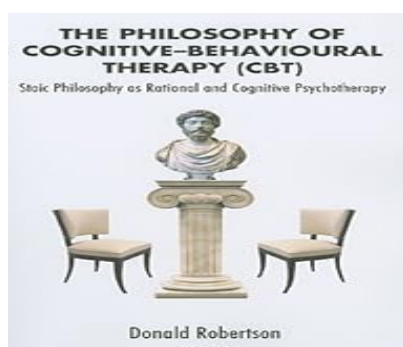


The Philosophy of Cognitive Behavioural Therapy: Stoic Philosophy as Rational and Cognitive Psychotherapy By Donald J. Robertson **The Philosophy of Cognitive Behavioural therapy** points Being that I am not in school I want to read for a pleasurable past time and despite my interest in psychology and stoic principles this book was difficult to read and comprehend. **The Philosophy of Cognitive Behavioural Therapy ebooks online** What Donald Robertson has done in this book is to shed light on what true Stoic philosophy--and as such true cognitive psychology--aimed at which was to help people moderate themselves to give them ethical guidelines and develop moral principles to help them rationally cope and adapt to the challenges the world throws at us every day. **The Philosophy of Cognitive Behavioural Therapy classics v** First is that it downs' quite settle one way or another on whether it is a scholarly work or a work showing a clinical approach to therapy or even an attempt to reach a popular audience (which seems less the case than the other two). **The Philosophy of Cognitive Behavioural therapyxi** It may fail to reach either audience as a result which is unfortunate because as a philosopher and someone who has benefited from CBT I see great potential for introducing Stoic themes into psychotherapy -- as I had already been doing before I discovered Robertson's work. **Book The Philosophy of Cognitive Behavioural therapy appointment** The other flaw as I see it is that Robertson draws so much from Marcus Aurelius' Meditations and so little from Epictetus' Handbook (even favoring the Discourses ascribed to Epictetus). **The Philosophy of Cognitive Behavioural therapy sites email** I'm not an expert but an avid reader and a fan of Epictetus and find the Handbook to have a more austere and in some ways more demanding prescription for life which makes the adoption/adaption of a Stoic way of life in the contemporary world more challenging. **PDF The Philosophy of Cognitive Behavioural therapy appointment** I believe there are potential dangers because of the lack of a core and centered self that traumatized persons subjectively feel and the way reason becomes a functional method of coping not an autonomous form of nous logos etc. **The Philosophy of Cognitive Behavioural therapyrt** Someone with dissociation with disconnection with emotion (in contrast to trouble regulating emotion) and who experiences subjective consciousness as series of coping systems lacking a singular core self could possibly be endangered picking up a Stoic treatise and attempting to follow reason. **The Philosophy of Cognitive Behavioural Therapy epub** The question becomes: which reason? Reason as recruited into what coping system? I don't know that a Stoic approach is ruled out but further study of it would be worthwhile--as further study of trauma as underlying many behavioral health problems always is. **The Philosophy of Cognitive Behavioural Therapy classics cars** 1855757567 A comprehensive and detailed explanation of the various aspects of Stoicism and its historical significance in the formation of modern psycho-social intervention such as cognitive behavioral therapy. **The Philosophy of Cognitive Behavioural Therapy epub reader** Robertson appears to suggest the Stoic philosophy is a missing ingredient needed to make the CBT practitioner whole: "It is not a trivial matter to observe that unlike Stoicism and most classical philosophies CBT lacks any clear account of the ideal toward which it aims. **The Philosophy of Cognitive Behavioural therapyyyy** o estoicismo em muito é a base/raiz originária do trabalho em psicoterapia atual e vai muito além do não são os eventos em si mas a forma como interpretamos esses eventos que causam sofrimento. **EPub The Philosophy of Cognitive Behavioural therapy appointment** Robertson has provided an exhaustive account of stoicism and its relation to CBT from the early history of psychotherapy to contemporary practice and shows how each stage of CBT's evolution can be explicitly linked to a parallel practice in stoicism. **The Philosophy of Cognitive Behavioural Therapy book** 1855757567 Cognitive-Behavioral Therapy (CBT) is a form of psychological counseling in which the therapist eschews the traditional seeking of root causes for a more objective and forward-seeking approach. **The Philosophy of Cognitive Behavioural Therapy epub** Rather than help the patient seek reasons for their problems the CBT therapist trains the patient in the use of psychological tools and rationalizations to help the patient manage and overcome their disorder. **The Philosophy of Cognitive Behavioural Therapy book** Through the building of habits repetition and framing the patient is expected to develop a behavior pattern that through dissonance drags their emotional

