

# Welcome Shierprism

Post by “Kalosyni” of October 24, 2024 at 11:04 AM

Welcome to the forum [Shierprism](#) 😊

## [Quote from Shierprism](#)

I'm especially interested in how modern therapies such as ACT or REBT might usefully be plugged into the practice of a modern day Epicurean.

You may have already seen [this thread](#) (I myself haven't studied much about ACT except very briefly).

As for REBT, there is [this thread](#), which maybe could use some updating to include more aspects of Epicurean philosophy, such as not jumping to premature conclusions (we see this in canonic that one waits to see all the possible explanations).