



CBT clearly plays a significant and an invaluable role in NHS mental health provision, in both individual and group therapy. However, it can sometimes prove ill-equipped to address some client needs. Peter Klein explores how evolutionary psychology can be used in group therapy, by assisting clients in understanding the role of their mental health issues in evolutionary terms. He provides a rich range of examples of how anxiety, low self-esteem and other mental health issues all have a role to play from an evolutionary perspective. Helping clients to understand this can assist them in normalising their problems and finding strategies to overcome them.

In this journal, we hope to showcase the diverse range of innovative therapies within NHS mental health services throughout the UK. In the next issue, we will explore dynamic interpersonal therapy, a short-term form of psychodynamic therapy, and we will look at counselling for depression later in the year. If you have views on the provision of these services, or perhaps some examples of best practice, then please do let us know. Equally, if there are other topics that you would like to see addressed in this journal, or if you would like to contribute an article yourself, then do contact us.



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REFERENCE

¹ BACP. *Choice of therapies in IAPT: an overview of the availability and client profile of step 3 therapies.* [Online.] Lutterworth: BACP; 2016. http://www.bacp.co.uk/research/publications/choice_of_therapies_IAPT.php (accessed 2 March 2017).



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