

**THE RESOLUTION OF AKRASIA IN EDUCATION
AND IN LINICAL APPLICATION**

ACRASIA, APLICAȚII ÎN DOMENIUL EDUCAȚIONAL ȘI CLINIC

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Abstract

Akrasia could be described as lacking command over oneself. The issue of akrasia is discussed form different philosophical points of view. Psychological interpretations and explanations for the phenomenon of akrasia by different authors are presented. An adaptation of the phenomenon into modern psychotherapy by Albert Ellis is discussed. Finally, applications for the concept of akrasia are offered in clinical and educational domains.

Keywords: akrasia, education, clinical psychology

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