

ABSTRACT**I.D. No.:** 6019510**Name:** THESIGAN NADARAJAN**Dissertation Title:** TOWARDS A NEO-ARISTOTELIAN ACCOUNT OF
PHILOSOPHICAL COUNSELING**Dissertation Advisor:** DR. MICHAEL CLARK

The aim of this dissertation is to propose and develop an account of philosophical counseling in terms of an Aristotelian concept of Eudaimonia. This dissertation discusses Aristotle's concept of Eudaimonia, a realistic, practical and realizable form of happiness, in contrast to ascetic and hedonic forms. It goes on to discuss Aristotle's proposal of how human character is developed through habituation, which is of interest in philosophical counseling. It then discusses how philosophical counseling with the Eudaimonic approach assists clients to overcome certain kinds of moral dilemmas and disharmonies, thereby bringing into alignment the client's beliefs, feelings and action. The dissertation then critically reviews and discusses some objections and limitations of philosophical counseling, other contemporary philosophical counseling approaches, the question of philosophical counselling's relation to psychotherapy, how my approach is related to alternative philosophical counseling approaches, and, finally, specific cognitive distortions that is appropriate for philosophical counseling intervention. The concluding chapter of this dissertation discusses the specific topics like transcendence, causes of disharmony, correlation between correct moral judgments and avenues for future researches.