

Compatibility of Epicureanism and Existential Therapy

Post by "Cassius" of August 30, 2022 at 9:07 AM

Quote

Existential thinkers avoid restrictive models that categorise or label people. Instead, they look for the universals that can be observed transculturally.

This kind of statement is usually as far as I have ever gotten in reading. I think I follow what this statement means and it makes sense to me.

The issue I presume looms large, however, is that Epicurus takes many specific positions on issues such as life after death, supernatural gods, and absence of ideal forms which would define Epicurus' take on the nature of existence.

Is it fair to presume that an "Existential Therapist" also takes positions on basic questions about the nature of existence?

Quote

Existential therapy is a form of psychotherapy that explores the difficulties that an individual experiences but from a philosophical perspective.

So the question is "From WHAT philosophical perspective?" I presume in order for there to be any coherence there much be recognized boundaries on what "Existential Therapy" teaches as to the nature of existence? If so, what are they? I would not be particularly interested in recommending anyone get therapy from someone - even a "professional" - who approaches life from a Platonist or Stoic perspective.