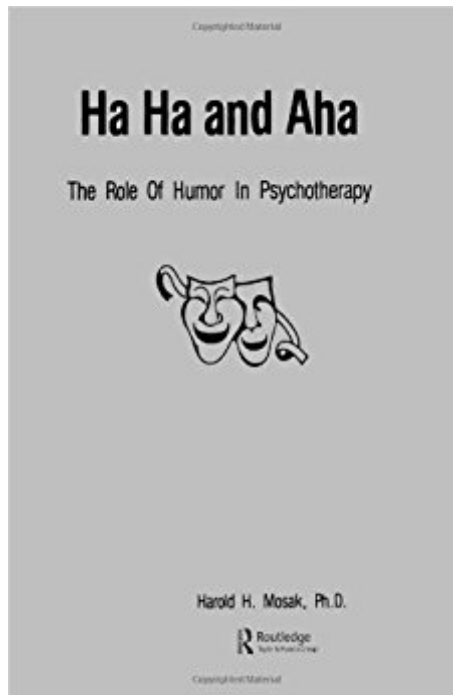




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Ha, Ha And Aha: The Role Of Humor In Psychotherapy



Synopsis

First published in 1987. Routledge is an imprint of Taylor & Francis, an informa company.

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Customer Reviews

The last thing a counselor wants to be seen as is a 'stick in the mud'. For counseling to be successful, the atmosphere must be one of understanding and connectedness. Nothing can communicate acceptance, hopefulness and connectedness more than therapeutic humor. Dr. Mosak has crammed his many decades of experience into this marvelous volume that helps the counselor appropriately steer the session toward productive stories, anecdotes and lessons which hit their mark by virtue of the light-heartedness factor that allows the client to be open to the insight intended. I highly recommend this book for all who deal with people trying to resolve human problems whether in counseling, human relations or clergy.

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