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| Edizione | [1st ed. 2020.] |
| Descrizione fisica | 1 online resource (xv, 243 pages) |
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| Soggetti | Metaphysics Ethics Counseling Personality Social psychology Counselling and Interpersonal Skills Personality and Social Psychology |
| Lingua di pubblicazione | Inglese |
| Formato | Materiale a stampa |
| Livello bibliografico | Monografia |
| Nota di bibliografia | Includes bibliographical references and index. |
| Nota di contenuto | Part I: Free Will -- 1. On Freedom -- 2. Free Will in Psychoanalysis -- 3. Free Will in Rogerian Theory -- 4. Integrative Approach -- 5. Ways to Work with Free Will -- 6. Sanity and Choice -- Part II: Responsibility -- 7. On Responsibility -- 8. Three Senses of Responsibility -- 9. The Puzzle of Alternate Possibilities -- 10. Neutral Attitude -- 11. Blame in Therapy -- 12. Coping with Blame. |
| Sommario/riassunto | This book investigates the role of free will and responsibility in mental well-being, psychotherapy, and personality theory. Mounting evidence suggests that a belief in free will is associated with positive outcomes for human mental health and behaviours, yet little is known about why the theme of freedom has such a significant impact. This book explores why and how different freedom-related concepts affect well-being and psychotherapy, such as autonomy, free will, negative freedom, the experience of freedom, blame, and responsibility. Through the lens of the works of Freud and Rogers, the book tackles both theoretical and practical questions: How can different senses of responsibility affect |

mental health? What are the implications of a lack of free will for therapy? If we have no free will, can therapists continue to encourage their clients to take responsibility for their actions? Is it possible to reconcile different counselling schools concerning free will? With an illuminating dive into both philosophy and psychotherapy, Belavsky carefully analyses the implications of the philosophical free will debate on therapy and shows that some senses of freedom and responsibility are crucial to psychotherapy and mental health.
