

Contents

Introduction I

PART I KEY QUESTIONS

Philosophical Practice opens up the Trace to *Lebenskönnerschaft*..... 7
Gerd B. Achenbach, Germany

Philosophical Practice: What is at Stake? 17
Anders Lindseth, Norway

PART II NEW AREAS FOR PHILOSOPHICAL COUNSELLING

Philosophical Consultancy With Professional Athletes..... 25
Geir Jordet and Vegard Fusche Moe, Norway

Medicine for the Soul: Philosophical Counseling with Cancer Patients . 35
Vaughana Feary, USA

Philosophical Counselling as a Way of Developing New
Self-Conceptions after Extreme Life-Experiences –
Being a *Wondering Mirror* for the Other 53
Vigdis Ekeberg, Norway

The Use of Philosophical Practice in Lifelong and
Self-Directed Learning 61
Finn Thorbjørn Hansen, Denmark

PART III USES OF PHILOSOPHY IN ORGANISATIONAL DEVELOPMENT

Reflections on Organisational Therapy..... 77
Ole Fogh Kirkeby, Denmark

Short Socratic Dialogue 91
Henning Herrestad, Norway

PART IV
EXPERIENCE WITH PHILOSOPHY FOR CHILDREN

Growing Up With Perplexity	105
<i>Gareth B. Matthews, USA</i>	
Philosophy for Children – A Norwegian Approach.....	123
<i>Øyvind Olsholt and Ariane Schjelderup, Norway</i>	
Philosophy and Public Schools in Brazil: An Experience of Transformations and Tensions	133
<i>Juliana Mercon Lestani, Brazil</i>	

PART V
PHILOSOPHICAL PERSPECTIVES ON PSYCHOTHERAPY

Predictable Difficulties in Daily Living: Existential Psychotherapy as a Road to Human Understanding	143
<i>Emmy van Deurzen, Great Britain</i>	
On Catharsis and Anger	165
<i>Antti Mattila, Finland</i>	
Freud versus Kant: The Superego in the Service of Evil	171
<i>Arne Thorvik, Norway</i>	
Psychotherapy and Human Rights	181
<i>Digby Tantam, Great Britain</i>	

PART VI
PHILOSOPHICAL PERSPECTIVES ON KEY LIFE ISSUES

Pain and the Work of the Imagination.....	191
<i>Petra von Morstein, Canada</i>	
Thinking About Home: An Opening for Discovery in Philosophical Practice.....	201
<i>James A. Tuedio, USA</i>	
The Role of Impersonal Love in Everyday Life.....	217
<i>Lydia B. Amir, Israel</i>	

PART VII
FURTHER REFLECTIONS ON PHILOSOPHICAL COUNSELLING

The Philosophy of Dialogue	243
<i>Helge Svaere, Norway</i>	
The Village Philosopher	251
<i>Jon Borowicz, USA</i>	
Between Ideality and Reality – Some Principles	265
<i>By Anders Holt, Norway</i>	
Creativity as an Approach in Philosophical Counselling	277
<i>Pia Hverven Axell, Norway</i>	
Philosophical Counselling as Care of the Self: Notes on Foucault's Genealogy of Ethics	287
<i>Fiona Jenkins, Australia</i>	
Who is the Philosopher Speaking With? On Persons, Language and Feelings in Conversation	297
<i>Lene Auestad, Norway</i>	

PART VIII
HISTORICAL ANTECEDENTS OF PHILOSOPHICAL COUNCELLING

Socrates in America or the Art of Transcendental Conversation.....	311
<i>David O'Donoghue, USA</i>	
<i>Programme of The Sixth International Conference on Philosophy in Practice, Oslo, Norway 2001</i>	<i>325</i>

Introduction

If you ever asked yourself the question ‘How can philosophy be relevant to my life?’, you should take a close look at this book. It contains a selection of papers presented at the 6th International Conference on Philosophy in Practice held in Oslo in 2001. The title of the conference was ‘Philosophy in Society’, and these proceedings offer you a number of valuable contributions to the understanding of what the role of philosophy may be in the societies of the third millennium AD.

