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it is assumed to be a pathology, diagnosed by means of reductionism to its simple cause, and that cause is then treated in order to bring about a cure. But, unlike psychotherapy, philosophical counselling recognizes that the cause of a person's mental distress is not a pathology resulting from a simple cause. It almost always consists of a multitude of overlapping and interlocking factors. These factors form what may be termed a 'causal net' whose explanatory power removes the need for a theory of the unconscious.

Eli Eilon and Ran Lahav

Transcending the Unconscious: Philosophical Counseling Sessions with Arthur Schopenhauer

Eilon and Lahav argue that philosophical counselling need not deal with the counsellee's unconscious, but should rather transcend it. The authors use an imaginary case study with Schopenhauer to demonstrate that philosophical counseling should not attempt to expose, analyze, or meddle with hidden psychological forces. Rather, it should help counsellees to overcome their predicament by going beyond their narrow, self-regarding needs towards a broader attitude about life.