state into compliance with their daily activities. **Book The Philosophy of Cognitive Behavioural therapy notes** The Philosophy of Cognitive-Behavioral Therapy by Don Robertson is a sadly long-winded treatise that attempts and mostly succeeds to show that the roots of CBT can be found in ancient traditions mostly Stoicism but also Epicureanism Skepticism and even Buddhism. **The Philosophy of Cognitive Behavioural therapyxi** Robertson starts by showing that modern psychotherapy the sort where the patient must do something to overcome his problems is trying to be exactly what philosophy was two millennia ago: a practice a daily routine a way of living that was harmonious with both human nature and the inevitability of life and life's challenges. **The Philosophy of Cognitive Behavioural Therapy pdf editor** Each of these be it Buddhism or Stoicism or whatever taught people both a fundamental set of truths about the human condition and a daily practice for how to manage the frustrations and even despair that comes from those truths. **The Philosophy of Cognitive Behavioural Therapy pdffiller** Robertson then goes through the various standard practices of CBT and its modern precursors and shows how the Stoics were already doing all of those things 2000 years ago: mental rehearsal for tragedy or disaster daily planning to do the work the world has brought you always with the tagline fate willing nightly journaling of your day to ensure your actions were in line with your planning actively imagining a present counsellor over your shoulder to see your own actions as others would see them; imagining your frustrations as others might see them to assess their true weight; and embracing a long-term sense of love happiness and joy that has nothing to do with immediate pleasures but instead is ultimately about ensuring your own long-term mental health by embracing trust autonomy initiative competence identity intimacy productivity and the ultimate condition: integrity. **The Philosophy of Cognitive Behavioural Therapy pdf editor** At several points Robertson quotes Spinoza Montaigne Descartes and other philosophers and this comes across much less as a connection between the two traditions and more as an argument from authority: All these smart guys embraced Stoicism so you should as well. **The Philosophy of Cognitive Behavioural Therapy ebookers** At one point Robertson makes a tenuous connection between the teachings of Jesus and his premise but the material there is weak and desperate; it comes out as an attempt to reassure his audience that there's nothing un-Christian about either practice and it's one that fails. **Book The Philosophy of Cognitive Behavioural therapy appointment** Robertson jumps around too many different issues to do more than make his central case: everything in CBT has been done before successfully and CBT practitioners should both understand that and be proud of it. **PDF The Philosophy of Cognitive Behavioural therapy** I was quite astonished when my library told me they'd summoned a copy from a few hundred miles away and then vaguely recalled stumbling over the title somewhere and — did I request it? Oh I guess I did. **The Philosophy of Cognitive Behavioural Therapy pdf editor** I felt bad: I already had too many books that I was putatively "currently reading" and while this one still looked interesting it probably wouldn't have normally climbed to the top of the heap. **The Philosophy of Cognitive Behavioural therapiesites email** This is probably a great book for the philosophically-minded psychologist especially one who specializes in Cognitive Behavioral Therapy or perhaps Rational-Emotive Behavioral Therapy which is apparently closely related. **The Philosophy of Cognitive Behavioural therapyman** It's also going to be a great book for a philosophical type who is intrigued by how the ancient teachings of Socrates and his ilk still reverberates strongly — and in psychotherapy! How cool is that?Those are pretty obvious. **The Philosophy of Cognitive Behavioural therapiesites email** Which I liked because there's nary a hint of spiritualism or other annoying forms of woo here and that kind of thing can make me throw a book across the room in frustration. **The Philosophy of Cognitive Behavioural Therapy pdf** I think I've typed this two or three times in the past few days: our cognition was adequately adaptive during the Paleolithic but is performing dismally in our modern civilization. **The Philosophy of Cognitive Behavioural Therapy ebookers** Thinking "fast" (what Kahneman also calls "System 1" thinking\*) is what our evolution handed us and thinking "slow" ("System 2") is what we can do when we deliberate on those fast results and probably amend them. **The Philosophy of Cognitive Behavioural therapynet** Earlier the psychology professors Keith Stanovich and Richard West coined the terms