In the 20th century there was a strong movement towards professionalism and specialisation within philosophy just as in other fields. Philosophical discourse became the privilege of university professors. Philosophy inspired academics in fields closer to practical life, but was seldom of any appeal to the average person in search for directions in life. However, there have always been demands both from within the community of philosophers and from without to make philosophy relevant to society and to individuals in society. Usually the idea is that the professional philosopher should use his or her knowledge and analytical skills to come up with expert advice on how we should act or think.

The papers in this book reflect a different idea, the idea that the philosopher should use his or her knowledge and analytical skills in dialogue to help the individuals they are in dialogue with to *find out for themselves* how they should act or think. Instead of acting as experts, they act as process consultants, coaches or counsellors, or some would say as therapists. This sometimes draws criticism for undue meddling with the business of other professions. One of the many responses to such criticism is to maintain that the philosopher is still engaged in a *philosophical practice*. Instead of writing books the philosopher hopes will be relevant to his or her reader, the philosopher engages in a dialogue with his or her audience giving an immediate response concerning the relevance of the content of what is said. Instead of seeking the audience’s recognition as a great philosopher, the philosopher tries to make the audience recognise its own talents.

Potentially, anyone may partake in such a philosophical practice with a philosopher. Some of the papers in this volume describe philosophical dialogues between philosophers and groups of children. Some papers describe dialogues between philosophers and individuals in a consulting room setting, while other papers describe dialogues held between philosophers and groups of people in businesses or other professional settings. The 'Philosophy in Society' conference sought to bring together the whole spectrum of philosophers engaged in philosophical practice with all different kinds of people. The papers in this book reflect the fact that almost all of those who made presentations at this conference work predominantly within the consulting room setting. The majority of the papers analyse concepts and phenomena that are relevant to dialogues in this setting. They show how philosophers working in this setting are inspired to further philosophical reflection about the topics raised in the dialogues by their partners in the dialogues based on their own experiences.

Previous conferences on philosophical practice were held in Vancouver, Canada (1994), the Netherlands (1996), New York, USA (1997), Bensberg, Germany (1998) and Oxford, England (1999). Proceedings are available from the conferences of 1994 and 1999. The locations of these conferences reflect the existence of strong local groups of philosophers engaged in philosophical practice. That the 6th conference was located in Oslo in 2001 reflects the fact that Oslo has had a strong group of such philosophers since 1997. The Norwegian Society for Philosophical Practice was started in 1998, and only a year later started a two year training programme for philosophy students aiming to start up their own philosophical practice. In 2001 there were philosophers setting up their own practices in the Norwegian towns of Oslo, Tromsø, Bodø, Lillehammer and Fredrikstad.

A similar development took place in the other Nordic countries of Finland, Sweden and Denmark. In Sweden, an academic course in the philosophy behind philosophical practice was established at a regional college, and plans were made for an even more ambitious course at the Pedagogical University in Copenhagen.

Preparations for the conference occupied two years. The conference was organised with the support of the Department of Philosophy at the University of Oslo and the Norwegian Research Council. With help from colleagues at the Department of Philosophy we were able to hold the conference on the university campus. The strong practical support of the whole Norwegian group of philosophers engaged in philosophical practice and our Swedish colleagues eventually made the conference a success. The support of the Research Council also helped us to publish

this book, and Trevor Curnow was enlisted to provide editorial assistance in the preparation of the final manuscript. We hereby wish to thank all those who gave their contributions to the conference and to this book.

Oslo, May 2002. Henning Herrestad, Anders Holt, Helge Svare – editors

Earlier published conference proceedings

Ran Lahav and Maria Tillmanns (eds), *Essays on Philosophical Counselling*. Banham: University Press of America, 1995.

Trevor Curnow (ed), *Thinking through Dialogue*. Oxred: Practical Philosophy Press, 2001.