

Phenomenological approach in group philosophical practice and group discussion as education to the philosophical life

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Every kind of *existing* and *existed* philosophy in the whole space of the history of philosophy has always been based upon two logical procedures: the deductive method and the inductive one on the other hand. What happens in philosophical practice, being it a kind of philosophy counted among the different currents covering the entire historical space of philosophy? The question is whether it is based on a deductive method, being it a general theory which exactly deduces various contents, or on an inductive one, that is to achieve its general theory through the observation of different cases. What is the main goal of philosophical practice? Philosophical practice's main concern is to know the person offering himself to it in order to let the person understand himself. On the basis that it shows no method or better, to say it in Achenbach's words "it has a no method" (that is: it works with methods, but it is not about them), does it place itself in a rationalist or in an empiricistic way? In my opinion the work of the philosophical counselor has a synergistic nature, or to say it by Kant's words, synthetic. As a matter of fact, differing from psychoanalysis, it is not a work that deconstructs the personality to tear it up in its nucleous components – in which analysis stands for separation, decomposition – even it is not an empiricistic work in which a general theory about the person is reached on the basis on its individual behaviour summed up together. Analytical method used in psychoanalysis, in a classic Freudian sense, often leads to see, starting from a general prearranged theory, its numerous empiricistic displays as in a deduction. Every kind of behaviour refers to that theory we have started from. Therefore the explanation of a certain human behaviour is obtained by going back to the same theory lying beyond. Inductive method, perhaps adopted by psychotherapies, leads to the analysis of numerous behaviour in order to reach the general theory about that person. In both cases it is showed an attitude in accordance to with there exist a theory behind every behaviour (a trauma, a wound hidden in the unconscious), and behind every theory or diagnosis there lies a behaviour that can be considered as its direct consequence. What happens in philosophical counseling? In my opinion what happens in philosophical practice deeply refers to both Existentialism and Phenomenology, the former on the basis that there are not prepacked theories but what is important is only *dasein*, the Existence of the subject in its hic at nunc. The subject acquires self knowledge by facing his own limits. According to Heidegger the subject understands himself in a deeply authentic way when he decides to face its extreme limit, its possibility of impossibility, that is its own very ending. Heidegger calls it *Being-for-death*. According to philosophical practice, during a session, the subject regains self awareness through the contact with pain, his own pain, that forces the person to front an authentic contact with himself. This latter will allow him to return to his own chain or to obtain its final awakening. To reach its goal philosophical practice bases itself on phenomenological ideas, that will be analysed in details and among group debate. A personal case discussion will be analysed.