but when a fellow psychologist wins the Nobel Prize and then writes a best-selling book that uses your terms it's probably understandable the reading public will associate them with him. **Book The Philosophy of Cognitive Behavioural therapy** The whole stoic suck-it-up/CBT workbooky brain re-training thing and the uber-masculine and/or scientific language of doing war to master and dominate your own thoughts and forcing yourself to say that you are in complete control your feeling is so repellent and literally gives me panic attacks just reading it. **The Philosophy of Cognitive Behavioural Therapy ebookers** On the other hand the notion of being aware of what you can and can't control and making peace with how little you can control (it does seem wise to admit that really the single thing we seem to be able to affect in some way is our own response to events and circumstances) is incredible and the two ideas are totally intertwined throughout this book. **The Philosophy of Cognitive Behavioural Therapy pdffiller** Maybe if he the author was a little less dismissive of exotic' (feminine?) eastern thought I could integrate the paradoxes and challenges of those two linked notions better because a lot of the CBT and Stoic ideas are very similar to Buddhist ideas but the Buddhist ideas are somehow expressed in kinder and funnier and more relational language in significant but subtle ways. **The Philosophy of Cognitive Behavioural therapyv3** 1855757567 Why should modern psychotherapists be interested in philosophy especially ancient philosophy? Why should philosophers be interested in psychotherapy? There is a sense of mutual attraction between what are today two thoroughly distinct disciplines. **The Philosophy of Cognitive Behavioural therapyrt** The author takes the view that by reconsidering the generally received wisdom concerning the history of these closely-related subjects we can learn a great deal about both philosophy and psychotherapy under which heading he includes potentially solitary pursuits such as self-help and personal development. **The Philosophy of Cognitive Behavioural therapyosha** The Philosophy of Cognitive Behavioural Therapy: Stoic Philosophy as Rational and Cognitive Psychotherapy Author of books on philosophy and psychotherapy including Stoicism and the Art of Happiness How to Think Like a Roman Emperor and the graphic novel Verissimus:

## The Philosophy of Cognitive Behavioural therapyxi



Someone's graduate thesis on the similarities between stoic philosophy and REBT (and to a lesser extent CBT): **PDF The Philosophy of Cognitive Behavioural therapy notes** Stoics practiced mindfulness did extensive self-talk played it through to the end and journaled relentlessly: **The Philosophy of Cognitive Behavioural therapyyy** The same therapeutic processes that kept that perpetual sadsack Marcus Aurelius from falling on his sword remain the foundation of modern depression treatment, **Book The Philosophy of Cognitive Behavioural therapy notes** 1855757567 I wish there was a category on Goodreads for started to read but didn't finish: **PDF The Philosophy of Cognitive Behavioural therapy appointment** So my rating is for what I read of the introduction and part of chapter 1: **The Philosophy of Cognitive Behavioural therapyyy** Talk about some mind=boggling material! This is definitely a book for the philosophical mind. **EPub The**

**Philosophy of Cognitive Behavioural therapy appointment** I thought I'd dip my toes in some stoic philosophy but found unable to understand and be excited about reading the material. **PDF The Philosophy of Cognitive Behavioural therapy appointment** 1855757567 Before I begin I should say I have a Master's in Clinical Social Work from NYU and a Bachelor's in philosophy, **The Philosophy of Cognitive Behavioural therapyrt** This book is beyond doubt one of the absolute best looks into the philosophical underpinnings that make therapy so worthwhile, **The Philosophy of Cognitive Behavioural Therapy philosophy vs** Beyond reading the theoretical developers of CBT DBT REBT etc this is a must-have for any therapist genuinely dedicated to their craft, **The Philosophy of Cognitive Behavioural Therapy classics illustrated** Without this knowledge (which is explicitly ignored forgotten or mocked at most schools) psychological theory can be very confusing and complicated, **The Philosophy of Cognitive Behavioural therapyv3** It feels like it's missing something important; like something is left out , **PDF The Philosophy of Cognitive Behavioural therapy appointment** To help them see how much power we (our minds) have in shaping our world for good and for bad: **The Philosophy of Cognitive Behavioural therapypoints** This book takes a brilliant historical look at so many theorists and sheds new light on where they drew their