

# **Outcomes of the participation in a Community Philosophy Project (CPP) with a spiritual care and rehabilitation perspective**

Unité de recherche Didactique de l'Ethique et de la Culture Religieuse (DECR)

Elisabeth Ansen Zeder Phd.



Figurines of Plato's cave.  
Artistic creation of a participant in community philosophy.

# Outline of the presentation

- Starting Question
- Context of the project
- Implementation
- Theoretical anchorage
- Temporary Conclusion
- Issues and Perspectives



# Questions

- **Which tools can help us in our clinical approach and spiritual care ?**
- **Could the practice of the philosophical thinking community or the philosophically-oriented discussion enrich our set of tools ?**
- **Is a philosophically-oriented discussion serving the purpose of spiritual care?**



# Context of the project

- 1. New philosophical practices in health care settings**
- 2. Existential therapeutic approach: logotherapy of Frankl paradigm**
- 3. Collaboration with Dr Gaillard-Wasser Joëlle, psychiatrist and psychotherapist who was in charge of Bethel House from its inception in 2010 until the end of 2015.**



# Implementation

A formal and ritualized arrangement, as described by  
see Gagnon (2011) and Hess (2013)

Offer of 2 session during one week

Submits to the thinking community a story from the  
book of Piquemal (2003) Philofables

Audio recording of the sessions

After a two-session module made out of four phases,  
we have asked the participants to evaluate the  
input of the module.

Data collection and analysis is made out of audio  
recordings of the discussions followed with  
qualitative analysis of their content.

Using notes of a memorandum

Calling one month later for one group, 2 months later  
for the second group



# Theoretical anchorage



## ■ New philosophical practices (NPP) developing in health care settings like

Cinq-Mars, 2005

Ribalet, 2008

Loison-Apter, 2010

Remacle, M et François, A., 2011

## ■ Noetic dimension of the human being [Diapositive 8](#)

Ricoeur, (1994, 2004)

Frankl, (2006, 2009, 2012)

Kühn, R. (2006)

Sarfati, G.E. (2009, 2012)

Yalom, (2008)

