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SMILE_PH Certification Program

Philosophical Health Training

Program Overview

The SMILE_PH certification offers a dual-focused training that combines experiential learning with the theoretical analysis of philosophical health counselling. Across 15 sessions of 45 minutes each, conducted online via Zoom, you gain direct practical experience as a counselee and develop professional competency in the method through close meta-analysis with its creator, Dr Luis de Miranda.

Structure and Methodology

The program alternates two registers, intertwined across the fifteen sessions.

Experiential Sessions (8)

You experience the complete SMILE_PH method firsthand, as a counselee, progressing through its six core dimensions: bodily sense, sense of self, sense of belonging, sense of the possible, sense of purpose, and philosophical sense. This direct experience gives essential insight into how the method works, and it develops your own philosophical health foundation.

Meta-Analysis Sessions (7)

Stepping back together as peers, these sessions examine the dynamics, the questioning strategies, and what is happening at each specific stage of the dialogue. They draw on Dr de Miranda's research and on hundreds of case studies. You learn the method from the inside and the outside at once. Light readings or exercises sit between sessions, never overwhelming in time.

Community of Practice

On entering the programme, you are, if you wish, able to join an international community of trainees and certified practitioners across more than a dozen countries, who meet collegially or exchange online on a regular basis. Occasionally the network also holds gatherings and seminars where members present their own work and theories. Visit the practitioners page on to see the profiles of the Certified Practitioners: <https://www.philosophical.health/certified-practitioners>.

Reading

Two books form the basis, and both are included as a PDF:

- *Philosophical Health: A Practical Introduction* (2024)
- *Philosophical Health: Thinking as a Way of Healing* (2023, edited volume)

Investment

€2500, payable in two installments if helpful: one before the program begins, the second halfway, after the seventh session. Reading materials are included, and so is the framed certificate that crowns the training.

Expected Outcomes

On completion you will:

- Master the SMILE_PH method through both experiential and analytical learning.
- Develop practical skills in philosophical health counselling.
- Integrate philosophical health within your existing professional or therapeutic framework, respecting your style or sensibility.
- Be equipped to contribute to the growing field, including its developing evidence base and research, for instance the feasibility work at the Royal London Hospital for Integrated Medicine.
- Receive a signed and framed certificate of completion.

Philosophical Health International · Eudynamia AB
For enquiries and enrolment, contact Dr Luis de Miranda.