

# Compatibility of Epicureanism and Existential Therapy

Post by “Kalosyni” of August 30, 2022 at 9:24 AM

[Quote from Cassius](#)

So the question is "From WHAT philosophical perspective?"

Existential psychotherapy comes out of the philosophy of Nietzsche and Kierkegaard. Then there were [later therapists](#) who expanded and adapted new perspectives, and it does appear there is a humanist approach.