

THE PHILOSOPHY OF COGNITIVE-BEHAVIOURAL THERAPY (CBT)

Stoic Philosophy as Rational and Cognitive Psychotherapy



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<i>ACKNOWLEDGEMENTS</i>	vii
<i>ABOUT THE AUTHOR</i>	ix
<i>FOREWORD</i> by Prof. Stephen Palmer	xi
<i>INTRODUCTION: Philosophy and psychotherapy</i>	xv
PART I: PHILOSOPHY AND COGNITIVE-BEHAVIOURAL THERAPY (CBT)	1
CHAPTER ONE	
The "philosophical origins" of CBT	3
CHAPTER TWO	
The beginning of modern cognitive therapy	19
CHAPTER THREE	
A brief history of philosophical therapy	39
CHAPTER FOUR	
Stoic philosophy and psychology	51

CHAPTER FIVE	
Rational emotion in Stoicism and CBT	73
CHAPTER SIX	
Stoicism and Ellis's rational therapy (REBT)	109
PART II: THE STOIC ARMAMENTARIUM	133
CHAPTER SEVEN	
Contemplation of the ideal sage	135
CHAPTER EIGHT	
Stoic mindfulness of the "here and now"	151
CHAPTER NINE	
Self-analysis and disputation	169
CHAPTER TEN	
Autosuggestion, premeditation, and retrospection	193
CHAPTER ELEVEN	
<i>Premeditatio malorum</i> and mental rehearsal	207
CHAPTER TWELVE	
Stoic fatalism, determinism, and acceptance	227
CHAPTER THIRTEEN	
The view from above and Stoic metaphysics	249
CONCLUSION	
Fate guides the willing	261
APPENDIX I: An example of Stoic therapeutic regime	267
APPENDIX II: The "View from Above" script	271
REFERENCES	283