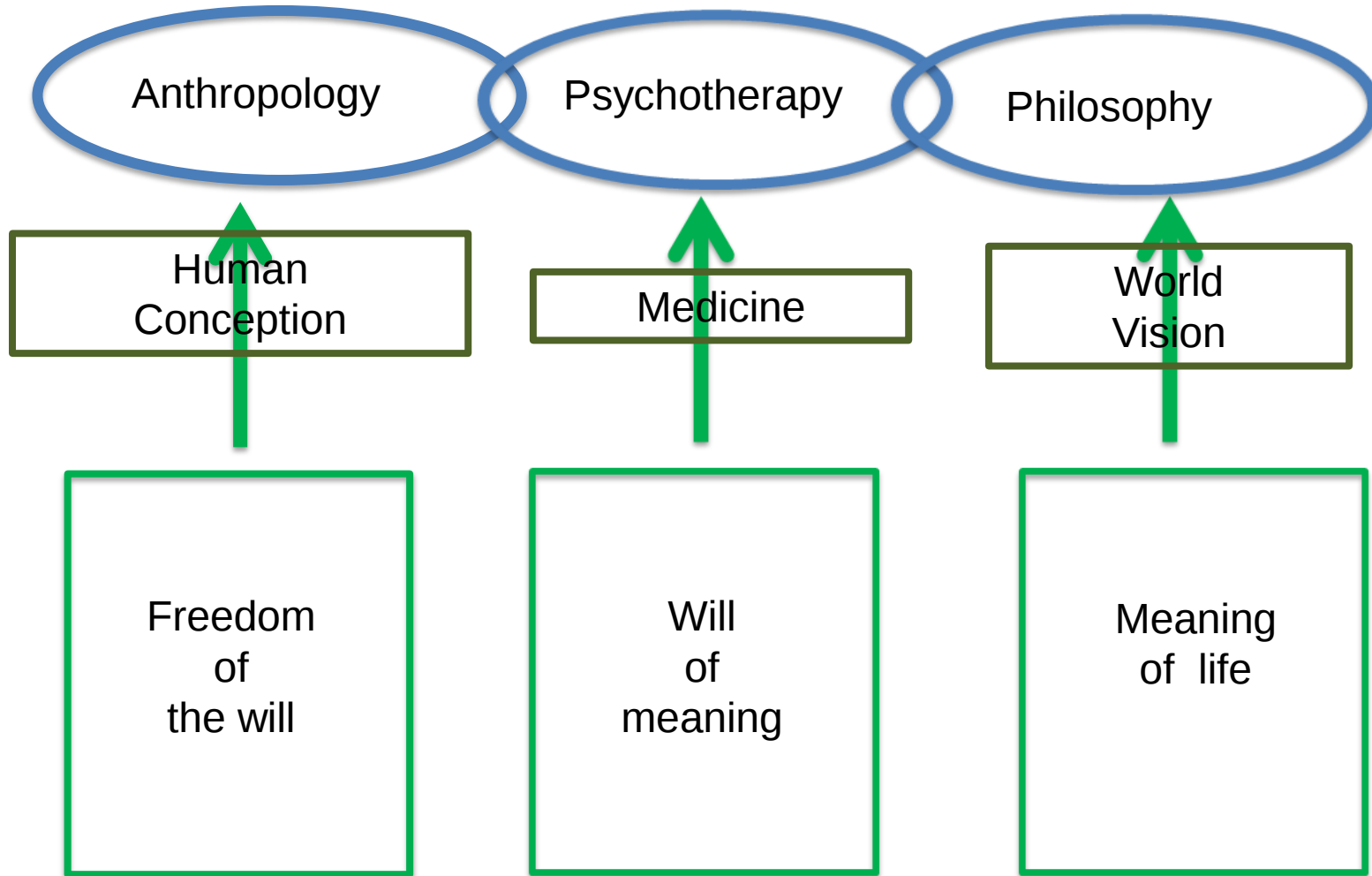
## ■ Recovery and Care

Provencher, (2002)

[Diapositive 9](#)

# Paradigm of Logotherapy: therapy by meaning

## 3 postulates



# DIMENSIONS OF RECOVERY

By Provencher (2002,p.48) modified by Ansen Zeder (2014) ; **Huguelet (2013)**

| Redefining & Expanding on self                                                                                                                                                                                                                                             | Relating with the temporal and noetic space                                                                                                                               |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>Process of self-bereavement in the presence mental distress<br/>Complexity on self<br/><b>Redefining identity</b></p>                                                                                                                                                   | <p>Noetic Dimension human being :<br/>searching meaning<br/><b>Finding hope</b></p>                                                                                       |
| Being able to take action                                                                                                                                                                                                                                                  | Relating to others,                                                                                                                                                       |
| <p>Transformation of the feeling of helplessness<br/>Level to take action :<br/> <ul style="list-style-type: none"> <li>• Intra/inter personal behaviour</li> <li>• Organisational</li> <li>• Community</li> </ul> <b>Assuming active responsibility for recovery</b> </p> | <p>Relations with family<br/>Relations with peers<br/>Relations with care givers<br/>Relations with medical and support services of health<br/><b>Finding meaning</b></p> |

# Temporary conclusion

The thinking community allowed for:

- Self-distancing and self-transcending, an expression of the freedom of the will,
- Expressing the will to meaning which defines human motivation,
- Registering search for meaning involving affective and noetic aspects in expressions of hope, transcending fears and desires of the self.



# Issues and perspectives

- How to integrate spirituality ?
  - Not confuse spirituality and religion
  - Evaluate the spiritual resources of the patient
  - Integrate these resources
  - Explore new practices like :  
Thinking community or philosophically-oriented discussion,  
diary of hope and joy and dividing in peer-groups....
  - Integrate psychotherapists, health workers and chaplain into one interdisciplinary work group and thinking community ?





