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Part 2--The Nature of Suffering

The Editors

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The Nature of Suffering

Happiness . . . is a problem of satisfying a person's instinctual wishes. . . . The pleasure principle . . . dominates the operation of the mental apparatus from the start.

Sigmund Freud, *Civilization and Its Discontents*

Having adopted some version of Freud's pleasure principle, many psychotherapists have guided clients in the pursuit of pleasure and avoidance of pain (hedonism). This commitment to hedonism has ominous implications for counseling. In part 2, Edwin Gantt outlines those implications and proposes that a Christian understanding of pain and suffering has much to offer to individuals and the discipline of applied psychology.

Robert Gleave questions common assumptions about pain and suffering and offers a framework in which pain and suffering can be seen—and welcomed—as essential aspects of a full life. In this light, a healthy acceptance of pain might sometimes be the goal of counseling rather than the problem to be eliminated.