

# **Philosophical Counseling - Article**

**Post by “Kalosyni” of June 27, 2024 at 10:33 AM**

I just found this which mentions Epicurus at the start yet brings up other philosophers.

It is food for thought about about the role of philosophy:

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[Existential doubts? Go see a philosopher instead of a psychologist](#)

Philosophical consultation has long operated in the shadows, aiming to resolve crucial dilemmas and foster life tolerance rather than treat mental health issues  
english.elpais.com