5. Personal realization.

When the client finishes the questionnaire, clicks on submit and then he / she will receive the result (from 0 to 100 points) in his/her email, as well as a commented report on the 100 questions, with information about the investigation already carried out.

### Results of the “Diagnosis” Made to Students of the Organizational Happiness Course



It was very interesting to see that most students have a positive result. We think this is a good omen for these students, as their goal is to be a Happiness Manager in companies.

This diagnostic working tool also gives us detailed information about the subcategories in which the clients had a more “negative” result and which, in principle, will deserve more focused attention by the Philosophical Consultant.



### Future Research

Kaplan *et al*<sup>28</sup> presented us the development and discussion around a common and consensus definition of counselling. This consensus was endorsed by 29 major counselling organizations which agreed that *Counselling is a professional relationship that empowers diverse individuals, families, and groups to accomplish mental health, wellness, education, and career goals.* (Kaplan, Tarvydas & Gladding, 2014)

Fouad<sup>29</sup> already addressed the topic of the future of counselling psychology research regarding its need to develop and to implement some values and solve the current criticism (Fouad, 2013). Despite the kind of counselling being different<sup>30</sup> (Pita, 2005; Pita, 2017), we think that the concerns may be shared, such as, building a theory-based research embracing diversity populations, research questions and methodologies, inform and being informed by other disciplines and informing policy and practice.

We finished our paper with information about our next challenge. This is “(h)Appy-Phi”. And it will consist of an articulation work between the PROJECT@ method, by Dias and the “Clientocentris-mo”, by Pita (Dias, 2019). At its origin, there are also technological concerns, with the authors having already tried a free App, in test format, with the aim of assessing its relevance, usefulness and impact on the work of the Philosophical Consultant with its clients. The idea is to promote greater proximity to the client, monitoring the impact and methodological integration of approaches.



## Notes

1. Lou Marinoff, *Philosophical Practice* (San Diego: American Press, 2002), pp. 139-173.
2. Tom Morris, *What if Aristotle ran General Motors?* (New York, Holt Paperbacks, 1998).
3. The website of Roger Steare is: <https://thecorporatephilosopher.org>. The Moral DNA working tool: <https://moraldna.org>. And the book is: Roger Steare, *Ethicability: How to Decide What's Right and Find the Courage to Do It* (UK: Roger Steare Consulting Limited, 2006)
4. Luc de Brabandere, *Le Management des Idées* (Malakoff: Dunod, 1998) and Luc de Brabandere, *The Forgotten Half of Change* (Chicago: Dearborn Trade Publishing, 2005).
5. Isabelle Barth & Yann-Hervé Martin, *La Manager et le Philosophe*. (Paris: Le Passeur, 2014).
6. The website of the course is: <https://www.uatlantica.pt/index.php/course/pos-graduacao-em-aconselhamento-filosofico-para-pessoas-e-organizacoes>
7. See, for example, the suggestion that a client makes regarding the creation of a “consultation pack”, which would allow for a reduction in the price, in addition to facilitating procedures, as the client would let of buying individual queries, but packs of 10 queries, for example.
8. The website of APAEF is: <https://apaef18.wixsite.com/apaef/blank-1>
9. The website of APEFP is: <https://www.apefp.org>
10. Amândio Fontoura and Conceição Sampaio, *De olhos abertos. Para uma filosofia de bem-estar* (Lisboa: Hugin, 2004).
11. Jorge Dias, *Pensar Bem, Viver Melhor. Filosofia Aplicada à Vida* (Lisboa: Ésquilo, 2006).
12. In the following link, it can be found information regarding the International Conference on Philosophical Practice: <https://icpp.site>
13. As an example of Pita's contributions, see: Tiago Pita, “Clientocentrismo” in Jorge Dias (ed.) *Actas do I Encontro Português de Filosofia Prática* (Lisboa: APAEF, 2005); Tiago Pita, “O percurso e o futuro das Perspetivas sobre a Felicidade: do WHR 2012 à atualidade” in Jorge Dias (ed.) *Perspetivas sobre a Felicidade. Contributos para Portugal no WHR (ONU)* (Lisboa: Gabinete PROJECT@, 2020), vol. 2, pp. 92-109; Tiago Pita, “A saúde, a felicidade e a depressão” in Jorge Dias (ed.) *Perspetivas sobre a Felicidade* (Lisboa: Gabinete PROJECT@, 2017) vol. 1, pp. 12-23; Tiago Pita, *O impacto organizacional das tutorias individuais - análise das perceções dos atores educativos: o caso da Escola Europeia de Alicante*. (Lisboa: Universidade Aberta, 2017); Tiago Pita, *A eficácia de um modelo de intervenção de base Counselling de inspiração humanista na mudança da saúde mental e dos recursos internos em jovens estudantes*. (Covilhã: Universidade da Beira Interior, 2014).
14. Jorge Humberto Dias, *Contributos de Julián Marías para uma teoria da filosofia aplicada à questão da felicidade*. (Lisboa: Universidade Nova de Lisboa, 2013); Jorge Humberto Dias, “Dal paradigma della felicità al método PROJECT@”. *Rivista Italiana di Counselling Filosofico*, 12 (2016), 12-31; Jorge Humberto Dias, “From the happiness paradigm in Marías to the application of the PROJECT@ method in a case of philosophical consultation”, *Journal of Humanities Therapy*, 6, (2016), 93-130; Jorge Humberto Dias, “La

