

A Review of the Philosophical Foundations of Psychotherapy Approaches

In Comparison with the Foundations of Mulla Sadra's Transcendent Wisdom

Samaneh Sheikh Nezami

PhD Graduated in Psychology, Ferdowsi University of Mashhad, Mashhad, Iran.

sheikhnezamipsyco@mail.um.ac.ir

Abstract

In this study, the first goal is to investigate the role of philosophy in the formation of psychotherapy approaches. To this end, in a general view, the relationship between Western philosophy and the psychoanalytic approaches of Freud and his followers, behavioral therapy and its second wave, including rational emotive behavioral therapy and cognitive therapy, gestalt therapy and client centered therapy, have been studied. In the second part, after presenting examples of the philosophical foundations of each of the mentioned approaches, a comparison is made between the philosophical foundations of psychotherapy approaches and the foundations of Mulla Sadra's transcendent wisdom in three sections: anthropology, ontology and epistemology. The results of the research in the first part show that each of these approaches has its roots in Western philosophy. The results of the second part of the research show that there are significant differences between the Philosophical Foundations of the above-mentioned approaches and the principles of transcendent wisdom in the field of the position of God in the universe, the definition of the limits of psychology, the truth of human existence, human will, the purpose of human life and the role of the material world in human life. The research method in the first part is library type and in the second part is analytical-deductive and theoretical analogy.

Keywords:

Transcendental Wisdom, Philosophical Foundations, Psychoanalysis, Behavior Therapy, Cognitive Therapy, Gestalt Therapy, Client Centered Therapy.

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