



RUIA COLLEGE
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S. P. MANDALI'S RAMNARAIN RUIA AUTONOMOUS COLLEGE

M. A. Philosophy

With specialization in
Philosophical Counselling and Logic-Based Therapy



About the program

Ramnarin Ruia Autonomous College is starting with a two-year Master's program in Philosophy (with specialization in Philosophical Counseling and Logic-Based Therapy) from the academic year 2023-2024. The program is designed for Philosophy and Psychology graduates. It is prepared in collaboration with the National Philosophical Counseling Association (USA) and is a blend of theoretical knowledge and hands-on training. The courses will be taught by experts in the field of Philosophical Counseling. After completion of this program, students will be able to practice as Philosophical Counselors.

Why select this program?

- A dedicated program to train students to become Philosophical Counselors and Logic-Based Therapist
- Curriculum focusing on theory and practical aspects of Logic-Based Therapy
- Lectures facilitated by practicing Philosophical Counselors from India, the USA, Romania, and Taiwan
- Special lectures by Dr. Elliot Cohen (the founder of Logic-Based Therapy)
- Emphasis on hands-on training by creating environments to practice LBT
- Internships in the corporate and education sector

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What is Philosophical Counselling?

Philosophy has a rich history of wisdom that has helped humans develop and progress in various facets of life. Philosophers like the Stoics, Epicurus, Buddha, Nietzsche, Aristotle, etc., have shared valuable insights that practically can help us deal with our daily life problems. Philosophy's emphasis on ethics, virtue, value development, etc., and its role in promoting happiness and well-being has made it a suitable option even in the field of therapy.

Contemporary scholars have used these insights from Philosophy for the betterment of life, giving rise to the field of Philosophical Counseling. **Logic-Based Therapy, Socratic dialogue, Existential Psychotherapy, Logotherapy, etc.**, are some of the modalities associated with Philosophical Counseling.

Common problems dealt with by Philosophical Counselors are **interpersonal relationship dysfunction, career and future-related anxiety, stress at the workplace, moral issues and dilemmas, writer's block, procrastination, etc.** Due to its efficacy in dealing with daily life issues, the movement of Philosophical Counseling has gained momentum and popularity worldwide.



What is Logic-Based Therapy? (LBT)

Logic-Based Therapy is a leading modality of Philosophical Counseling developed by the American philosopher Dr. Elliot D. Cohen. Finding his inspiration from his mentor Dr. Albert Ellis (founder of Rational Emotive Behavioral Therapy- REBT), Dr. Cohen finds faulty and erroneous reasoning to be the cause of our emotional and behavioral problems.

LBT distinguishes itself from CBT and REBT by giving special importance to logic and amalgamating philosophical knowledge into the realm of therapy. One of the reasons for its popularity as a modality of Philosophical Counseling is its six-step systematic approach to counseling which helps the counselor adopt a methodical approach to therapy.

The study and research in the field of LBT for the past four decades have made a significant impact on people's lives worldwide, which has also led to the establishment of various centers across the globe for the advancement and research in the field of LBT.

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Course objectives

The course aims at the following things:

- Introducing students to Philosophical Counseling, its modalities with a focus on LBT.
- Introducing students to the theory and practice of Logic-Based Therapy
- Familiarizing students with diverse Philosophical traditions from the East and West relevant to Philosophical Counseling.
- Developing skills amongst students to practice as a Philosophical Counselor and Logic-based therapist by undertaking internships and projects

Course outcomes

After completing the course, students will be able to:

- Comprehend diverse philosophical traditions and understand their connections to Philosophical Counseling
- Identify and distinguish between different philosophical traditions
- Compare and contrast diverse Philosophical Counseling modalities
- Become acquainted with the systematic approach of Logic-Based Therapy
- Understand and implement important skills necessary in therapy and counseling
- Gain practical knowledge and experience through internships and projects
- Acquire the knowledge and skills necessary to practice as a Philosophical counselor and Logic-Based Therapist

Meet the facilitators



Dr. Elliot Cohen

Dr. Elliot Cohen is the founder of Logic-Based Therapy. He is the Executive Director of the National Philosophical Counseling Association (USA) and the President of Logic-Based Therapy and Consultation Institute, USA. He is the Chief Editor of the International Journal of Philosophical Practice and the International Journal of Applied Philosophy. He is the author of various books on Philosophical Counselling, Logic-Based Therapy, and Critical Thinking.



