

Philosophical Counselor: Gregory B. Sadler, Ph.D., APPA-certified
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Scope of Practice for Philosophical Counseling Services

Philosophical counseling is intended for clients who are rational, functional, and not mentally ill, but who can benefit from philosophical assistance in resolving or managing problems associated with normal life experience. The most suitable candidates for philosophical counseling are clients whose problems are centered in:

1. issues of private morality or professional ethics; or
2. issues of meaning, value, or purpose; or
3. issues of personal or professional fulfillment; or
4. issues of underdetermined or inconsistent belief systems;
5. issues requiring any philosophical interpretation of changing circumstances.

[From Lou Marinoff, *Philosophical Practice*. San Diego: Academic Press (2002), p. 252.]

I also specialize in working with clients whose problems are centered in:

6. issues of understanding and managing emotional states and responses, and connections between emotions, behavior and thoughts.

Overview of Methods and Resources

Methods and resources used in philosophical counseling may vary from client to client, situation to situation, and practitioner to practitioner. My own practice, informed by professional literature and training in the discipline, draws particularly on classic (Platonic, Aristotelian, and Stoic), existentialist, dialectical, and psychoanalytic approaches and resources. For clients who specifically request, I also incorporate religiously-based approaches and resources as well.