

Epicurean Verse For When You're Feeling...

Post by "Cassius" of March 9, 2023 at 12:38 PM

[Quote from Kalosyni](#)

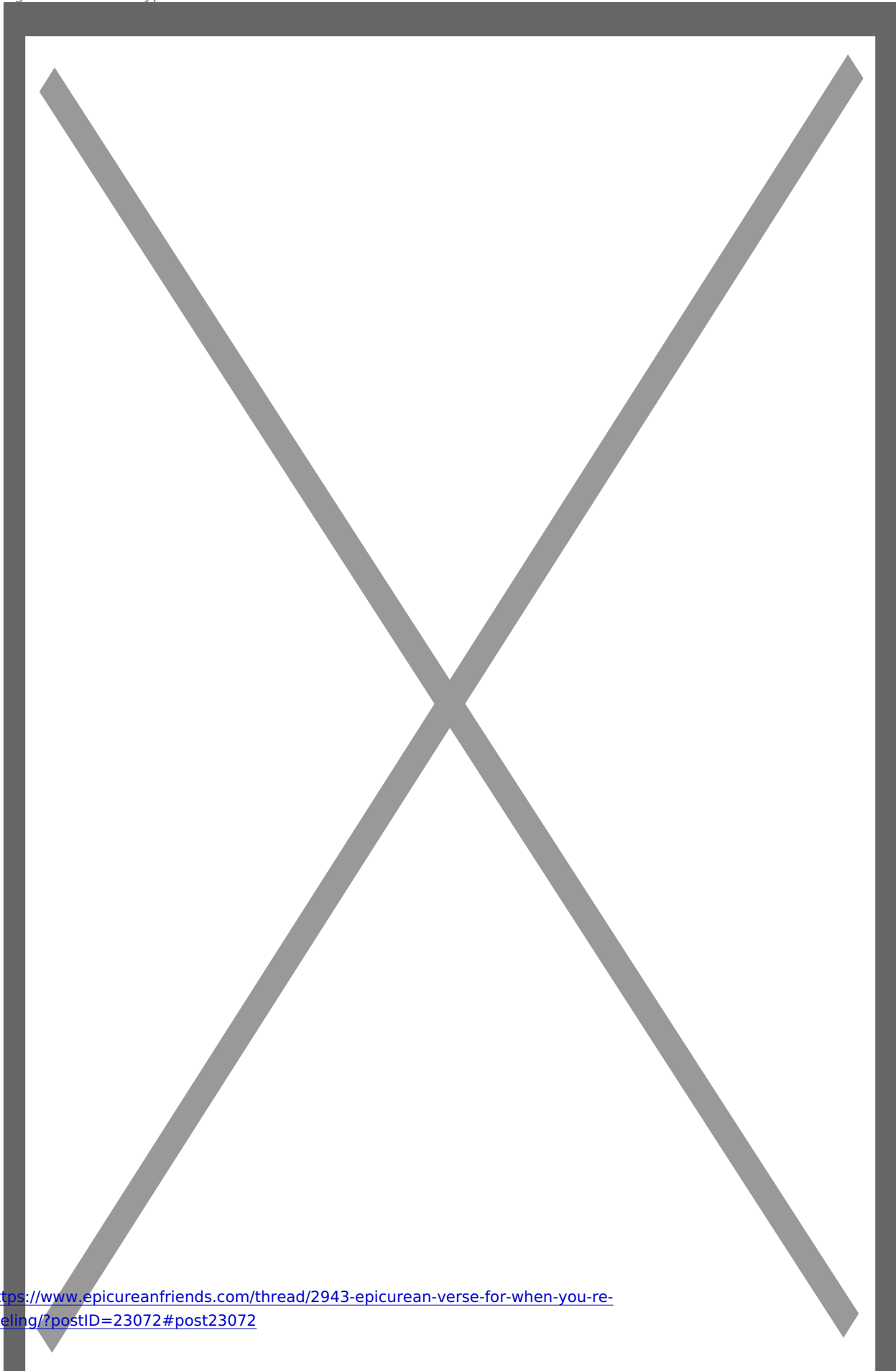
a certified therapist would be recommended for really difficult problems, since there are limits to Epicurean philosophy, and it is not a therapy, and thus cannot take the place of a certified therapist.

Ha the way that is worded makes me want to confirm also that "there are limits to certified therapy, and therapy is not a philosophy, and that cannot take the place of Epicurean philosophy." 😊

If someone truly needs medical assistance then they definitely need clinical therapy. But I would ultimately judge the success of clinical therapy according to philosophy, rather than the success of philosophy by clinical therapy.

For example see "**Philosophical concerns with CBT methods**"

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<https://www.epicureanfriends.com/thread/2943-epicurean-verse-for-when-you-re-feeling/?postID=23072#post23072>

[Cognitive behavioral therapy - Wikipedia](https://en.wikipedia.org)
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