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:

[Downloaded from frh.sccsr.ac.ir on 2026-11-10]

[DOR: 20.1001.1.2476745.1399.6.4.5.5]

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

References:

Araujo ,Saulo de Freitas. 2016. **Wundt and the Philosophical Foundations of Psychology: A Reappraisal**. London: sprnger International Publishing Switzerland.

Bunge, Mario, Ardila, Rubé n .1987. **Philosophy of Psychology**. Springer-Verlag New York Inc.

Ellis, Debbie Joffe .2019. **The Power and Compassion of Rational Emotive Behavior Therapy (REBT)**. Scientific Concepts Behind Happiness, Kindness, and Empathy in Contemporary SocietyNava R. Silton (Marymount Manhattan College, USA).

Fávero M. H. 2018. "**Subjectivity and Consciousness. An Epistemological and Philosophical Issue in Psychology**". Philosophy of Mind Proceedings of the XXIII World Congress of Philosophy. Vol.57. pp 35-39.

Heinämaa Sara. ;Reuter, Martina. 2009. **Psychology And Philosophy Inquiries Into The Soul From Late Scholasticism To contemporary Thought Studies In The History of Philosophy of Mind**. Springer Science+Business Media B.V.

Lachman J. L. Lachman R. ButterfieldE. C. 1979. **Cognitive Psychology and Information Processing: An Introduction**. Contributors. Hillsdale, NJ.: Lawrence Erlbaum Associates

O'Donohue.William. 2013. **Clinical Psychology and the Philosophy of Science**. New York: Springer International Publishing Switzerland.

Wakefield, Jerome C. 2018. **Freuid and Philosophy of Mind**. Springer International Publishing Switzerland

[Downloaded from frh.sccsr.ac.ir on 2026-11-10]

[DOR: 20.1001.1.2476745.1399.6.4.5.5]

[DOR: 20.1001.1.2476745.1399.6.4.5.5]
[Downloaded from frh.sccsr.ac.ir on 2026-11-10]