

Genes on the Couch

**Explorations in evolutionary
psychotherapy**

Edited by

Paul Gilbert and Kent G. Bailey

A Psychology Press Book



Genes On The Couch Explorations In Evolutionary Psychotherapy

Alan Meaden, Andrew Fox



Genes On The Couch Explorations In Evolutionary Psychotherapy:

Genes on the Couch Paul Gilbert, Kent G. Bailey, 2000 Brings together some of the top clinicians working within an evolutionary framework for the purpose of defining the new field of evolutionary psychotherapy and outlining new treatment approaches Genes on Couch Gilbert, Bailey, 2002 **Textbook of Evolutionary Psychiatry and Psychosomatic Medicine** Martin Brüne, 2015-11-12 Psychiatry and Psychosomatic Medicine are concerned with medical conditions affecting brain mind and behaviour in manifold ways Traditional approaches have focused on a restricted array of potential causes of psychiatric and psychosomatic conditions including adverse experiences such as trauma neglect or abuse genetic vulnerability and epigenetic regulation of gene expression Whilst essential for the understanding of mental disorders these approaches have disregarded important questions such as why the human mind is vulnerable to dysfunction at all The Textbook of Evolutionary Psychiatry and Psychosomatic Medicine updates and expands the previous edition 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 The evolutionary topics relevant to the understanding of psychiatric and psychosomatic conditions include the concepts of genetic plasticity life history theory stress regulation and immunological aspects In addition it is argued that an evolutionary framework is also necessary to understand how psychotherapy and psychopharmacology work to improve the lives of patients with psychiatric and psychosomatic disorders The Textbook of Evolutionary Psychiatry and Psychosomatic Medicine is a valuable text for all students of Psychology Medicine and Psychotherapy who seek an understanding of the evolutionary issues surrounding health and disease The Complete Overcoming Series Peter Cooper, 2012-11-01 The complete set of self help guides from the popular Overcoming series Each guide is based on Cognitive Behavioral Therapy CBT an evidence based therapy which is recommended by the NHS for the treatment of a large number of psychological difficulties Each guide comprises a step by step self help programme based on CBT and contains Useful information about the disorder Practical strategies and techniques based on CBT Advice on how to keep recovery going Further resources The Complete Overcoming Series contains 31 titles Overcoming Anger and Irritability Overcoming Anorexia Nervosa Overcoming Anxiety Overcoming Body Image Problems including Body Dysmorphic Disorder Overcoming Bulimia Nervosa and Binge Eating Overcoming Childhood Trauma Overcoming Chronic Fatigue Overcoming Chronic Pain Overcoming Compulsive Gambling Overcoming Depersonalization Feelings of Unreality Overcoming Depression Overcoming Grief Overcoming Health Anxiety Overcoming Insomnia and Sleep Problems Overcoming Low Self Esteem Overcoming Mood Swings Overcoming Obsessive

Compulsive Disorder Overcoming Panic and Agoraphobia Overcoming Paranoid and Suspicious Thoughts Overcoming Perfectionism Overcoming Problem Drinking Overcoming Relationship Problems Overcoming Sexual Problems Overcoming Social Anxiety and Shyness Overcoming Stress Overcoming Traumatic Stress Overcoming Weight Problems Overcoming Worry Overcoming Your Child's Fears Worries Overcoming Your Child's Shyness and Social Anxiety Overcoming You Smoking Habit

Cognitive Evolutionary Therapy for Depression Cezar Giosan, 2020-02-20 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.

Integrating Psychotherapy and Psychophysiology Patrick Steffen, Donald Moss, 2024-08-23 In recent years it has become common for psychotherapists to use psychophysiological approaches such as biofeedback as a part of their therapy. This book provides a guide to professionals in the field on how to effectively integrate psychotherapy and psychophysiology.

Compassion Focused Therapy Paul Gilbert, Gregoris Simos, 2022-02-27 Compassion Focused Therapy Clinical Practice and Applications offers evidence based guidance and extensive insight into the science behind compassion focused therapy. The first section of the book explores the evolution and physiological infrastructures of caring and how compassion arises when humans use their complex cognitive competencies to address suffering deliberately and intentionally. With this framework and basis the next sections of the book explore CFT applied to groups specific interventions such as chair work the importance of applying the principles of the therapy to oneself the CFT therapeutic relationship and a chapter offering a systematic review of the evidence for CFT. The third section offers a series of multi authored chapters on interventions for a range of different mental health problems such as depression anxiety trauma and many others. Being the first major clinical book on compassion focused therapy with leading international researchers and clinicians addressing central problems this landmark publication will appeal to psychotherapists from a variety of schools as well as being a vital resource for compassion focused therapists.