Dr. Himani Chaukar

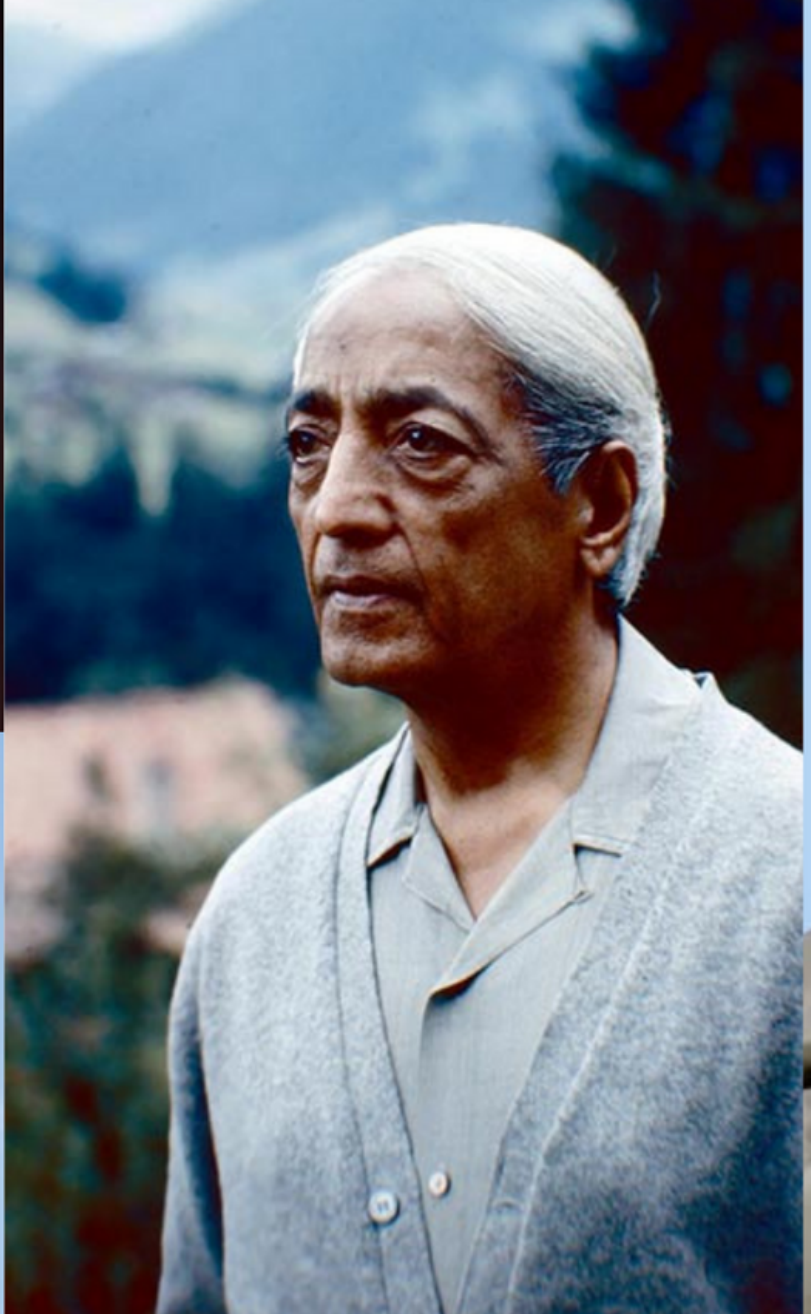
Dr. Himani Chaukar is an Associate Professor and the Head of the Department of Philosophy at Ramnarain Ruia Autonomous College and is a Certified Philosophical Counselor and a Logic-Based Therapy Practitioner. She is the Managing Editor of the International Journal of Philosophical Practice and the Director of the India Center for Logic-Based Therapy



Mr. Aaditya Jadhav

Mr. Aaditya Jadhav is an Assistant Professor of Philosophy at Ramnarain Ruia Autonomous College. He is a Certified Philosophical Counselor and a Logic-Based Therapy practitioner. He has also completed training in Philosophy for Children and conducts workshops for the same. He engages with young audiences to develop their emotional and mental well-being.

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Eligibility

B. A. in Philosophy (or a higher degree in Philosophy)

OR

B. A. in Psychology (or a higher degree in Psychology)

Fees

42, 900 INR

Contact

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