

UNIVERSITY OF MADRAS
B.A. DEGREE PROGRAMME IN PHILOSOPHY
 SYLLABUS WITH EFFECT FROM 2023-2024

Elective – VIII Generic/Discipline Specific:
Philosophical Counseling
(For Naan Muthalvan)

Subject Code	Subject Name	Category	L	T	P	S	Credits	Inst. Hours	Marks		
									CIA	External	Total
309E6A	Philosophical Counseling	Elective	Y	-	-	-	3	5	25	75	100
Pre - requisite	Required Moral, Philosophical Knowledge & Yoga										

Learning Objectives	
LO1	To embark on an inquiry into your life
LO2	To understand Core beliefs and truths of dialectical method
LO3	To recognize that not all life-problems are medical in nature
LO4	To understand the holistic focus of yoga therapy which encourages the integration of mind, body, and spirit
LO5	To understand Mindfulness is the basic human ability to be fully present, aware of where we are and what we're doing.

Units	Course Syllabus
Unit – 1	What is Counselling? Nature and Scope of Philosophical Counselling, Distinction between Psychological and Philosophical Counselling.
Unit – 2	Philosophical Attitudes - Courageous- Open -Assertive -Caring-Grateful. Philosophical Methods-Method of Doubt – Argument-Dialectic.
Unit – 3	Varieties of Philosophical Counselling – Logo Therapy-its basic principles – Man’s search for meaning of Life. Existential Therapy – The Inner conflict of man – Existential Givens-Inevitability of death, freedom and responsibility- Alienation and Meaninglessness)
Unit – 4:	Yoga as a way of Philosophical Counselling –Chittabhumis and the method of Self-analysis –Practical ways to attain mental balance – Pranayama and Dhyana.
Unit – 5:	Buddhist principles of Philosophical Counseling –Vipassana and Samatha- Zen – Zazen – Mindfulness

Course out Come:	
1.	He/ she able deal with life events in an effective manner.
2.	In life, skills like Courageous- Open -Assertive -Caring-Grateful will one to take calculated risk and refined over time
3.	Will have insights of inevitable end of human life which is unavoidable.
4.	Yoga therapy is used to treat mental and physical health issues
5.	Able to understand Mindfulness-based interventions, will be relieving symptoms of stress, mental health concerns, and physical pain

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Books for Reading:
1. Hart, William - The Art of Living: Vipassana Meditation: As Taught by S. N. Goenka, HarperOne, 2009
2. Kapleau, Phillip - The Three Pillars of Zen: Teaching, Practice and Enlightenment, New York: Anchor Books, 1989, 2000.
3. Shaw, Sarah - Buddhist meditation: an anthology of texts from the Pāli canon, Routledge, 2006
4. Schuster, S. - Philosophical Practice: An Alternative to Counselling and Psychology, Michigan: Praeger, 1999
5. Raabe, Peter - Philosophical Counselling, Michigan: Praeger, 2001
Reference Book :
1. Nelson Jones, Richard - Theory and Practice of Counselling and Therapy, Lonon: Sage,
2. Peter B. Raabe, Philosophical Counseling: Theory and Practice, Praeger, 2001
3. Marlysa B. Sullivan Laurie C. Hyland Robertson, Understanding Yoga Therapy : Applied Philosophy And Science For Health And Well-Being, Taylor & Francis Ltd
Web Resources
https://npcassoc.org/
https://www.academia.edu/42328434/Introduction_to_Philosophical_Counselling

Mapping with Programme Outcomes:

	PO 1	PO 2	PO 3	PO 4	PO 5	PO 6	PO 7	PO 8	PO 9	PO 10
CO 1	1	1	1	1	1	1	1	1	2	1
CO 2	2	2	2	2	2	2	2	2	2	2
CO 3	3	3	3	3	3	3	3	3	3	2
CO 4	2	3	3	3	3	3	3	3	3	2
CO 5	3	3	3	3	3	3	3	3	3	1

Strong (3) Medium (2) Low (1)

Mapping with Programme Specific Outcomes:

	PO 1	PO 2	PO 3	PO 4	PO 5	PO6	PO7	PO8	PO9	PO10
CO 1	1	1	1	1	1	1	1	1	1	1
CO 2	2	2	2	2	2	2	2	2	2	2
CO 3	3	3	3	3	3	3	3	3	3	3
CO 4	3	3	3	3	3	3	3	3	3	3
CO 5	3	3	3	3	3	3	3	3	3	3
Weightage	12	12	12	12	12	12	12	12	12	12
Weighted percentage of course contribution to POS	5-0	5-0	5-0	5-0	5-0	5-0	5-0	5-0	5-0	5-0

Strong (3) Medium (2) Low (1)