

Is Rational Emotive Behavioral Therapy Compatible with Epicureanism?

Post by "Cassius" of May 3, 2022 at 8:51 PM

We haven't talked about cognitive behavioral therapy in a long while, and i am not up on the details. In general, it's definitely more related to Stoicism, and in fact the leading internet Stoic, Donald Robertson, is primarily (from what I gather) a CBT teacher.

I seem to remember this section on criticism of CBT at Wikipedia seemed to be longer:

Quote

Philosophical concerns with CBT methods

The methods employed in CBT research have not been the only criticisms; some individuals have called its theory and therapy into question.^[216]

Slife and Williams write that one of the hidden assumptions in CBT is that of [determinism](#), or the absence of [free will](#). They argue that CBT holds that external stimuli from the environment enter the mind, causing different thoughts that cause emotional states: nowhere in CBT theory is agency, or free will, accounted for.^[206]

Another criticism of CBT theory, especially as applied to major depressive disorder (MDD), is that it confounds the symptoms of the disorder with its causes.^[209]

I don't have any doubt but that REBT or CBT or many other types of therapies can be somewhat helpful depending on context, just like some people need medication and all the spoken-word therapy in the world isn't going to help them.

So that's about all I can offer. Therapy is no substitute for a proper philosophy, but probably sometimes it's exactly therapy that someone is needing.

For anyone coming across this post in the future I have found the longer version of the "criticism" section of the CBT wikipedia page, and I posted it [here](#).