

THE PHILOSOPHICAL HEALTH OF THE HEALER

A SMILE-PH Journey for Counsellors and Therapists

An 8-Session Group Program proposed by Eudynamia AB

Led by Luis de Miranda, PhD & Lynndal Daniels, MA, LMFT

The Challenge

Counsellors and therapists are trained to hold space for others; but who holds space for them? Supervision addresses clinical competence and countertransference. Peer support groups offer solidarity. Yet we rarely ask the deeper question: *What does the practice of healing do to the healer as a whole person?*

How does years of professional listening reshape your relationship with your own body? Your sense of who you are? Your feeling of belonging or isolation? Your horizon of possibility? Your sense of purpose? Your capacity to think philosophically about your own existence?

The Philosophical Health of the Healer is a structured group program that applies Dr Luis de Miranda's ground-breaking SMILE-PH method (Sense-Making Interviews Looking at Elements of Philosophical Health) to practitioners themselves. This is a co-creative philosophical journey into the existential dimensions of your vocation.

What Is SMILE-PH?



SMILE-PH (Sense-Making Interviews Looking at Elements of Philosophical Health) is a highly effective semi-structured dialogue method developed by Dr Luis de Miranda at Uppsala University and in counselling practice. 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, potential and change
Sense of Purpose	Your orientation toward meaningful and deep orientation
Philosophical Sense	Your capacity for integrative, conceptual synthesis

In this program, each dimension is explored through the specific lens of the counselling and therapeutic experience, using guided group dialogue rather than individual sessions.

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 practitioner 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	What does counselling do to your body? What does your body do to your counselling? The somatic life of the practitioner; what the body carries, absorbs, and knows in session.
3	Sense of Self	Who do you become when you sit in the therapist's chair? The tension between role and authenticity, professional persona and personal identity.
4	Sense of Belonging	The paradox of professional intimacy: belonging nowhere fully while being present to everyone. Where does the healer belong?
5	Sense of the Possible	Has your practice expanded or narrowed your own horizon of possibility? What has become unthinkable, or newly believable, through your work?
6	Sense of Purpose	Vocation, burnout, and the difference between helping and healing. What sustains your sense of direction when the work is draining? Completing the Tetractys of Philosophical Health.
7	Philosophical Sense	Can you think your own practice philosophically? Moving from technique to wisdom, from protocols to presence.
8	Synthesis	Integration across all six dimensions. Completing the PHC (post).

Who This Program Is For

This program is designed for licensed or certified counsellors, therapists, psychologists, coaches, philosophical practitioners and clinical supervisors who wish to examine the philosophical dimensions of their own practice, to understand what their vocation has made of them and what it can still become.

Your Facilitators

Luis de Miranda, PhD — Associate Professor in Bioethics at Uppsala University (Sweden). Philosophical counsellor, trainer and supervisor, creator of the SMILE-PH method and the Philosophical Health framework. Marie Skłodowska-Curie Fellow and Philosophical Practitioner with individuals, institutions and corporations. Author of multiple books on philosophy and health, founder of Philosophical Health International, Eudynamia.

Lynndal Daniels, MA, LMFT — Licensed Marriage and Family Therapist (California), Board-Certified Coach, Clinical Supervisor, and Certified SMILE-PH Counsellor. Lynndal brings 30 years of experience in therapy, transpersonal psychology, and regularly supervises future therapists.

Practical Details

Format	Online (Zoom), 75 minutes per session
Sessions	8 sessions, weekly or fortnightly
Cohort Size	Maximum 8 participants
Investment	\$980 / €850 per participant for the full program (at least 50% payable before the start)
Includes	All 8 sessions, two PHC assessments, a personal philosophical health report, and the e-book <i>Philosophical Health: a Practical Introduction</i> by Luis de Miranda
Scheduling	Depending on the time zone (16h30 CET, 7h30 PT, 10h30 ET)

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 balanced to max 8 participants, min 6 (not counting the facilitators) to ensure depth of dialogue and richness of exchange.

To register or request further information, contact:

Luis de Miranda: eudynamia@gmail.com

Lynndal Daniels: lynndal@psychotherapist.coach

Payments made to the Swedish registered company Eudynamia AB, via standard invoice.