

THE PHILOSOPHICAL HEALTH OF THE FIGHTER

A SMILE-PH Journey for Martial Artists, Athletes, and Life's Fighters

An 8-Session Group Program proposed by Eudynamia AB
Led by Luis de Miranda, PhD & Nuria Scapin, PhD

The Challenge

Fighters know discipline. They know endurance, strategy, and the will to keep going when everything says stop. Whether in the ring, on the mat, in the boardroom, or simply in the daily grind of a life that never lets up, the fighter's stance is one of readiness, resistance, and resolve.

But what does a life of fighting do to you as a whole person? *What does it cost to be always ready?*

How does years of combat, physical or existential, reshape your relationship with your own body? Your sense of who you are beyond the fight? Your feeling of belonging? Your capacity to imagine a life that isn't defined by opposition? Your sense of what you're fighting *for*, not just against?

The Philosophical Health of the Fighter is a structured group program that applies the SMILE-PH method (Sense-Making Interviews Looking at Elements of Philosophical Health) to people who identify as fighters, whether literally or metaphorically. This is collective and philosophical inquiry into what the fighting life has made of you, and what it can still become.

What Is SMILE-PH?

SMILE-PH (Sense-Making Interviews Looking at Elements of Philosophical Health) is a structured dialogue method developed by Dr Luis de Miranda at Uppsala University and in counselling sessions. Grounded in the CIPHER model (Crealectic Intelligence and Philosophical Health for Eudynamic Realities), it explores six dimensions of philosophical health:

Dimension	Description
Bodily Sense	Your felt relationship with your physical existence
Sense of Self	Your identity, coherence, and authenticity
Sense of Belonging	Your connection to others, communities, places, systems
Sense of the Possible	Your openness to new horizons and change
Sense of Purpose	Your orientation toward meaningful direction
Philosophical Sense	Your capacity for integrative, reflective thinking

In this program, each dimension is explored through the specific lens of the fighter's experience, physical and existential, using guided group dialogue.

Program Structure

Eight sessions of 75 minutes each, delivered online via Zoom. Each session follows a consistent arc:

- **Philosophical Framing (10 min):** the dimension and its relevance to the fighter's life
- **Guided Group Dialogue (50 min):** a structured SMILE-PH conversation among participants
- **Integration & Reflection (15 min):** closing insights

#	Focus	Guiding Inquiry
1	Opening Session	Introduction to Philosophical Health and the SMILE-PH framework. Establishing the group covenant. Completing the Philosophical Health Compass (pre).
2	Bodily Sense	Your body as weapon, shield, and home. What does a life of fighting do to your relationship with your own body? What does your body know that your mind refuses to hear?
3	Sense of Self	Who are you when you're not fighting? The identity behind the fighter's stance. When combat is stripped away, who remains?
4	Sense of Belonging	The paradox of warrior bonds: deep connection forged through opposition. Where does the fighter truly belong, and what communities sustain or isolate you?
5	Sense of the Possible	Has the fighter's stance expanded or narrowed your horizon of possibility? What has become unthinkable, or newly imaginable, when you stop bracing for impact?
6	Sense of Purpose	Fighting for versus fighting against. When does the fight itself become the purpose? What happens when you ask what the struggle is in service of? Completing the Tetractys of Philosophical Health.
7	Philosophical Sense	From strategy to wisdom. Can you think your life philosophically, not just tactically? The difference between surviving and flourishing.
8	Synthesis	Integration across all six dimensions. Completing the PHC (post). What has shifted? What strength looks like beyond combat.

Who This Program Is For

This program welcomes anyone who identifies with the fighter's path:

- **Martial artists and combat sport athletes** who want to explore the philosophical dimensions of their discipline
- **People who have lived in "fight mode"** through adversity, competition, caregiving, activism, or survival, and want to understand what that stance has cost and given them
- **Those who are tired of fighting** and want to believe there may be a way to be strong without being at war

NB: This is not a training in the SMILE-PH method. This is the method applied to your experience, but it can serve as an introduction to the approach.

Your Facilitators

Luis de Miranda, PhD — Associate Professor (Docent) in Bioethics at Uppsala University, Sweden. Philosophical counsellor, creator of the SMILE-PH method and the Philosophical Health framework. Marie Skłodowska-Curie Fellow and Philosophical Practitioner in Residence at the Stockholm School of Economics. Author of multiple books on philosophy and health, founder of Philosophical Health International, Eudynamia Counselling, and official trainer in the SMILE_PH certification.

Nuria Scapin, PhD — 4th Dan Aikido teacher, she is the founder and director of the aikido dojo Aikikai Limoges. She has developed and implemented comprehensive training programs for practitioners of all levels, ensuring a balance of physical technique and philosophical understanding. She regularly organizes and teaches workshops and seminars, collaborating with international Aikido experts to enrich the learning experience for students. Nuria is also a Ph.D. expert in Greek language, literature, and philosophy with extensive experience in research, teaching, and publishing.

Practical Details

Format	Online (Zoom), 75 minutes per session
Sessions	8 sessions, weekly or fortnightly
Cohort Size	Maximum 8 participants
Investment	\$990 per participant for the full program
Includes	All 8 sessions, two PHC assessments, a personal philosophical health report, and the e-book Philosophical Health: a Practical Introduction by Luis de Miranda
Scheduling	To be determined with enrolled cohort

Built-In Assessment

Participants complete the Philosophical Health Compass (PHC), a 48-item instrument at Session 1 and Session 8. This provides a personal before-and-after portrait of your philosophical health across all six dimensions. Your results can remain private if so desired.

Registration & Enquiries

Cohort size is limited to 8 participants to ensure depth of dialogue.

To register or request further information, contact:

Luis de Miranda: eudynamia@gmail.com

Nuria Scapin: djuna_nw@yahoo.it

A program by Philosophical Health International and Eudynamia AB
philosophicalhealth.org