

# Is Rational Emotive Behavioral Therapy Compatible with Epicureanism?

Post by "Cassius" of May 3, 2022 at 9:07 PM

I see one of the links states this:

Quote

REBT? What is it?

What is Rational Emotive Behavior Therapy (REBT)? Created by Albert Ellis, REBT is a form of the very popular [cognitive behavior therapy](#) and has been dominating approaches to psychological treatment since the 1950s. You might be wondering what distinguishes REBT from other forms of psychotherapy techniques. In essence, Albert Ellis created it as a philosophy of living - its foundation is the belief that it is not the events in our lives that cause our emotions, rather it is our beliefs that cause us to experience emotions such as anger, [depression](#), and [anxiety](#). It is a mode to consider and change our irrational beliefs and has shown to have a favorable effect on reducing emotional pain.

Those are statements that bother me. REBT may be a very effective therapy and technique, but it's certainly not a "philosophy of living."

And this sounds like pure mind-over-matter Stoicism; ' its foundation is the belief that it is not the events in our lives that cause our emotions, rather it is our beliefs that cause us to experience emotions such as anger, [depression](#), and [anxiety](#)." Read in a certain way that may be ok, but to imply that you can change real issues in your life simply by what you "believe" about them is more pseudo-stoic nonsense. If someone has a medical problem they need a doctor, not to change their "belief" about their medical condition.

Much like Stoicism itself it sounds to me like this is making claims on which it can't deliver, and it's offering itself as a full philosophy of life when it's really closer to a coping mechanism.