

Musical Moments as Models of Philosophical Counseling

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Over two hundreds years ago, F.W.J. Schelling concluded his philosophical masterpiece *System of Transcendental Idealism* (1800) with the assertion that art is superior to philosophy. By this he meant that art can capture reality more profoundly than any system of concepts can. Following Schelling, many philosophers have pondered the special role of art, among them Nietzsche, Heidegger and Schopenhauer, to name just a few. Yet all these thinkers were philosophers, not artists: they all sought to upgrade their conceptual world using the insights gained through the arts. They were all philosophers who understood the role art can play in the process of philosophizing.

By the same token, art can serve as an aid in the process of philosophical counseling. For instance, the counselor can use paintings to prompt the counselee to find words for unspoken ideas and thoughts. The counselor can use a poem or a film to shift the counselee into a different conceptual area. He can also use music to help the counselee put into words unspoken attitudes and feelings. In all these examples art serves as an aid in the process of uncovering components of the counselee's worldview. Other ways of using art in counseling involve more active roles for the counselee, who creates himself as part of the counseling process.

In the present workshop I would like to propose a kind of "meta-usage" of art in the context of philosophical counseling. I would like to present some models of music as representing processes of counseling. Listening to various musical moments, we will outline a number of possible models of development in the course of philosophical counseling.

Philosophical Moments

By Eli Eilon and Ran Lahav

In this workshop, participants will explore how philosophy can penetrate our everyday life in what can be called "philosophical moments." We will propose a general framework according to which a philosophical moment is a situation in which we go beyond our ordinary "perimeter" - our ordinary ways of understanding and relating to ourselves and our world. Participants will share experiences and will examine them philosophically.