Cognitive Behaviour Therapy Gregoris Simos, 2008-12-09 The treatment developments in Cognitive Behavioural Therapy constitute the heart of this book. It focuses on clinical practice and treatment

techniques for a variety of specific disorders including major depression and suicidal behaviour

Case Formulation in Cognitive Behaviour Therapy Nicholas Tarrier, Judith Johnson, 2015-07-06 Since the successful first edition of Case Formulation in Cognitive Behaviour Therapy there has been a proliferation of psychological research supporting the effectiveness of CBT for a range of disorders Case formulation is the starting point for CBT treatment and Case Formulation in Cognitive Behaviour Therapy is unique in both its focus upon formulation and the scope and range of ideas and disorders it covers With a range of expert contributions this substantially updated second edition of the book includes chapters addressing the evidence base and rationale for using a formulation driven approach in CBT disorder specific formulation models the formulation process amongst populations with varying needs formulation in supervision and with staff groups New to the book are chapters that discuss Formulation amongst populations with physical health difficulties Formulation approaches to suicidal behaviour Formulation with staff groups Case Formulation in Cognitive Behaviour Therapy will be an indispensable guide for experienced therapists and clinical psychologists and counsellors seeking to continue their professional development and aiming to update their knowledge with the latest developments in CBT formulation

Evolutionary Psychology Lance Workman, Will Reader, 2014-01-09 Third edition of the classic undergraduate psychology textbook entirely updated to combine traditional and cutting edge research and additional pedagogical features

Innovations in Psychosocial Interventions for Psychosis Alan Meaden, Andrew Fox, 2015-03-24 Despite the steady acceptance of psychological interventions for people with psychosis in routine practice many people continue to experience problems in their recovery The need to develop new approaches particularly for those who are more difficult to engage and have significant co morbidities is therefore important *Innovations in Psychosocial Interventions for Psychosis* positions psychological formulation as a key organising principle for the delivery of care within multidisciplinary teams The interventions described all have the common theme of supporting recovery and achieving goals that are of primary importance to the service user which targets interventions on broader obstacles to recovery Along with their experienced contributors Alan Meaden and Andrew Fox introduce new developments in psychological interventions for people affected by psychosis who are hard to reach working in a variety of settings with people at various stages of recovery The book is divided into three parts In part one brief interventions and approaches aimed at promoting engagement are described as interventions in their own right Part two is focused on longer term interventions with individuals Some of these highlight new developments in the evidence base whilst others draw on work applied less frequently to psychosis drawing from the broader psychological therapy practice based evidence field In part three attention is given to innovations in group settings and those aimed at promoting greater multidisciplinary working in settings where a whole team approach is needed Each chapter describes the theory underpinning a different approach its development key strategies principles and stages and contain case examples that illustrate the use of the approach in a clinical setting *Innovations in Psychosocial Interventions for Psychosis*

will be an invaluable resource to professionals working with this client group including clinical and counselling psychologists psychiatrists and other allied health professionals

Archetype Revisited Anthony Stevens, 2015-06-05 Archetype A Natural History of the Self first published in 1982 was a ground breaking book the first to explore the connections between Jung's archetypes and evolutionary disciplines such as ethology and sociobiology and an excellent introduction to the archetypes in theory and practical application as well C G Jung's archetypes of the collective unconscious have traditionally remained the property of analytical psychology and have commonly been dismissed as mystical by scientists But Jung himself described them as biological entities which if they exist at all must be amenable to empirical study In the work of Bowlby and Lorenz and in studies of the bilateral brain Anthony Stevens has discovered the key to opening up this long ignored scientific approach to the archetypes originally envisaged by Jung At last in a creative leap made possible by the cross fertilisation of several specialist disciplines psychiatry can be integrated with psychology with ethology and biology The result is an immensely enriched science of human behaviour In Archetype Revisited Stevens considers the enormous cultural social and intellectual changes that have taken place since the publication of the original edition and includes An updated chapter on The Archetypal Masculine and Feminine reflecting recent research findings and developments in feminist thinking Commentary on the intrusion of neo Darwinian thinking into psychology and psychiatry Analysis of what has happened to the archetype in terms of our understanding of it and our responses to it This Classic Edition of the book includes a new introduction by the author

