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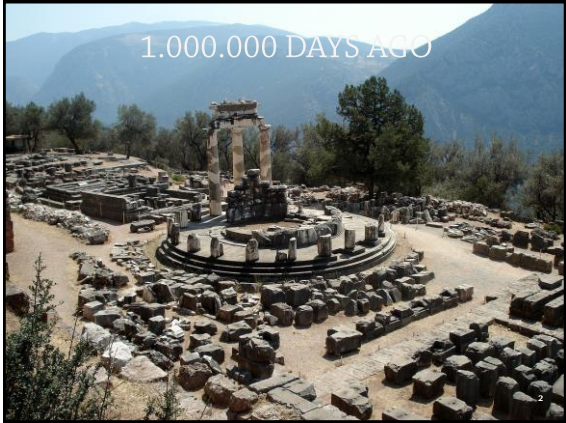
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**THERAPY**

- Therapeia: A medical or surgical treatment or cure (Gus Portokalos)



<https://secretadvertising.wordpress.com/2013/04/29/my-big-fat-greek-wedding/>

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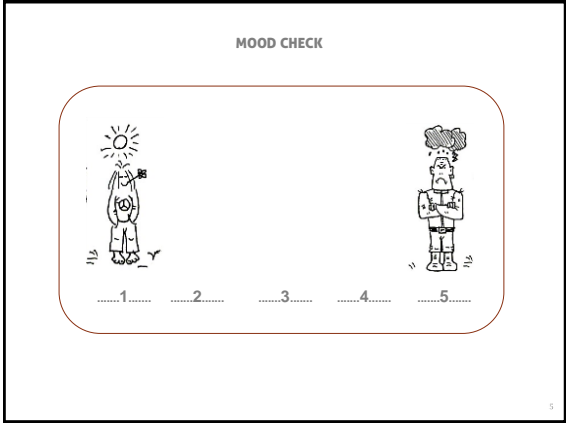
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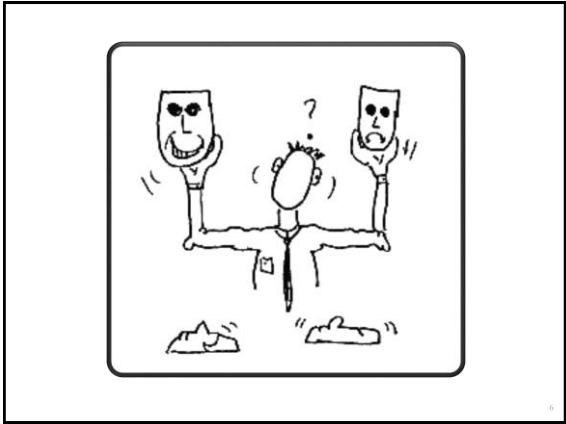
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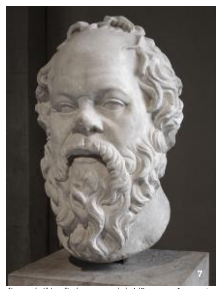
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### SOCRATES 469-399BC

- The introspective method: the study of soul i.e. looking inwards
- Unexamined beliefs.
- Ask yourself questions.
- The modern method of teaching - a dialogue (when I talk I don't learn)



[http://upload.wikimedia.org/wikipedia/commons/4/41/Socrates\\_-\\_Leandro.jpg](http://upload.wikimedia.org/wikipedia/commons/4/41/Socrates_-_Leandro.jpg)

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### WHAT IS A GOOD LIFE?

- Socrates: live content with little.
- Plato: close to God.
- Epicurus: pleasure.
- Aristotle: engaged with society.



<https://www.flickr.com/photos/bean2788/>

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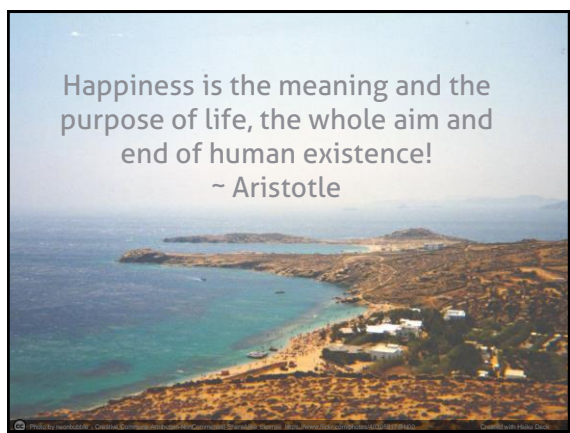
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Happiness is the meaning and the purpose of life, the whole aim and end of human existence!  
~ Aristotle



