



INDIA CENTER FOR LOGIC-BASED THERAPY,
Ramnarain Ruia Autonomous College *presents*



SELF-ENHANCEMENT THROUGH LOGIC-BASED THERAPY



Physical and emotional
accidents can happen
anytime...

Create your own emotional toolkit!

*Get a Certificate from Logic-Based Therapy and
Consultation Institute, USA & Ramnarain Ruia
Autonomous College*



indialbt@ruiacollege.edu



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COURSE DESCRIPTION

We spend most of our time in wasteful bouts of negative thoughts and emotions. Happiness seems far away when we think irrationally. This course shows how Philosophy, its theories and methods can be used therapeutically to identify self-destructive modes of thinking and overcome them to attain greater peace and tranquility in one's life. It focuses on a prominent form of philosophical practice known as Logic-Based Therapy and Consulting developed by American philosopher, Elliot D. Cohen.

COURSE DETAILS

Date of commencement: **15th June 2021**

Minimum eligibility: **10+2**

Fees: **15,000 INR**

Type: **Online**

Course Duration: **8 weeks** (1 lecture/week)

Timings: **Thursdays @ 7PM**

Course Instructors:

- **Dr. Elliot Cohen**

President, Logic-Based-Therapy and Consultation Institute, USA

- **Dr. Himani Chaukar**

Logic-Based Therapy Consultant

Head, Dept. of Philosophy, Ramnarain Ruia Autonomous College



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COURSE REQUIREMENTS

ASSIGNMENT	PERCENTAGE(%) OF FINAL GRADE
1. Quiz	10
2. Midterm Exam	30
3. 1000 Word Practice Paper (each student engages in philosophical consultation and write about the experience)	50
4. Weekly Case Discussions	10



LEARNING OUTCOMES...

1. Identify one's own practical reasoning and that of others
2. Identify and refute negative thinking in the premises
3. Show how negative thinking can be replaced with positive, rational goals or objectives
4. Identify diverse philosophical world views to promote these goals
5. Show how these philosophies can be applied to one's life

