



## Why Don t Psychotherapists Laugh?: Enjoyment and the Consulting Room (Paperback)

By Ann Shearer

Taylor Francis Ltd, United Kingdom, 2016. Paperback. Condition: New. Language: English . Brand New Book. The capacity for humour is one of life s blessings. So why is it so lacking in the theory and even the practice of analysis and therapy? Why Don t Psychotherapists Laugh? is the first book of its kind about a neglected and even taboo topic: the place of enjoyment and good humour in psychotherapy. Why Don t Psychotherapists Laugh? traces the development of professional psychotherapy and its almost exclusive focus on life s tragedies. This may naturally suit some practitioners; others may learn that a proper therapeutic persona is serious, even solemn. But what are they and their clients missing? Ann Shearer draws on ideas about humour and its functions from antiquity to contemporary stand-up comedy and beyond, to explore how it works in both mind and body. Shearer demonstrates how even the blackest humour may yield psychological information, and how humour can help build therapeutic relationships and be a catalyst for healing. Through real-life stories from consulting rooms, told by both therapists and clients, the author shows how a sense of enjoyment and good humour can restore life to people in distress-and..



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