<https://www.flickr.com/photos/bean2788/>

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A MENTAL OR EMOTIONAL STATE CHARACTERIZED BY PLEASANT EMOTIONS

- Pleasure
- Engagement
- Relationships
- Accomplishments
- Meaning




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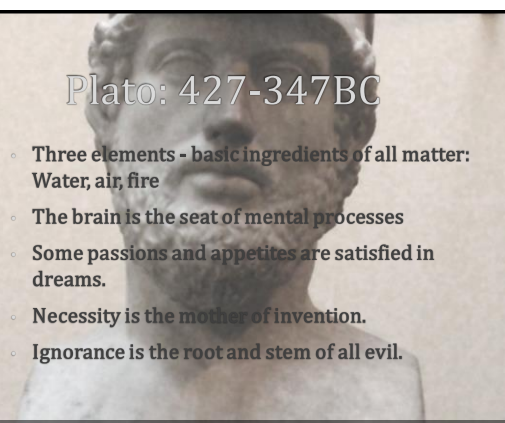
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### Plato: 427-347BC

- Three elements - basic ingredients of all matter: Water, air, fire
- The brain is the seat of mental processes
- Some passions and appetites are satisfied in dreams.
- Necessity is the mother of invention.
- Ignorance is the root and stem of all evil.




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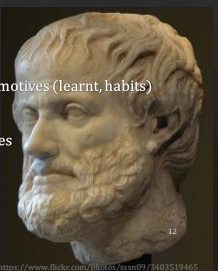
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### Aristotle 384-322BC

- ◊ Peri Psūchēs (i.e., the Soul).
- ◊ Dualism of soul and the body
- ◊ The tabula rasa
- ◊ Association of ideas
- ◊ Primary motives (desires) vs Secondary motives (learnt, habits)
- ◊ Individual differences
- ◊ Importance of early childhood experiences
- ◊ Catharsis: release of emotions




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Believing our thoughts - particularly the stressful stories we tell ourselves about our lives - is a source of unhappiness and suffering for us.  
 ~ Aristotle

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**EPICURUS 341-270BC**

- Pleasure as absence of suffering
- What is good is what is pleasurable, and what is bad is what is painful.




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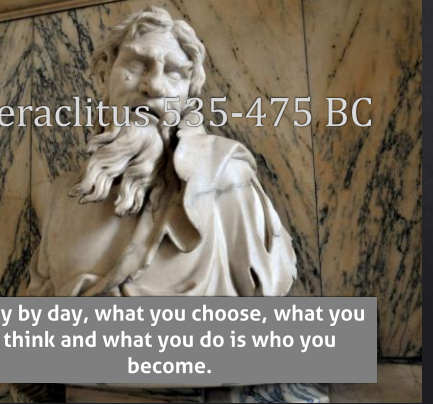
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**Heraclitus 535-475 BC**

Day by day, what you choose, what you think and what you do is who you become.




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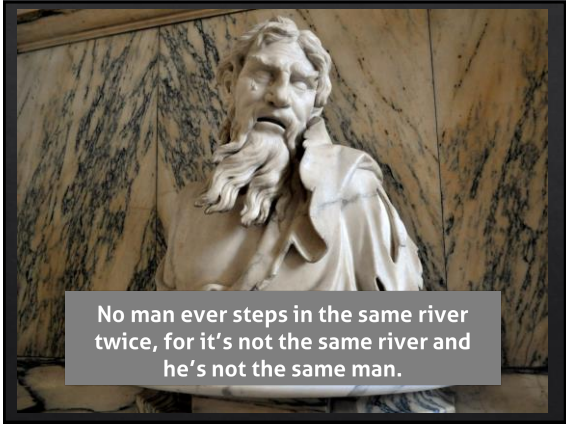
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PERICLES 495-429 BC

Time is the wisest counsellor of all




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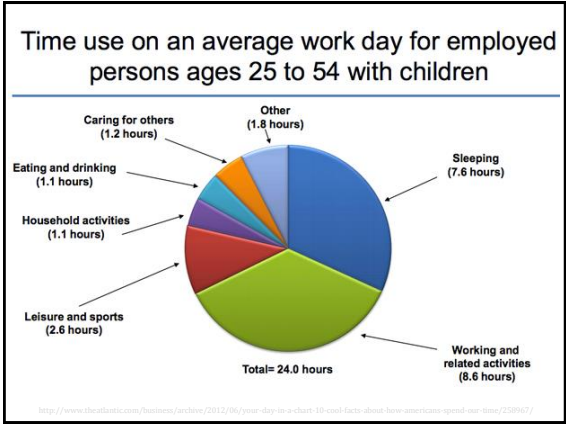
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EPICETETUS A.D. C. 55-135

Things in our power (prohairetic)  
vs.  
not in our power (aprohairetic)



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Men are disturbed not by the things that happen, but by their opinion of the things that happen.

