



STOIC PRAGMATISM OPEN SEMINAR ONLINE
PROF. CHRIS SKOWRONSKI (UNIVERSITY OF OPOLE, POLAND)

(SELF-) THERAPEUTIC PHILOSOPHY – WHAT'S THIS?

MARCH 12, 2025
19.00-20.30 BERLIN TIME (CET)

Questions and issues to be discussed

- Is therapy identical to self-therapy, or should they be distinguished? Is philosophical therapy aimed at enabling others to engage in self-therapy?
- Is philosophical (self-)therapy primarily about cultivating habits of action, or does it address deeper philosophical dimensions?
- Who requires philosophical therapy: "healthy" individuals seeking to improve their lives or those experiencing existential or mental challenges?
- What is the role of rational argumentation in philosophical therapy? Should it prioritize emotions (e.g., anxiety, anger) or focus on shaping habits within a philosophical framework?
- Is philosophical therapy best conducted through philosophical counseling or coaching? How do these practices philosophically differ from traditional therapy?

What to potentially read beforehand

- Laurence Becker, *A New Stoicism* (2017)
- Epictetus, *Discourses*
- William James, *Principles of Psychology* (1890)
- John Lachs, *Stoic Pragmatism* (2012)
- Massimo Pigliucci, *How to Be a Stoic* (2017)
- Krzysztof P. Skowroński, *A Meaningful Life Amidst a Pluralism of Cultures and Values* (2023)



GRUPO DE
INVESTIGACIÓN
EN FILOSOFÍA
TERAPÉUTICA

MORE INFO AND REGISTRATION (FREE): SKRIS65@GMAIL.COM
ZOOM LINK TO BE SENT A FEW DAYS BEFORE THE EVENT

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