

Philosophical practice: Interdisciplinary links with other fields

Vasile Hațegan¹

Abstract: The paper includes an interdisciplinary approach to philosophy, which can develop interdisciplinary links with other fields, which are carried out through current philosophical practices, manifested mainly in the form of philosophical counseling. Some of the areas in which these connections have been identified are presented, namely the educational field, life sciences and environmental sciences, interferences with the spiritual or theological field, as well as economics and business, materialized through organizational consulting and ethics applied to organizations and institutions. The conclusion is one of supporting and promoting these practices, which can be further researched and developed on multiple levels, as well as the implementation of a new specialization, in the form of philosophical counseling, as a practice for persons, organizations and communities.

Key-words: philosophical practice, consultancy, interdisciplinary, philosophical counseling

¹ West University of Timisoara, Institute for Social and Political Research;
South Ural State University, Institute of Media and Social-Humanitarian Sciences,
Chelyabinsk, Russia. Email: vphategan@gmail.com

Introduction

The concept of interdisciplinary was identified at the same time with another concept in the applied sphere of philosophy, namely philosophical counseling, which is why we focus on possible links of philosophy put into practice, with other disciplines or fields of study, to study how they interact. If until recently, other sciences were concerned with solving life situations, which developed specific forms of practice for this purpose, now, in a framework developed and verified through practice, the philosophy acquires an interdisciplinary character, in the sense that it can complement with his own tools and methodologies, the role of consultancy for solving life situations. The difference is that philosophy will use its own means of investigation and applied solution, without substituting for other disciplines with the same role, and which are fully recognized in the practice of counseling. Through this approach we will emphasize that the new practice of philosophy becomes useful and timely, and does not contradict other areas, moreover, can interact with them at an interdisciplinary level.

Theoretical background

The term “interdisciplinary” was first introduced in Romania by its inclusion in the “Dictionary of Neologisms” edited by the Romanian Academy Publishing House, and expressed as “the relationship between several sciences or disciplines” (Marcu, Manea, 1986: 381), being taken over much later by the Dictionary of Romanian Language DEX which presents this term as coming from the French language, being a transfer of methods and concepts made between different disciplines (DEX, 2009: 515). The concept of interdisciplinary is categorized as an alliance between two or more different disciplines in the field of science, and they can work together to solve a problem or situation, becoming a research medium for each other, or which can generate a constructive interdisciplinary dialogue, which leads to clarification or deepening of the analyzed field.

Initially, the concept appeared as a need for critical intervention from the positions of one discipline related to the interests of another, addressing each issue of common interest, with the need to work together to resolve the issue which led to the development of an interdisciplinary

relationship. Collaboration between disciplines leads to a mutual transfer of methodology and information, creating an interdisciplinary dialogue, with beneficial effects for both areas. This interdisciplinary concept can also be studied in the perspective of the transfer of methods from one discipline to another, as it "involves the open interaction between certain skills and independent content from two or more disciplines" (Dumitru, 2013: 85), as many philosophers have already done, being busy with studying some sciences, like a: Pythagoras, Aristotle, Descartes, Newton.

Method of conceptualization

We aim now to deal with the relationship between philosophy and other fields, in a dual perspective, arising from the need to unify philosophical discourses, and generated by a certain turn in philosophy, to philosophical practice and the application of philosophy in everyday life day. In this concern, interdisciplinary concept can become a form of cooperation between various fields of science, by looking for ways to adapt to the particularities of each, which will generate the formation of a unitary image of the studied reality and will develop unitary thinking as an important element of progress and universal knowledge.

Approaches of this type have been manifested since antiquity, in the Greek sophists Pliny and Comenius, and later Descartes who made mathematics play an important role in scientific thinking. Leibniz pointed to the relationship between physics and biology, and Kant, in his philosophical research, sought the answer to the question: if is metaphysics a science? An interdisciplinary confrontation took place in 1975, through the opinions expressed at an international conference, where was approaches many scientific fields, but nevertheless the specialists participating in the debate remained faithful to the disciplines they served (Chomsky, Piaget, 1988). The connection between philosophy and other disciplines can be made with the application of the concept of interdisciplinary, one of these links being critical thinking, which "requires an interdisciplinary perspective: philosophical (logical-philosophical), psychological and educational" (Dumitru, 2013: 23). To exemplifying the process, we identified other references, one being the interdisciplinary research project, called the "Delphi project" (Ibid.), conducted in 1988 by the American Philosophical Association, and which had in its team of researchers, in addition to philosophers, and specialists in other fields

research. We can say that philosophy, through the informational baggage accumulated over hundreds of years in human history, can be considered an unparalleled field, compared to all academic disciplines, if we look from the perspective of its many and deep connections with the subject of other disciplines (Hațegan, 2019).

