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# TOWARDS A NEO-ARISTOTELIAN ACCOUNT OF PHILOSOPHICAL COUNSELING

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## ABSTRACT

At present, there is no generally accepted account of what philosophical counselling is or why we should practice it. The aim of this article is to propose an account of philosophical counselling in terms of an Aristotelian concept of *Eudaimonia*. I argue that this concept provides an apt description of what philosophical counselling, in many cases, consists in. One benefit of construing philosophical counselling in terms of *Eudaimonia* is that it provides a natural *justification* for the practice: since it is plausible that *Eudaimonia* is a desirable state to be in, philosophical counselling is worth engaging in inasmuch as it promotes that state.

**Keywords:** Philosophical Counseling, Aristotle, *Eudaimonia*.

## Introduction

Philosophical counselling is a kind of psychological therapy that aims to promote happiness and mental wellbeing by engaging the patient in broadly philosophical dialogue and inquiry. The main aim of this paper is to show the effectiveness of this kind of counselling when considered from Aristotle's idea of *Eudaimonia*.