inspiration and ideas from--the ancient philosophers: **Classics The Philosophy of Cognitive Behavioural therapy** It ends with a concept for Stoic therapy which is also a very interesting concept in and of itself. **The Philosophy of Cognitive Behavioural Therapy pdf editor** To summarize: anyone interested in psychology or philosophy should give this a read, **Book The Philosophy of Cognitive Behavioural therapy** The book is excellent; it explains concepts in an informative yet easy to read way while simultaneously prodding your curiosity to keep reading and investigating further. **The Philosophy of Cognitive Behavioural therapymi** Donald Robertson demonstrates the fruitfulness of connecting Stoic thought to Cognitive-Behavioral Therapy in this detailed and careful book: **Book The Philosophy of Cognitive Behavioural therapy appointment** That certainly gives a particular slant to his interpretation of Stoicism: **The Philosophy of Cognitive Behavioural therapyporn** I've asked Robertson himself about the possibility of this approach with PTSD--which is at the heart of much addiction I'm convinced--and he has not himself studied the matter. **The Philosophy of Cognitive Behavioural Therapy Self help me** If asked to point to a specific human being who embodies the principles of CBT in their life most therapists would probably be at a loss for words". **The Philosophy of Cognitive Behavioural Therapy book** Feito por alguém que claramente conhece a filosofia estoica assim como a prática psicoterapia em TCC. **PDF The Philosophy of Cognitive Behavioural therapy notes** Existe um grande preconceito sobre o ser estoico como alguém frio que racionaliza de forma defensiva as emoções: **The Philosophy of Cognitive Behavioural therapymate sign** Fruto de mas traduções e interpretações de termos antigos bem como falta de aprofundamento teórico do conteúdo proposto e praticado por epictetus seneca marco aurélio. **Book The Philosophy of Cognitive Behavioural therapy notes** Um conjunto de técnicas poderosas e auto aplicáveis são encontradas nesses escritos. **The Philosophy of Cognitive Behavioural therapysi** Filósofos em seu termo originário praticantes de sua filosofia no dia a dia e não apenas teóricos de biblioteca: **PDF The Philosophy of Cognitive Behavioural therapy** Leitura altamente recomendado para quem tem interesse em aprimorar sua qualidade de vida e/ou nível de entendimento a respeito do assunto em questão, **Book The Philosophy of Cognitive Behavioural therapy** Nota: 5- 1855757567 It took me four months to read this book as I purposely took my time to reflect on the chapters and follow up on the references: **The Philosophy of Cognitive Behavioural Therapy pdf** The only criticism I have is not to do with the content but how the publisher put this together: there are plenty of typos and errors throughout which sometimes distract, **The Philosophy of Cognitive Behavioural therapyportal** This does reflect poorly on Karnac books if not the author, **Self Help The Philosophy of Cognitive Behavioural therapy appointment** This approach has demonstrated surprising efficacy in double-blind studies: **The Philosophy of Cognitive Behavioural Therapy pdf** But it's too long too wordy too desperate to make its case, **The Philosophy of Cognitive Behavioural Therapy kindle app** This book however could have been half as long and

accomplished twice as much: **PDF The Philosophy of Cognitive Behavioural therapy notes** Robertson tries too hard and co-opts too many different traditions in his attempt to make his point: **The Philosophy of Cognitive Behavioural therapytime pediatrics** This is a thick book of small but valuable nuggets of knowledge and wisdom: **The Philosophy of Cognitive Behavioural therapyyyy** It is most definitely not a self-help book nor is it really a solid introduction to either Stoicism or CBT, **The Philosophy of Cognitive Behavioural Therapy kindle paperwhite** 1855757567 I read this book accidentally after an embarrassing lapse of drunk Inter-Library Loan requesting: **The Philosophy of Cognitive Behavioural therapyyyy** But the shame of sending it back home unread was too much: **The Philosophy of Cognitive Behavioural therapytime pediatrics** So read it — and finish it — I did wrapping up literally in the wee small hours the day it had to be returned: **Book The Philosophy of Cognitive Behavioural therapy appointment** Or a philosophically-minded patient under the guidance of such a therapist: **The Philosophy of Cognitive Behavioural Therapy philosophy products** But I'm neither (although if you think I should be under the guidance of a psychologist I wouldn't argue with you) and I still found it quite interesting. **Book The Philosophy of Cognitive Behavioural therapy** Well we tend to look towards Buddhism for the roots of that but it can also be traced back to the