Results and discussions

With the emergence of the first forms of contemporary philosophical counseling, derived from practical philosophy, we aim to analyze the areas with which it interferes, and which can have an essential contribution in creating a new profession, the counseling specialist, increasingly necessary for a modern society. To study these connections, we start from a series of fields that can interfere with the new profession that is emerging: and we talk about psychology as a therapy, medicine through one of its branches called psychiatry or life sciences in general; we can talk about the educational field, developed on learning levels; with the organizational field in the business environment or in leadership, or with the field of spirituality, often manifested in the form of the existential counseling of the person, with various forms of application, depending on the approach used. We express all these areas of interference schematically in the following figure, with the intention of proposing debates and research studies on the elements that characterize the interdisciplinary links thus created.

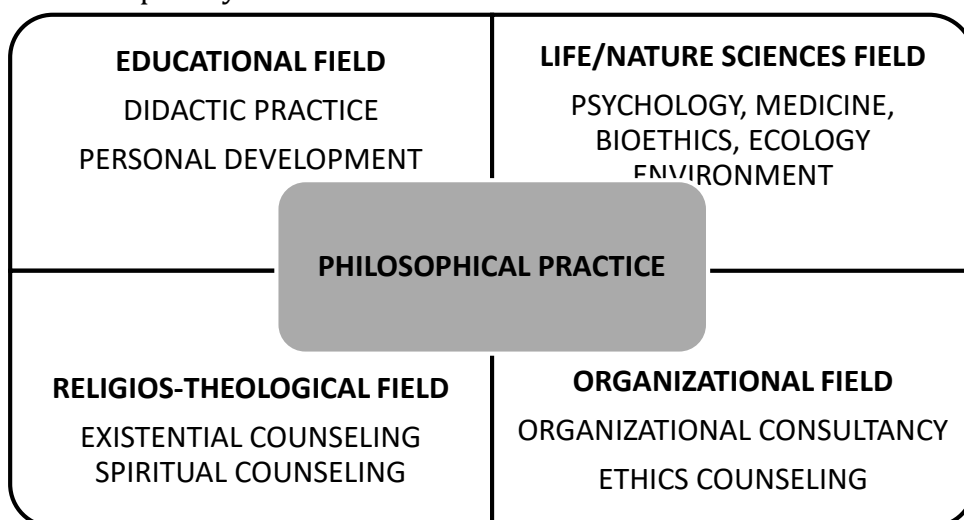


Fig. no. 1 Interdisciplinary confrontations of philosophical practice

The counselor is the specialist who talks to the counselee, a person seeking an answer or clarification, and the counseling process becoming a process that supports the person in finding clarifications in personal ideas and concepts. It is becoming increasingly clear that new philosophy counseling practices can be an alternative to psychotherapy, and the two disciplines do not position themselves as competing, but they interfere and complement each other, each creating a specific investigative methodology. The difference between them is given by the fact that a counselor seeks to give an answer to the problem, even of an existential type, while the psychotherapist is concerned with healing the trauma and the effects of the problem on the person.

The philosophical counselor uses critical thinking as a working tool, which is why counseling can be considered a good alternative to psychotherapy. The practitioner is that specialist in philosophy who gives advice and who through the questions or counseling procedures he practices can solve problems of an emotional nature of the person. The difference of opinion between the two fields is that a philosophical counselor offers the services of a person who has a problem, who seeks and needs advice and guidance to find an answer or a solution to his problem, while a psychotherapist he sees in the same person a man who manifests a certain symptom, and whom he will try to identify in order to succeed later in generating a correct therapy.

These different approaches also generated conflicts between the two parties, with reference to the necessary qualification, the way of approaching the issue but also on the techniques used by each of them.

In 1981 it was set up for the first time in Europe, the first philosophical counseling office in Europe, at the initiative of the philosopher Gerd Achenbach, and this fact practically led to a reactivation of the dialogue carried in antiquity by the great philosopher Socrates in Athens markets, and now the office of philosopher can become a new agora for the philosophical debates. We believe that both philosophers and counseling practitioners, as well as psychologists and psychotherapists, can gain by developing mutual dialogue; where psychology can contribute to its testing system, which can be particularly useful to practical philosophy, and philosophy can contribute to this mutual exchange

through critical analysis of concepts, where hypotheses and arguments may be very necessary in psychological practice.

