

# Philosophical Counseling and Therapy: Logic-Based Therapy (LBT)

## Overview

Philosophy as a conceptual inquiry has emerged in both the occidental and oriental traditions to comprehend the nature of reality, self, and meaning of life. But philosophizing as an activity is also helpful in addressing and resolving various dilemmas and conflicts of thought triggering due to difficulties in our world-views and a form of life. In Greek civilization philosophers like Socrates, Aristotle, Epicurus and others have considered philosophy as assistance to meaningful living while in ancient India, philosophers like Patanjali, Buddha, Shankar, etc. not only theorized but also have practiced elevating the form of living. Remarkably, many forms of philosophical aids were protocolized and have still been employed as psychotherapy in psychology for instance mindfulness-based interventions are a variant of philosophical aid of meditation practices in Indian philosophy.

In the late 80's it was realized, that due to overt protocolization and more emphasis on clinical aspects of mental health, psychology is not much effective to resolve the daily non-clinical problem of life. Consequently, a new movement in philosophy was founded as 'Philosophical Counselling and Therapy'. This movement has become more relevant in recent times and has taken strong roots in many countries like United States, France, Belgium, Germany, Austria, Switzerland, etc. Currently, a distributed group of philosophical counselors from different countries are leading the movement, which has produced various national professional organizations, numerous publications, and several widely read books. One of the main reasons for such an impact of this movement is that since philosophy predates psychological counseling and psychotherapy, it has much wider, deeper, and contextual tools for addressing the complex problems of life. The field of philosophical counseling is expanding rapidly, and an increasing number of students of philosophy are finding this area to be a gratifying way to apply their training in philosophy beyond teaching at a college and university.

This course aims at filling the training gap in Philosophical Counseling in India, by offering an on-hand training in the type of Philosophical Therapy termed as Logical Logic-Based Therapy (LBT). The course will be taught by the principal founder of philosophical counseling in the USA and the founder of Logic-Based Therapy (LBT), which can be applied in a wide range of scenarios from cooperate setting to personal settings.

<b>Modules</b>	<b>A: "Philosophical Counseling and Therapy: Logic-Based Therapy (LBT)":</b> <b>14<sup>th</sup> December – 18<sup>th</sup> December</b> <b>The number of participants for the course will be limited to fifty.</b>
<b>You Should Attend If...</b>	*You are a Philosopher or Psychologist or Social Scientists or Human Resource Manager or Research Scholar or a Student, interested in learning and applying Philosophical Counseling in your field. *You are a Faculty from an academic institution interested in learning how to introduce a program of Philosophical Counseling and Therapy in your department or wish to practice the same.
<b>Fees</b>	The participation fees for taking the course is as follows: <b>Participants from abroad: US \$500</b> <b>Industry/ Research Organizations: Rs. 10000</b> <b>Academic Institutions: Rs. 10000</b> <b>Academic Faculty: Rs. 2500</b> <b>Research Scholar: Rs. 2000</b> <b>Post Graduate/Graduate Student: Rs. 1500</b> <b>Any Other: 2500</b> The above fee includes all instructional materials, computer use for tutorials and assignments, laboratory equipment usage charges, 24 hr. free internet facility. The participants will be provided with accommodation on payment basis.

## The Faculty



**Prof. Elliot D. Cohen** (Ph.D. Brown University) is one of the principal founders of philosophical counseling in the United States. He is the founder and editor of the International Journal of Applied Philosophy and International Journal of Philosophical Practice; co-founder and Executive Director of the National Philosophical Counseling Association (NPCA), and President of the Logic-Based Therapy and Consultation Institute. Author of twenty-seven books and numerous articles in philosophical counseling, applied philosophy, and professional ethics.



**Dr. Pankaj Srivastava** teaches philosophy at the Department of Philosophy, Panjab University, Chandigarh. After completing his doctorate on ‘Emotion and Perception: An Epistemological Exploration’ he was awarded fellowships for his post-doctoral research projects from various agencies like UGC, ICPR New Delhi, and IDC Chandigarh. He supervises research in the areas of Philosophical Counselling, Consciousness Studies, Philosophy of Literature, and Buddhism. He contributed numerous research papers in these areas.



**Piyush Parimoo** is an Assistant Professor (Guest) at the Department of Philosophy, Panjab University, Chandigarh. He works in the domains of Cognitive Neuroscience, Experimental Philosophy, Evolutionary Epistemology, Phenomenology, Indian Philosophy, and Counseling.

**Patron: Prof Raj Kumar**  
Vice Chancellor, Panjab University

Local Coordinator: Prof. S. K Mehta

### Course Coordinator

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