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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).