

McClenden III, John H and Ferguson II, Stephen C (2011) 'African American Philosophy: A General Outline', William Edelglass and Jay L. Garfield (Eds) *The Oxford Handbook of World Philosophy*, Oxford University Press

Mogobe B., Ramose . (2005). *African Philosophy through Ubuntu*. Harare: Mond Books Publishers , Pp5-28

Wiredu, Kwasi (1980) *Philosophy and an African Culture* (Cambridge: Cambridge University Press

Wiredu, Kwasi (1992). "African Philosophical Tradition," *The Philosophical Forum*, vol. 24, nos. 1-3 , 36.

F. Ochieng'-Odiambo (2010) *Trends and Issues in African Philosophy* New York: Peter Lang Publishing, Inc., pp.7-15

Kaphagawani, D.N. (1987) 'The Philosophical Significance of Bantu Nomenclature: A Shot at contemporary African philosophy,' Guttorm Floistad (ed.) *Contemporary Philosophy-A New Survey*, Vol.5 African Philosophy, Bostan: Martinus Nijhoff Publishers, Pp.121-152,

Potter, Karl H. (1997) *Knowledge and reality in Indian philosophy* , Brian Carr and Indira Mahalingam (Eds.) *Companion Encyclopedia of Asian Philosophy* pp.227-239

Keywords

Indian Philosophy, Asian Philosophy, Chinese Philosophy, Japanese Philosophy, Latin American Philosophy, Arab Philosophy, World Philosophy

GE 8 B Philosophical Counselling

CREDIT DISTRIBUTION, ELIGIBILITY AND PRE-REQUISITES OF THE COURSE

Course title &	Credits	Credit distribution of the course	Eligibility criteria	Pre- requisite of
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Code		Lecture	Tutorial	Practical		the course (if any)
PHILOSOPHICAL COUNSELLING GE 8 B	4	3	1		Under Graduation	NA

Course Learning Objectives:

1. To be able to differentiate philosophical counselling from psychological counselling.
2. To be able to apply philosophical insights to address human suffering.
3. To be able to use the Indian philosophical system for philosophical counselling.
4. To be able to use phenomenological and existential insights for philosophical counselling.
5. To be able to use modern cognitive sciences like dynamic system theory and embodied-enactive cognition for philosophical counselling.

Course Learning Outcomes:

Upon completion of the course, students are expected to:

1. Differentiate philosophical counseling from other counseling practices.
2. Apply philosophical insights to address and alleviate human suffering through a deeper understanding of human nature.
3. Utilize phenomenological and existential perspectives to analyze human suffering conditions.
4. Employ cognitive science approaches such as Dynamic Systems Theory and Embodied-Enactive Cognition to comprehend and modify dysfunctional human behaviors.
5. Appreciate and apply spiritual principles and practices from Zen Buddhism, Yoga, Samkhya, and Upanishadic philosophy for self-transformation and well-being.

Course Structure

UNIT 1: Defining Philosophical Counseling (3 weeks, 9 hours)

1. Foundational principles
2. Distinguishing philosophical counselling from other approaches.
3. Scope and limitations

Essential/Recommended Readings:

- Lahav, R. (2001). Philosophical Counseling as a Quest for Wisdom. Practical Philosophy.
- Marinoff, L. (1998). What Philosophical Counseling Can't Do. Philosophy in the Contemporary World, 5(4), 33–41.

UNIT 2: Phenomenology and Existentialism (4 weeks, 12 hours)

1. Phenomenological and existential perspectives on human suffering
2. Examining implications

Essential/Recommended Readings:

- Aho, K. (2019). Affectivity and its disorders. In G. Stanghellini, M. Broome, A. Raballo, et al. (Eds.), The Oxford handbook of phenomenological psychopathology. Oxford University Press.
- Deurzen, E. V. (1998). Existentialism and Existential Psychotherapy. Taylor & Frances/Routledge

UNIT 3: Dynamic Systems and Embodied-Enactive Cognition (4 weeks, 12 hours)

1. Role of cognitive science in philosophical counselling
2. Dynamic systems and embodied cognition as frameworks

Essential/Recommended Readings:

- Barrett, N. F. (2014). A dynamic systems view of habits. *Frontiers in Human Neuroscience*, 8, Article 682. <https://doi.org/10.3389/fnhum.2014.00682>
- Slaby, J., Paskaleva, A., Stephan, A. (2013). Enactive Emotion and Impaired Agency in Depression. *Journal of Consciousness Studies*. 20(7-8).

UNIT 4: Eastern Perspectives (4 weeks, 12 hours)

- 1 Philosophical counseling through the lens of Eastern traditions
- 2 Zen Buddhism as pathways to self-transformation
3. Yoga and Meditation as pathways to self-transformation

Essential/Recommended Readings:

Fromm, E. (1959). Psychoanalysis and Zen Buddhism. *Psychologia*, 2, 79-99

Bhide, S. R., Bhargav, H., Gangadhar, B. N. (2021). Exploring the Therapeutic Potential of Yoga Philosophy: A Perspective on the Need for Yoga-Based Counseling Program (YBCP) in Common Mental Disorders. *Indian Journal of Psychological Medicine*. 45(4):420–429. doi: 10.1177/02537176211051987

Navneet, R. (2022). Guiding Models from Some Traditional Indian Philosophies for the Contemporary Worldview. In *Spirituality and Management: From Models to Applications*, Eds. Sanjeev P. Sahni, Tithi Bhatnagar, Pankaj Gupta, Springer Publication.

Suggestive Readings:

- Marinoff, L. (1999). *Plato, not Prozac!: Applying philosophy to everyday problems*. Ch. 2-4, 5-9, 11, 12, 14, New York: Harper Collins.

- Krishnananda, S. Lessons from the Upanishads. [Available online]
https://www.swami-krishnananda.org/upanishad/Lessons_on_the_Upanishads.pdf
- de Monticelli, R. (2019). Edmund Husserl. The Oxford Handbook of Phenomenological Psychopathology. Oxford University Press.
- Fernandez, A. V. (2019). Martin Heidegger. In The Oxford Handbook of Phenomenological Psychopathology. Oxford University Press.
- Hatzimoysis, A. (2019). Jean-Paul Sartre. In The Oxford Handbook of Phenomenological Psychopathology. Oxford University Press.
- Smith, L. B., & Thelen, E. (2003). Development as a dynamic system. Trends in Cognitive Sciences, 7(8), 343–348. [https://doi.org/10.1016/S1364-6613\(03\)00156-6](https://doi.org/10.1016/S1364-6613(03)00156-6)
- Sheets-Johnstone, M. (2019). Merleau-Ponty, Phenomenology, and Psychopathology. In The Oxford Handbook of Phenomenological Psychopathology. Oxford University Press.

Keywords: Worldview, wisdom, phenomenology, existentialism, dynamic system theory, embodied-enactive cognition, Zen Buddhism, Yoga, Samkhya, Upanishadic philosophy.

Course title & Code	Credits	Credit distribution of the course			Eligibility criteria	Pre-requisite of the course (if any)
		Lecture	Tutorial	Practical/ Practice		