Events are what they are, but what we make of them is up to us.

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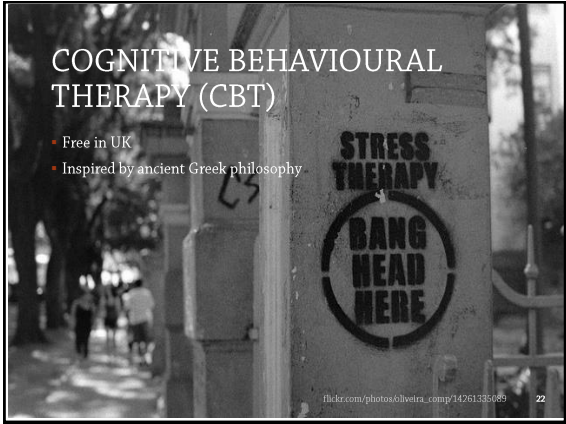
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COGNITIVE BEHAVIOURAL THERAPY (CBT)

- Free in UK
- Inspired by ancient Greek philosophy

flickr.com/photos/61bostra\_compy/1426138598 22

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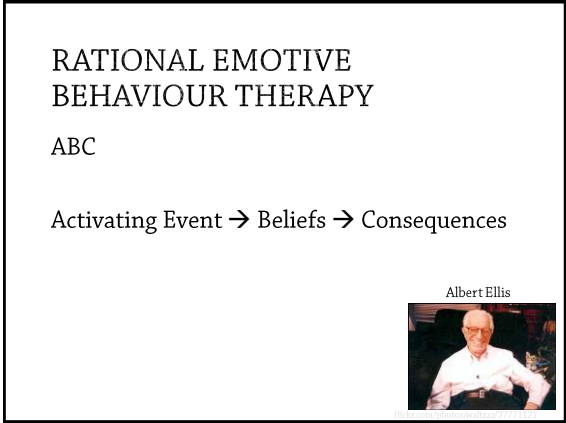
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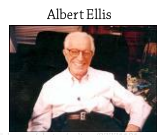
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RATIONAL EMOTIVE BEHAVIOUR THERAPY

ABC

Activating Event → Beliefs → Consequences



Albert Ellis

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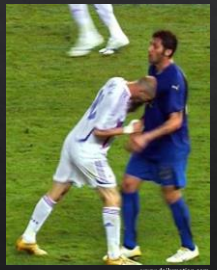
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*What you DO about it!*

*What happens to you is not nearly as important as **HOW YOU REACT** to what happens!*



www.dailyreport.com

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[God] grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference.



- Reinhold Niebuhr (1943)

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Ability to **SOLVE PROBLEMS** & *Quality of life*

