Brown Bag Seminar

Acceptance and Commitment Therapy (ACT) and the Kyoto School of Philosophy: Mori Akira and the Four Layers of Personality

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This presentation examines the connections between Acceptance and Commitment Therapy (ACT) and eastern philosophy, particularly Japanese philosopher Mori Akira (1915-1976). It focuses on the philosophy of human formation in Mori, and examines how it relates to the philosophies implicit in ACT. It examines Mori’s model of the layers of human existence (organic, conscious, and self-aware) and how it connects to ACT’s implicit philosophy of the human person (act-in-context, the value and danger of languaging), ethics (self processes, values, therapeutic relation), and philosophy of becoming (contextualist development). These are combined through a fulcrum model where centeredness balances the relationship with inner and outer experience.