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Genes on the Couch: Explorations in Evolutionary ...

Daniel Kriegman is an American psychologist and writer whose work focuses on the interface between psychoanalysis and evolutionary biology. He is a founder of the Psychoanalytic Couple and Family Institute of New England, and was a faculty member at the Massachusetts Institute for Psychoanalysis.

Genes On The Couch Explorations

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: Explorations in evolutionary psy-chotherapy, Brenner-Routledge, Hove, 2000) social men-tatlities theory and compassionate mind training (Gilbert and Irons, Compassion: Conceptualisations, research and use in psychotherapy, Brunner-Routledge, London, 2005). In two weeks, the self-soothing intervention lowered shame

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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.

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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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