The Complete Guide to Overcoming depression, low mood and other related problems (ebook bundle) Colin Espie, Jan Scott, Melanie Fennell, Paul Gilbert, William Davies, 2013-01-17 This exclusive ebook bundle comprises five practical self help programmes based on cognitive behavioural therapy CBT from the bestselling Overcoming series Perfect for anyone experiencing problems with low mood or depression and associated problems such as low self esteem anger or sleep problems This is also the perfect resource for therapists Each book includes Case studies Practical exercises Monitoring sheets Overcoming Depression 3rd edition If you suffer from depression you are far from alone Depression is very common affecting over 300 million people around the world Written by Professor Paul Gilbert OBE internationally recognised for his work on depression this highly acclaimed self help book has been of benefit to thousands of people including sufferers their friends and families and those working in the medical profession This fully revised third edition has been extensively updated and rewritten to reflect over ten years of new research on understanding and treating depression particularly the importance of developing compassionate ways of thinking behaving and feeling Overcoming Mood Swings Most people know what it is like to experience high or low spirits For some individuals however emotional extremes can seriously disrupt their lives either because they happen too frequently or because the mood swings are intense and are accompanied by other symptoms of depression or mania often referred to as bipolar disorder This practical self help guide provides background information on depression and mania and offers tried and tested techniques that will help the reader identify and manage

their mood more effectively and achieve a more stable emotional state

Overcoming Low Self Esteem A self help classic winning acclaim for its practical and user friendly approach and now recommended on the National Health Service's self help scheme known as Books on Prescription This book will aid readers to understand what has caused their low self esteem and with this knowledge break out of the vicious circle of negative self image learn the art of self acceptance and alter their lives for the better

Overcoming Anger and Irritability An invaluable self help guide to managing a widespread behavioural problem This is a practical self help programme for those who find that they are spoiling the lives of both themselves and those around them with their almost constant irritability and flashes of bad temper It will help the reader understand why such behaviour occurs and what can be done to prevent it

Overcoming Insomnia Extensive research conducted over 25 years has established Cognitive Behavioural Therapy CBT as the treatment of choice for insomnia For the first time proven CBT principles have been brought together by a world renowned expert on insomnia in a comprehensive self help manual In a clear step by step approach new patterns of relaxation sleeping and waking are quickly learnt Based on clinically proven techniques

The Bright Side of Shame Claude-Hélène Mayer, Elisabeth Vanderheiden, 2019-04-25 This book provides new ideas on how to work with and constructively transform shame on a theoretical and practical level and in various socio cultural contexts and professions It provides practical guidelines on dealing with shame on the basis of reflection counselling models exercises simulations specific psychotherapeutic approaches and auto didactical learning material so as to transform shame from a negatively experienced emotion into a mental health resource The book challenges theorists to adopt an interdisciplinary stance and to think outside the box Further it provides practitioners such as coaches counsellors therapists trainers and medical personnel with practical tools for transforming negative experiences and emotions In brief the book shows practitioners how to unlock the growth potential of individuals teams and organisations allowing them to develop constructively and positively

Evolutionary Psychiatry Riadh Abed, Paul St John-Smith, 2022-09-29 Evolutionary psychiatry attempts to explain and examine the development and prevalence of psychiatric disorders through the lens of evolutionary and adaptationist theories In this edited volume leading international evolutionary scholars present a variety of Darwinian perspectives that will encourage readers to consider why as well as how mental disorders arise Using insights from comparative animal evolution ethology anthropology culture philosophy and other humanities evolutionary thinking helps us to re evaluate psychiatric epidemiology genetics biochemistry and psychology It seeks explanations for persistent heritable traits shaped by selection and other evolutionary processes and reviews traits and disorders using phylogenetic history and insights from the neurosciences as well as the effects of the modern environment By bridging the gap between social and biological approaches to psychiatry and encouraging bringing the evolutionary perspective into mainstream psychiatry this book will help to inspire new avenues of research into the causation and treatment of mental disorders

Steeped in Blood Frances J. Latchford, 2019-08-15 What personal truths reside in biological ties that are absent in

