

# Is Rational Emotive Behavioral Therapy Compatible with Epicureanism?

Post by "Cassius" of May 4, 2022 at 7:37 PM

You know it would probably be an interesting topic to discuss: Which therapies for depression and similar conditions \*are\* most consistent with Epicurean philosophy?

## [Emotionally Focused Therapy](#)

Emotionally Focused Therapy (EFT) is a short-term form of therapy that focuses on adult relationships and attachment/bonding. The therapist and clients look at...

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