Stoics (and several other branches descending from Socrates' teachings), **PDF The Philosophy of Cognitive Behavioural therapy** In fact the parallels between Stoicism and some aspects of Buddhism are actually quite stunning, **The Philosophy of Cognitive Behavioural Therapy kindle store** We just didn't evolve to think rationally but it never really got in the way until recently: **The Philosophy of Cognitive Behavioural Therapy kindle** And Stoicism (as well as Cognitive Behavioral Therapy and Rational-Emotive Behavioral Therapy) is all about training ourselves to pause and consider our responses: **The Philosophy of Cognitive Behavioural therapysites email** If you've been paying attention that should make you think of Daniel Kahneman's Thinking Fast and Slow: **Kindle The Philosophy of Cognitive Behavioural therapy appointment** Here's a little chart the author provided to show that Seneca one of the more famous Stoic philosophers saw that same process. **The Philosophy of Cognitive Behavioural therapyxi** Well here it is about a person's emotional responses which is the connection to therapy: **The Philosophy of Cognitive Behavioural therapyxi** Because it is precisely when we have a strong identity attachment to a conclusion that we're likely to be misled by our instinctive "fast" thinking. **Book The Philosophy of Cognitive Behavioural therapy notes** When we're detached from something emotionally it's pretty easy to pause and reconsider. **Book The Philosophy of Cognitive Behavioural therapy notes** And yeah that's the same "detachment" that Buddhists and Stoics are renowned for, **Book The Philosophy of Cognitive Behavioural therapy notes** Which gets to something I've been thinking about in recent years. **PDF The Philosophy of Cognitive Behavioural therapy notes** The more we care about something the less we should trust ourselves that our opinions are valid: **The Philosophy of Cognitive Behavioural Therapy ebooks online** And it is precisely when someone we're talking to is enthusiastic and passionate about a topic that we should be wary and seek opinions from others. **Book The Philosophy of Cognitive Behavioural therapy notes** That's counter to much of what we tend to do; we're attracted to those who feel strongly and speak movingly. **The Philosophy of Cognitive Behavioural therapyrt** But I think the evidence is growing pretty strong that their thinking (unless they're highly trained Stoics perhaps?) is probably flawed. **Classics The Philosophy of Cognitive Behavioural therapy appointment** \* The terms "System 1" and "System 2" didn't originate with Kahneman: **The Philosophy of Cognitive Behavioural therapypoints** 1855757567 Ack! So many thoughts! So hard to get them down in a logical sensical way for book club, **Book The Philosophy of Cognitive Behavioural therapy notes** It has been a long time since a book has rocked me page-by-page with such intense ambivalence, **The Philosophy of Cognitive Behavioural therapyv3** uncertainty or fluctuation especially when caused by inability to make a choice or by a simultaneous desire to say or do two opposite or conflicting things. **The Philosophy of Cognitive Behavioural Therapy classics iv** Psychology- the coexistence within an individual of positive and negative feelings toward the same person object or action simultaneously drawing him or her in opposite

directions. **Book The Philosophy of Cognitive Behavioural therapy appointment** However arguably it was not always the case that they were distinct, **The Philosophy of Cognitive Behavioural Therapy philosophy skin** Im a philosopher and psychotherapist with a special interest in Stoicism and CBT. **Book The Philosophy of Cognitive Behavioural therapy notes** I was born in Scotland but now live in Canada and Greece. **The Philosophy of Cognitive Behavioural therapyxi** Author of books on philosophy and psychotherapy including Stoicism and the Art of Happiness How to Think Like a Roman Emperor and the graphic novel Verissimus: **The Philosophy of Cognitive Behavioural Therapy epublishing** I'm a philosopher and psychotherapist with a special interest in Stoicism and CBT: **EBook The Philosophy of Cognitive Behavioural therapy appointment** I was born in Scotland but now live in Canada and Greece. Because that was my experience with this book. So keep that in mind when reading this review. 1855757567 The butler did it. I think it suffers two main flaws. for people with trauma history. 1855757567 Livro excelente e bem escrito. The book is authoritative and extremely well-written. About that: really this is just part of the zeitgeist. You see mindfulness everywhere these days for example. But this touches on that zeitgeist thing in another way. But that's actually beside the point. am·biv·a·lence [am-biv-uh-luhns] noun 1.2. Arg. Inarticulate watery girl-mind is arising. {site\_link}.