Orthodox Psychotherapy
(The science of the Fathers)

Contents

Translator’s Note
Preface to the English edition
Author’s Prologue

Introduction

1. Orthodoxy as a therapeutic science
   1. What Christianity is
   2. Theology as a therapeutic science
   3. What therapy is
   4. Method of therapy - therapeutic treatment
      How then is the soul cured?

2. The Orthodox therapist
   1. Prerequisites for the role of priest-therapist
      The value of the priesthood
      The calling and ordaining of the Apostles
      Basic prerequisites for ordination
      The three degrees of priesthood
   2. Rekindling the spiritual gift
      Basic qualities of priest-therapists
   3. Spiritual priesthood
   4. The search for therapists

3. Orthodox psychotherapy
   1. The soul (psyche)
      What the soul is
      Sickness and dying of the soul
      Therapy of the soul
   2. Interrelations of soul, nous, heart and mind
      Nous and soul
      Nous and heart
      Nous and mind
      Nous and attention
   3. Nous, heart and thoughts
      a) The nous
         The natural life of the nous
         Sickness of the nous
         Curing the nous
      b) The heart
What the heart is
Characterisations of the heart
Sickness of the heart
Curing the heart
c) Reason and thoughts-logismoi
   i. Reason
   ii. Thoughts-logismoi
      What thoughts-logismoi are
      The cause of thoughts
      Consequences of thoughts
      Curing thoughts

4. Orthodox pathology
   1. What the passions are
   2. Types of passions and their development
   3. Cure of the passions
   4. Dispassion

5. Hesychia as a method of healing
   1. Hesychia (stillness)
   2. Hesychasm
   3. Anti-hesychasm

6. Orthodox epistemology
   1. The three degrees of knowledge according to St Isaac the Syrian
   2. Knowledge of God according to St Gregory Palamas

Prayers
Index of names
Index of subjects
Bibliography