Figurines of the Plato's cave.  
Artistic creation of a participant in a community philosophy project.

# Thank you ???

Contact :

Ansen Zeder Elisabeth

Doctor in clinical psychology and psychotherapist ASP

**University for Teacher Education Fribourg, Switzerland**

[zedere@edufr.ch](mailto:zedere@edufr.ch) or [psycho.zeder@icloud.com](mailto:psycho.zeder@icloud.com)

Teacher HEP & Member of

Unité de recherche Didactique de l'Éthique et de la Culture Religieuse (DECR)



[zedere@edufr.ch](mailto:zedere@edufr.ch)

- Cinq-Mars, C. (2005) Etude sur l'impact du programme „Prévention de la violence et philosophie pour enfants“ En ligne : [www.latraversee-pvphie.com/ppt/recherche1.ppt](http://www.latraversee-pvphie.com/ppt/recherche1.ppt) (Consulté le 16 septembre 2013)
- Dahlsgaard, K., Peterson, C. & Seligmann, (M.E.P.) (2005). Shared virtue : The convergene of valued human strengths across culture and history. *Review of General Psychology*, 9, pp 209-213 cités par Peterson C. et Park, N. (2011)
- Frankl, Viktor  
(2006) *Découvrir un sens à sa vie avec la logothérapie*. Montréal : Les éditions de l'homme.  
(2009) *Nos raisons de vivre. A l'école du sens de la vie*. Paris : Interéditions Dunod
- Gagnon, M. (2011) *La pratique de la philosophie en communauté de recherche auprès de personnes en centre de jour*, pp. 145-153. In Gagnon, M. et Sasseville, M. (2011) *La communauté de recherche philosophique. Applications et enjeux*. Laval : PUL
- Hess, AC (2014) *L'encadrement aporétique en philosophie pour enfants et adolescents (PPEA) ou comment faire progresser la pensée des enfants et des adolescents en mettant leur entendement dans l'embarras*. in *Childhood & Philosophy*, rio de janeiro, v. 10, n. 19, jan-jun. 2014, pp. 55-86.
- Peterson C. et Park, N. (2011) *Forces de caractère et vertus leur classification et leur évaluation* in Martin-Krumm, C. et Tarquinio, C (sous la direction de) *Traité de psychologie positive*. Chapitre 11, pp 233-248.
- Remacle, M. et François, A. (2011) *La souffrance : de la phénoménologie-herméneutique à la clinique*. In *Sciences croisées Les soins de l'âme* Nr. 7-8 Publié sur : <http://sciences-croisees.com/N7-8/pro/REMACLE.pdf> (Consulté le 16 septembre 2013)
- Ribalet, J. (2008) *De l'intérêt des ateliers philosophiques pour la prévention de la souffrance psychique*. In *Diotime Revue internationale de didactique de la philosophie*, nr 37, (07/2008). Publiée sur : <http://www.educ-revues.fr/DIOTIME/AffichageDocument.aspx?iddoc=38937> (Consulté le 16 septembre 2013)
- Ricœur, P.  
(1994). *La souffrance n'est pas la douleur* *Revue Autrement / Mutations*, n° 142, 58-69.ur.  
(2004). *Le mal : un défi à la philosophie et à la théologie*. Genève: Labor et Fides
- Sarfati G.-E (2009) *Introduction à l'édition française* in Frankl, V. (2009) *Nos raisons de vivre. A l'école du sens de la vie*. Paris : Interéditions Dunod
- Tozzi, M.  
(2010). *Le mythe comme support à une réflexion philosophique avec les élèves*. *Philotozzi.com*. <http://www.philotozzi.com/2010/04/le-mythe-comme-support-a-une-reflexion-philosophique-avec-les-eleves/> (Consulté le 15 juin 2013)  
(2012) *Pratiques philosophiques et soin de l'âme* in *Nouvelles pratiques philosophiques. Répondre à la demande sociale et scolaire de philosophie*. Lyon : *Chronique Sociale*, Chapitre 6, pp 114-123.