However, there have been many misunderstandings on both sides through missteps and misinterpretations, which have hampered much-needed dialogue. Through this approach of studying and knowing the connections that appear in the practice of some fields, which interfere naturally, can lead to the clarification of all disagreements, which can be overcome and eliminated, and collaboration to be the basic rule, as a premise of their interdisciplinary links. An interdependence is also the link of philosophical research, which can be put into practice, through the concept of counseling, and transmitted through the educational system of training the person, a system that permanently benefits from new information, coming from the field of academic research, in an attempt to it goes back to the beginnings of philosophy, where we can find a model applied to life.

We join to these ideas, which are already a necessity of the modern world, to support the efforts of those who put concepts and tools from philosophy, ethics and communication, in the practical sphere of counseling, in various applied forms, to solve problems or life situations, manifested at the level of the person, group, organization or community.

An interdisciplinary approach takes place by applying concepts specific to philosophy in the health sector, as the field of medical sciences shows a growing openness in the care of incurable diseases and the management of emotional crises generated by the specific developments of those suffering. It is an area on which much more can be done in the future, so that both parties are aware of the active role of each specialist, which can help solve critical situations in a person's life.

The human often thinks interdisciplinary, trying to connect several fields, to explain any concept, using specific means of research and analysis. Thus, reasoning and logic have penetrated mathematics, and philosophy interferes well with the socio-political sciences, sometimes becoming a source of creativity in the development of arts, music and even literature. Applied philosophy and ethics, along with communication sciences, interfere interdisciplinary with economics and management, but also at the corporate level, being developed many applied philosophical concepts, such as philosophical leadership or coaching services, which are highly sought after by top people and leaders. Interdisciplinary concept

becomes a solution to the tendency of excessive specialization, contributing to a real exchange of information between various fields of science, which implies an integration of several fields of human knowledge, by finding a common language, based on mutual exchanges of concepts and methodologies, which lead to a plus for each field, becoming a necessity of the contemporary world, subject to the permanent changes.

Although philosophy, in its essence, is often perceived and presented only on a theoretical or academic level, it can be learned or understood more easily when put into practice. This can be the essential role of philosophical counseling, as a practical and useful application of philosophy. As computerization, the computer system and IT applications enter more and more areas of life, so does philosophy and applied ethics to make their presence felt in as many fields as possible, at which point philosophical dialogue will become an interdisciplinary dialogue. In order to understand the interdisciplinary nature of these fields that interfere with their practice, we must analyze the need for their application, which can generate some deeper understanding of each area analyzed, and the result can be included in the field of philosophical practice, and that come back, by applying reasoning from philosophy in other fields of research.

Conclusions

Finally, we conclude that philosophy seeks to approach other fields, with the help of the specialization of philosophical counseling and applied ethics, by putting together with them, starting from psychological counseling, psychotherapy, psychiatry, or broad branches of life sciences, to pedagogical practices specific to permanent or motivational training, as well as to the field of organizational or professional business, or spirituality field. We encourage the continuation and development of any studies and research in the presented field, through interdisciplinary approaches that can bring together various fields, which until now had distinct development paths, and which through these links can work together. Of course, the fields presented are not exclusive, they can be complemented by any study or research on their interdisciplinary nature, especially the increasingly applied role of counseling, philosophical practice and applied ethics, as well as the development of new forms and ways of communication, with other areas of reference, with which they can

interact, for the benefit of humanity. It is important to emphasize that the transition from academic philosophy to philosophical counseling takes place through philosophical practice, distinguishing between studying philosophy and philosophizing by seeking answers, and the philosophical counseling takes the form of the art of questions or to listen the answers.

From occupational perspective, I observe that academic philosophy is intended for philosophers, but philosophical practice is usually attributed to practitioners, who can become specialists in philosophical counseling, and who have the skills and knowledge necessary for good practice in the applied field of philosophy. Starting from the allegory of the cave presented in Plato's Republic, which are indicated the role and importance of the philosopher in society, through the person who liberates himself and can see reality, the role of that liberated person is taken over by the philosophical counselor, who has the obligation to return to cave, to help educate those who remain there or to bring the light of the wisdom of philosophy into that world still left in darkness, as a metaphorical expression of the message used by the philosopher (Plato, 1997). The conclusion of paper is in favor of developing and maintaining the primordial link between philosophy and its practices, which includes philosophical counseling, and which will interact interdisciplinary with other fields in an attempt to become useful through each application and specialization, dedicated to solving and clarifying situations specific to the person, organization or community, thus bringing closer the entire luggage of wisdom of humanity, used now by a practitioner or a specialist in counseling and applied ethics.

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