Record Nr. UNINA9910825860203321 Autore Robertson Donald <1972-> Titolo The philosophy of cognitive-behavioural therapy (CBT): stoic philosophy as rational and cognitive psychotherapy / / Donald Robertson London:,: Karnac,, 2010 Pubbl/distr/stampa **ISBN** 0-429-48274-4 1-282-78020-4 9786612780202 1-84940-776-2 Descrizione fisica 1 online resource (449 p.) Disciplina 616.8914 616.891425 Soggetti Cognitive therapy Lingua di pubblicazione Inglese **Formato** Materiale a stampa Livello bibliografico Monografia Note generali Description based upon print version of record. Nota di bibliografia Includes bibliographical references (p. 277-282) and index. Nota di contenuto Cover Page; Title Page; Copyright Page; Contents; Acknowledgements; About the Author; Foreword; Introduction: Philosophy and psychotherapy; Part I: Philosophy and Cognitive-Behavioural Therapy (CBT); Chapter One: The "Philosophical Origins" of CBT; Chapter Two: The Beginning of Modern Cognitive Therapy: Chapter Three: A Brief History of Philosophical Therapy; Chapter Four: Stoic Philosophy and Psychology; Chapter Five: Rational Emotion in Stoicism and CBT; Chapter Six: Stoicism and Ellis's Rational Therapy (REBT); Part II: The Stoic Armamentarium Chapter Seven: Contemplation of the Ideal SageChapter Eight: Stoic Mindfulness of the "here and Now"; Chapter Nine: Self-Analysis and Disputation; Chapter Ten: Autosuggestion, Premeditation, and Retrospection; Chapter Eleven: Premeditatio Malorum and Mental Rehearsal; Chapter Twelve: Stoic Fatalism, Determinism, and Acceptance: Chapter Thirteen: The View from above and Stoic Metaphysics; Conclusion: Fate Guides the Willing; Appendix I: An

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Sommario/riassunto

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. However, arguably it was not always the case that they were distinct. Donald Robertson 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 ""s