



Philosophy for Beginners Online Course

'Every seeker after wisdom knows that up to the time when philosophy takes it over, his soul is a helpless prisoner, chained hand and foot in the body, compelled to view reality not directly, but only through its prison bars, and wallowing in utter ignorance' (Socrates in Plato, The Republic).

Many people wonder if they can 'do Philosophy,' or even wonder what Philosophy is. This easy-to-understand introduction to Philosophy will answer these questions for you.

While it is true that Philosophy is an academic discipline, it is also a method of thinking that 'ordinary,' 'non-academic' people can do as a way of constructing their life.

When we, for example, make decisions, we weigh up pros and cons of each side – should I do this or should I do that? Or should I do nothing at all? Philosophy helps you to probe, not just the decisions themselves, but the thinking behind those decisions, the kinds of things you need to take into account.

Philosophy explores ideas, assumptions and beliefs. It helps you to understand many life challenges that we face on a daily basis, such as how to 'argue' well, and how to detect flaws in arguments. You explore topics such as *ethics, existence* and *knowledge*.

What is in the Course?

There are five modules in the course, each with several units that explore important topics. There are pre-recorded videos, which you access on-line. The shortest video is 10 minutes, and the longest is 26 minutes, so all are easy to watch without overloading you. You receive slides and generous workbooks to keep. Each topic is explained clearly, leaving you with questions to think about. Resources are suggested if you wish to study further.

Total watching time for the whole course is ten hours. The time spent will be some of the most interesting, enlightening, informative and enjoyable hours that you have ever spent!

Who is the course for?

The course is suitable for those who want to learn how to 'do Philosophy.' The only pre-requisites are a curious mind and a desire to explore important topics. Counsellors especially will benefit by the critical thinking and Socratic questioning skills that Philosophy offers - fundamental to good counselling, regardless of which therapeutic approach you use. After all, psychology and counselling originated in Philosophy!

Following completion of this course, you may want to attend a live course, in person or over Zoom, depending on where you live. In a live course, you explore issues with others rather than just thinking about them by yourself. For a live in-person or Zoom course, we need enough people interested. If that sounds like you, contact me and let me know.

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