adoptive ties And why do we think adoptive and biological ties are essentially different when it comes to understanding who we are At a time when interest in DNA and ancestry is exploding Frances Latchford questions the idea that knowing one's bio genealogy is integral to personal identity or a sense of family and belonging Upending our established values and beliefs about what makes a family *Steeped in Blood* examines the social and political devaluation of adoptive ties It takes readers on an intellectual journey through accepted wisdom about adoption twins kinship and incest and challenges our naturalistic and individualistic assumptions about identity and the biological ties that bind us sometimes violently to our families Latchford exposes how our desire for bio genealogical knowledge understood as it is by family and adoption experts pathologizes adoptees by posing the biological tie as a necessary condition for normal identity formation Rejecting the idea that a love of the self same is fundamental to family bonds her book is a reaction to the wounds families suffer whenever they dare to revel in their difference A rejoinder to rhetoric that defines adoptees adoptive kin and their family intimacies as inferior and inauthentic *Steeped in Blood's* view through the lens of critical adoption studies decentres our cultural obsession with the biological family imaginary and makes real the possibility of being family in the absence of blood *Evolutionary Psychiatry, second edition* Anthony Stevens, John Price, 2014-01-14 Challenging a medical model which has supplied few effective answers to long standing conundrums *Evolutionary Psychiatry* proposes a new conceptual framework for psychiatry based on Darwinian theory Anthony Stevens and John Price argue that psychiatric symptoms are manifestations of ancient adaptive strategies which are no longer necessarily appropriate but which can best be understood and treated in an evolutionary and developmental context They propose theories to account for the widespread existence of affective disorders borderline states and schizophrenia as well as offering solutions for puzzles such as sadomasochism and the function of dreams This comprehensive introduction to the new science of Darwinian Psychiatry is readily accessible to both the specialist and non specialist reader It describes in detail the disorders and conditions commonly encountered in psychiatric practice and show how evolutionary theory can account for their biological origins and functional nature *Living Archetypes* Anthony Stevens, 2015-06-26 Anthony Stevens has devoted a lifetime to modernizing our understanding of the archetypes within us relating them to conceptual developments in a variety of scientific disciplines such as the patterns of behaviour of behavioural ecology the species specific behavioural systems of Bowlby's attachment theory the deep structures of Chomskian linguistics and the modules of evolutionary psychology to name but a few This selection of papers and chapters from the course of Stevens' career all lucidly written and argued highlight episodes in the progress of his quest to place archetypal theory on a sound scientific foundation As a whole *Living Archetypes* examines how archetypes are activated in the life history of all of us how archetypal imperatives may be fulfilled or thwarted by our living circumstances how they manifest in our dreams symbols fantasies and symptoms and how appreciating their dynamics can generate insights of enormous therapeutic power *Living Archetypes: The Selected Works of Anthony Stevens* provides an invaluable resource for

Jungian psychotherapists psychologists academics and students committed to extending the evolutionary approach to psychology and psychiatry and understanding the dynamic significance of archetypes *Interpersonal Cognition* Mark W. Baldwin, 2006-04-20 Presenting state of the art research from leading investigators this volume examines the processes by which people understand their interpersonal experiences Provided are fresh perspectives on how individuals glean social knowledge from past relationships and apply it in the here and now Also explored are the effects of biases and expectancies about significant others on relationship satisfaction and personal well being Broad in scope the book integrates findings from experimental social psychology with insights from developmental personality and clinical psychology Throughout chapters strike an appropriate balance between theory and method offering an understanding of the core issues involved as well as the tools needed to study them *Psychotherapy and Counselling for Depression* Paul Gilbert, 2007-05-16 Excellent Excellent I would thoroughly recommend this book to any other counsellor or psychotherapist It is described on the back cover as outstanding valuable and an essential resource and I would fully endorse all of these descriptions I have been qualified for 10 years and have had extensive client experience but feel I have gained so much from Gilbert's wisdom on this topic It is excellent value for money and again I would recommend it to any practitioner The Independent Practitioner This book takes the reader gently but thoroughly through the biopsychosocial processes that underpin depression Excellent worksheets and information sheets are provided as appendices It is a valuable resource for those who already work with depression and essential reading for those considering working in this field *Therapy Today* Paul Gilbert provides the reader with a refreshingly wide ranging integrative and up to date understanding of the nature assessment and treatment of depression All psychological therapists will benefit from reading his important book *Healthcare Counselling and Psychotherapy Journal* Paul Gilbert writes in a scholarly yet accessible style on the bio psychosocial perspectives of depression I agree with him that knowledge of such areas is crucial to being able to work effectively with people experiencing depression *Nursing Standard* 5 star review *Psychotherapy and Counselling for Depression* Third Edition by the distinguished psychologist Paul Gilbert is an outstanding contribution to the field I read this book with great enthusiasm and interest and I must acknowledge admiration All clinicians will benefit from reading this valuable book Robert L Leahy President International Association for Cognitive Psychotherapy Paul Gilbert's *Psychotherapy and Counselling for Depression* Third Edition is a popular and practical guide to working with people suffering from depression The book is based on a wealth of research into evolutionary cognitive behavioural and emotion focused approaches to depression It outlines how to work with general negativity sense of failure and abandonment and feelings of powerlessness anger shame and guilt The book examines the essential stages of the therapeutic process from conceptualization and formulation through to a wide variety of interventions for different types of difficulty It has been greatly revised expanded and updated for the Third Edition and o explores in depth the biopsychosocial processes underpinning depression o shows how a compassionate mind approach

can be incorporated into different types of therapy o includes a new chapter focusing on the role of the therapeutic relationship including therapeutic dialogues o features detailed guidance with case examples on how to work with a wide variety of depressions Psychotherapy and Counselling for Depression Third Edition is an essential resource and comprehensive guide for practitioners and anyone involved with treating depression Paul Gilbert is Professor of Psychology in the Mental Health Research Unit at Kingsway Hospital Derby

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