- Felicidad como objetivo de la Filosofía Aplicada” in José Barrientos and José Ordóñez, *Filosofía Aplicada a Persona y Grupos* (Sevilla: Doss Ediciones, 2009), pp. 55-79; Jorge Humberto Dias, “Las consultas filosóficas” in José Barrientos (ed.). *Acciones y Agentes Filosóficos*. (Madrid: Visión Libros, 2012), pp. 81-91; Jorge Humberto Dias, “Revolução Felicitária, Happiness Manager e Felicidade 5.0” in Jorge Humberto Dias, (ed.). *Perspetivas sobre a Felicidade. Contributos para Portugal no World Happiness Report (ONU)*. Vol. 2. (Lisboa: Gabinete PROJECT@, 2020), pp. 8-25; Jorge Humberto Dias, “Una nueva historia de felicidad?” in David Sumiacher, *Filosofía y Nueva Normalidad*. (Ciudad de Mexico: CECPEFI, 2021); Jorge Humberto Dias and José Barrientos, *Felicidad o conocimiento?* (Sevilla: Doss Ediciones, 2009); Jorge Humberto Dias and Leonor Haydée Viegas, “Projeto de Vida” in Jacinto Jardim and José Eduardo Franco, *Dicionário de Educação para o Empreendedorismo*. (Lisboa: Gradiva, 2019), pp. 638-641.
15. The website of Philosophy Documentation Centre is: <https://www.pdcnet.org/wp>
16. Julián Marías, *La Felicidad Humana* (Madrid: Alianza Editorial, 1987).
17. For a more in-depth study, we suggest reading another bibliography by Jorge Humberto Dias, such as: Jorge Dias and José Barrientos, *Idea y Proyecto* (Madrid: Visión Libros, 2010).
18. J. Rowlands and S. Wright, ‘Hunting for points: the effects of research assessment on research practice’, *Studies in Higher Education*, 46, 9, (2021): 1801-1815.
19. As referred by S. Bager-Charleson, S. du Plock and A. McBeath, ‘Therapists as research practitioners: Transitions through the lenses of access, identity and opportunity’, *European Journal Qualitative Research in Psychotherapy*, 10, Spring issue (2020): 93-109. S. Bager-Charleson, A. McBeath and S. du Plock, ‘The relationship between psychotherapy practice and research: A mixed-methods exploration of practitioners’ views’, *Counselling and Psychotherapy Research*, 19 (2019): 195-205.
20. R. Balkin, ‘Contemporary Issues in Reporting Statistical, Practical, and Clinical Significance in Counseling Research’, *Journal of Counseling & Development*, 99, 2 (2021): 227-237.
21. E. Smith, ‘A Call for Radical Reflexivity in Counseling Qualitative Research’, *Counselor Education & Supervision*, 60, 2 (2021): 164-172.
22. A. Giordano, ‘Best Practice Guidelines for Publishing Rigorous Research in Counseling’, *Journal of Counseling & Development*, 99, 2 (2021): 123-133.
23. S. Brown, ‘Market Forces’, *Therapy Today*, 31, 3 (2020): 20-22.
24. S. Hewett, ‘Less Research, More Marketing. Letters’, *Therapy Today*, 26 (2015).
25. J. Rowan, ‘Philosophical Counselling and Its Logics’, *Existential Analysis: Journal of the Society for Existential Analysis*, 14, 2 (2003): 295-307.
26. A. Bergsma, ‘The advice of the wise’, *Journal of Happiness Studies*, 9, 3 (2008): 331-340.
27. D. Larsen, W. Edey and L. Lemay, ‘Understanding the role of hope in counselling: Exploring the intentional uses of hope’, *Counselling Psychology Quarterly*, 20, 4 (2007): 401-416.
28. D. Kaplan, V. Tarvydas and S. Gladding, ‘20/20: A Vision for the Future of Counseling: The New Consensus Definition of Counseling’, *Journal of Counseling & Development*, 92, 3 (2014): 366-372.
29. N. Fouad, ‘Future of counseling psychology research’, *Counselling Psychology Quarterly*, 26, 3 (2013): 227-237.
30. Tiago Pita, “Clientocentrismo” in Jorge Dias (ed.) *Actas do I Encontro Português de Filosofia Prática* (Lisboa: APAEF, 2005); Tiago Pita, “A saúde, a felicidade e a depressão” in Jorge Dias (ed.) *Perspetivas sobre a Felicidade* (Lisboa: Gabinete PROJECT@, 2017) vol. 1, pp. 12-23.

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# PHILOSOPHICAL PRACTICE

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*Philosophical Practice* is a scholarly, peer-reviewed journal dedicated to the growing field of applied philosophy. The journal covers substantive issues in the areas of client counseling, group facilitation, and organizational consulting. It provides a forum for discussing professional, ethical, legal, sociological, and political aspects of philosophical practice, as well as juxtapositions of philosophical practice with other professions. Articles may address theories or methodologies of philosophical practice; present or critique case-studies; assess developmental frameworks or research programs; and offer commentary on previous publications. The journal also has an active book review and correspondence section.

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