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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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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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