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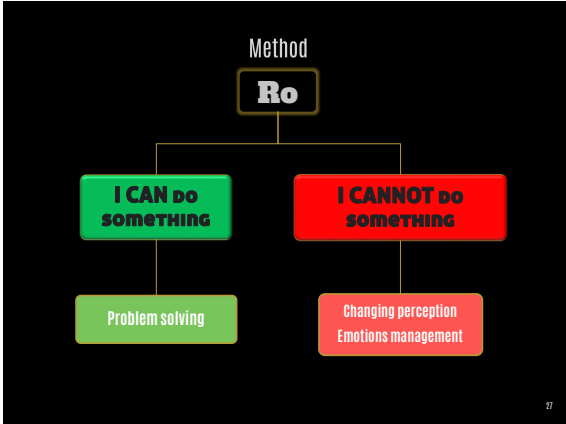
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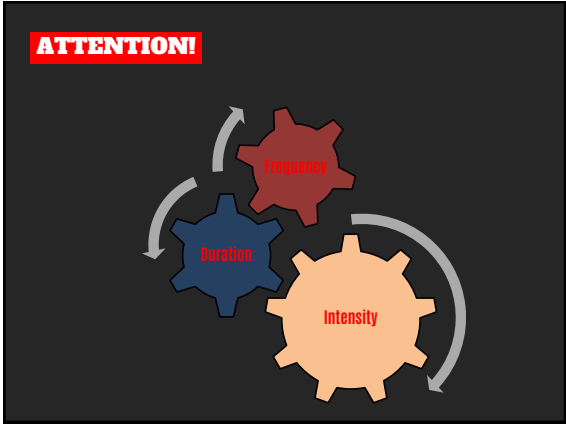
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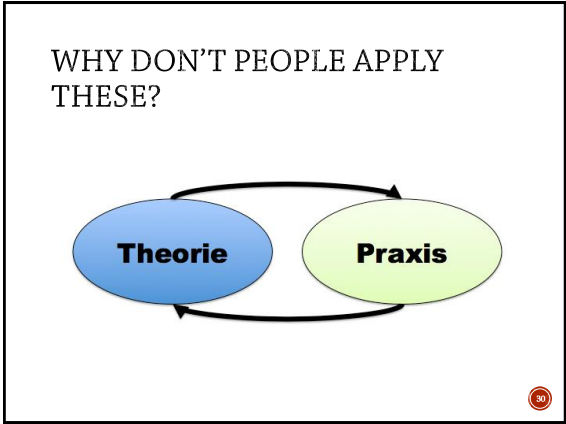
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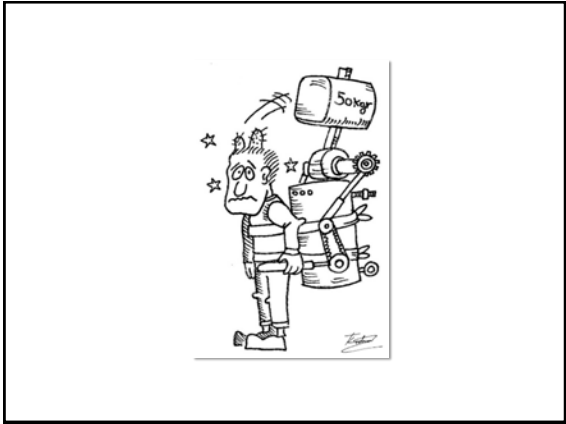
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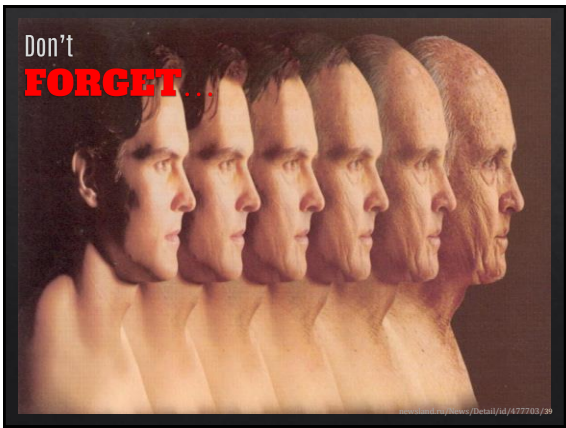
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**IDIOTS ARE INVINCIBLE**

... and they always manage to ruin our day. The fool-proof "Ro" method to deal with stress, solve problems, and enjoy the process!


*Who are the idiots? The others, of course! Managers, colleagues, teachers, drivers, friends, spouses, neighbors-in-law or anyone who doesn't believe "properly," that is, the way ... we would like them to!*

*There is hope! The infallible "Ro" method can help you become a "Professional Problem Solver," and deal with annoying people, situations, and your own thoughts.*

*Join in the adventures of Don Strozzi, a modern-day Don Quixote de la Mancha, and a "Ro" method graduate. Watch Don deal effectively with other idiots, as well as with the most difficult person among all ... himself!*

*"A scientifically-based, imaginative approach to dealing with stress, with wit in the most accessible way! The best of both worlds!"*

*- Dr. G. Niderlich, Harvard Medical School*




**The author:** An academic for nearly 20 years, Dr. Rodafinos has lectured in general, applied, social, and work psychology, and has been the Head of the Department of Psychology at City College, International Faculty of the University of Sheffield for nearly a decade. He has published numerous articles in academic journals and popular magazines, and has appeared in several TV and radio shows. His first book, "Prince to Frog ... and vice versa: Applied psychological techniques for the accomplishment of changes in our lives" has become a popular reading guide for people from all ages and backgrounds. Today he lives in Melbourne and is the Program Director of Social Sciences at Online Education Services, and Adjunct Senior Lecturer at Swinburne University of Technology.

**20AUD**

**IDIOTS ARE INVINCIBLE**

... and they always manage to ruin our day. The fool-proof "Ro" method to handle them, solve problems, and enjoy the process!



**Dr Angelo Rodafinos**

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