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Genes on the Couch brings together respected clinicians who have integrated evolutionary insights into their case conceptualisations and therapeutic interventions. Various psychotherapy schools are represented, and each author provides illustrative examples of the interventions used.

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"Genes on the Couch... clearly articulates the benefits of using an evolutionary psychotherapy approach. The cohesive chapters successfully present evidence that viewing a behavior from the perspective that it is adaptive, rather than abnormal, and has now become maladaptive, may help psychotherapists gain greater understanding over psychopathologies, as well as produce more successful methods of treatment."

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The influence of temperament and mothering on attachment and exploration: An experimental manipulation of sensitive responsiveness among lower-class mothers with irritable infants. Child Development 65, 1457 – 1477.

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Paul Raymond Gilbert OBE (born 20 July 1951) is a British clinical psychologist. Gilbert is the founder of compassion focused therapy (CFT), compassionate mind training (CMT) and author of books such as The Compassionate Mind: A New Approach to Life's Challenges and Overcoming Depression.

~~Paul Gilbert (psychologist) - Wikipedia~~

In P. Gilbert & K. G. Bailey (Eds.), Genes on the couch: Explorations in evolutionary psychotherapy (pp. 118–150).

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Freud, Jung and Klein sought to identify and understand human motives, emotions and information processing as functions deeply-rooted in our evolved history. Despite this promising start and major developments in modern evolutionary psychology, anthropology and sociobiology, the last fifty years has seen little in the way of therapies derived from an evolutionary understanding of human psychology. The contributors to this timely book illuminate how an evolution focused approach to psychopathology can offer new insights for different schools of therapy and provide a rationale for therapeutic integration. Genes on the Couch brings together respected clinicians who have integrated evolutionary insights into their case conceptualisations and therapeutic interventions. Various psychotherapy schools are represented, and each author provides illustrative examples of the interventions used. Specific topics addressed include the nature of evolved mental mechanisms; regulation/dysregulation of internal processes; attachment and kinship in therapy; the importance of internalising warmth as a therapeutic goal; kin selection and incest avoidance; co-operation and deception in social relations; difficulties in working with certain male clients; gender differences in therapy and the roles of shame and guilt in treatment. Providing up-to-date summaries of recent thinking in this increasing important but diverse area, Genes on the Couch will be of interest to psychotherapists, psychiatrists and a wide range of mental health professionals.

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The Textbook of Evolutionary Psychiatry and Psychosomatic Medicine updates and expands on the original Textbook of Evolutionary Psychiatry (OUP, 2008) to provide answers to these questions by emphasising an evolutionary perspective on psychiatric and psychosomatic conditions. It explains how the human brain/mind has been shaped by natural and sexual selection; why adaptations to environmental conditions in our evolutionary past may nowadays work in suboptimal ways; and how human cognition, emotions, and behaviour can be scientifically framed to improve our understanding of how people try to attain important biosocial goals pertaining to one's status in society, mating, eliciting and providing care, and maintaining rewarding relationships.

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Evolutionary psychology has recently made inroads in clinical psychology, bringing the understanding that, in some cases, mental symptoms are not manifestations of brain disorders, but rather evolved mechanisms that might function in overdrive or signal fitness problems. Thus, improvements in fitness may lead to improvements in those symptoms. Armed with such insights, this brief describes a comprehensive therapy protocol for depression – Cognitive Evolutionary Therapy (CET) –, which incorporates evolutionary understandings of this condition into well-validated cognitive techniques. CET starts with an evaluation of the evolutionary fitness of an individual, which represents the springboard for specific, evolutionary-driven behavioral and cognitive interventions. Based on the fitness evaluation, which takes place at intake, the CET therapist comes pre-equipped with a list of the patient's fitness problems and can start working on them very early on in therapy, potentially leading to shorter interventions and cost savings. This brief will appeal to clinical psychologists and therapists who frequently employ CBT principles in therapy, as well as to clinicians who want to incorporate insights from evolutionary disciplines into their approaches.

Self-criticism is a personality trait that has been implicated in a wide range of psychopathologies and developmental arrests. Defined as the tendency to set unrealistically high standards for one's self and to adopt a punitive stance towards the self once these standards are not met, self-criticism is both active and cyclical. Self-critics actively create the social-interpersonal conditions that generate their distress, and their distress itself exacerbates self-criticism. Erosion offers a comprehensive treatment of self-criticism based in philosophy, developmental science, personality and clinical psychology, social theories, and cognitive-affective neuroscience. Professor Golan Shahar expertly summarizes the most recent research on the topic and synthesizes theory, empirical research, and clinical practice guidelines for assessment, prevention, and treatment. The book rests upon three elements that, as Shahar argues, are central to the maintenance of self-critical vulnerability: the importance of a concept of an authentic self or the need to "feel real"; the importance of intentionality and goal-directedness; and the power of interpersonal relationships and cultural context. Shahar argues that exploring these elements requires an integrated clinical approach that incorporates multidimensional assessment and interventions which reconcile science, practice, and policy. The result is a broad and scholarly volume that is useful to practitioners, researchers, and theorists interested in self-criticism.

The relatively new and controversial evolutionary approaches to psychopathology are examined in this collection edited by Paul Gilbert. Leading contributors explore some of the central evolutionary concepts that may have implications for cognitive theory and practice. The collection also focuses on specific problems where evolutionary-cognitive theory approach has been effective, for example on issues of optimism/pessimism, fear and anxiety, and command hallucinations in psychosis.

Drawing on evidence from across the behavioural and natural sciences, this book advances a radical new hypothesis: that madness exists as a costly consequence of the evolution of a sophisticated social brain in Homo sapiens. Having explained the rationale for an evolutionary approach to psychosis, the author makes a case for psychotic illness in our living ape relatives, as well as in human ancestors. He then reviews existing evolutionary theories of psychosis, before introducing his own thesis: that the same genes causing madness are responsible for the evolution of our highly social brain. Jonathan Burns' novel Darwinian analysis of the importance of psychosis for human survival provides some meaning for this form of suffering. It also spurs us to a renewed commitment to changing our societies in a way that allows the mentally ill the opportunity of living. The Descent of Madness will be of interest to those in the fields of psychiatry, psychology, sociology and anthropology, and is also accessible to the general reader.

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Human Nature and Suffering is a profound comment on the human condition, from the perspective of evolutionary psychology. Paul Gilbert explores the implications of humans as evolved social animals, suggesting that evolution has given rise to a varied set of social competencies, which form the basis of our personal knowledge and understanding. Gilbert shows how our primitive competencies become modified by experience - both satisfactorily and unsatisfactorily. He highlights how cultural factors may modify and activate many of these primitive competencies, leading to pathology proneness and behaviours that are collectively survival threatening. These varied themes are brought together to indicate how the social construction of self arises from the organization of knowledge encoded within the competencies. This Classic Edition features a new introduction from the author, bringing Gilbert's early work to a new audience. The book will be of interest to clinicians, researchers and historians in the field of psychology.

Highly acclaimed in its First Edition for its practical and sensitive approach, Counselling for Depression is an insightful guide to depression and the essential interpersonal skills and techniques which can be used in counselling the depressed person. Taking account of new developments in the field, the Second Edition has been fully updated and features an additional chapter on interventions. Paul Gilbert examines the inherent features - a sense of failure, abandonment, powerlessness, shame and guilt - and highlights the fragility and negativity of the depressive state. Using illustrations and case examples, he traces the steps appropriate at different stages in the counselling process and shows how th

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