

Humour in Life and Therapy: A psychologist's humour is no laughing matter

Event number: 18989

4 CPD hours

Study Group Network

Presenter(s): Moshe Lang

One man's meat is another man's poison,

One person's humour is another person's pain, hurt and humiliation.

Humour is always in the moment, specific context determined,

When you cry you cry alone and when you smile the whole world smiles with you. The humorous person draws others towards them.

Humour is associated with being positive, optimistic, vital, flexible, joyful, and light.

Good humour is laughing with, bad is laughing at. Jokes are important but a low level form of humour. The essential humour is light, fleeting, and the one you can hardly notice. The one that draws us closer together and makes it possible for us to smile, and enable us to talk more freely, more deeply and share with greater ease our pain, hurt trauma and depression.

The ideal therapeutic encounter, allows for the possibility of deep personal engagement, containing within it humour, enjoyment and pleasure.

As a therapist, I am open, and state from time to time to my patients, that I hope we can from time to time laugh together.

There is considerable evidence supporting the importance of humour in life and therapy. Some of the leaders in the field from Carl Jung, to Chloe Madanes and Joseph Moreno, have written about the significance of humour. This stands in stark contrast with the almost total absence of humour in the psychology curriculum.

The job of the therapist is to facilitate change. This occurs through the use of the language of change, which is the language of story, play, metaphor, imagination and humour, rather than the language of logic and academic discourse.

Humour connects people more deeply:

- Facilitating creativity;
- Promotes relaxation;
- Reduces tension, anxiety and depression;

- Helps to overcome rigidity by promoting multiple ways of seeing.
- Provides a powerful index of intimacy;
- Useful boundary marker and interrupter of vicious cycles.

My own work is permeated with humour (see 'The Answer Within', 'Corrupting the Young', 'Resilience' and the DVD 'Behind Closed Doors'.)

This workshop is aimed at all levels of practitioners and will offer the opportunity to observe and experience the use of humour in therapy.

Learning Outcomes:

- An increase awareness of the importance of humour in life and in therapy;
- Gain an understanding of how humour works;
- Appreciating the risks of using humour and the risks of not using it;
- To learn how to cultivate humour in yourself as a person and as a therapist.

About the presenter(s)

Moshe Lang is one of Australia's best known family therapists. He has practiced and taught clinical psychology and family therapy in Melbourne since 1965 and he has been a regular commentator on issues associated with clinical psychology and family therapy, Moshe is well known for his workshops and unique teaching style, marked by clarity, humour and empathy.

Moshe has published extensively in the professional literature on themes ranging from work with children and adolescents, depression, eating disorders, suicide, school refusal, work with Holocaust survivors and their families, couples therapy and teaching family therapy. He is the co-author of *Corrupting the Young* and *Other Stories of a Family Therapist* and *Resilience: Stories of a Family Therapist* (with Tessa Lang); as well as *A Family in Therapy* and *The Answer Within* (with Peter McCallum). These highly regarded books have been extensively reviewed and translated to Hebrew and French. Recently he has brought out two highly praised DVDs, *Behind Closed Doors*, providing the viewers, professional and general public alike with the opportunity to see him at work.

Notes

Please make sure you read the group description and details carefully before registering for a study group. CANCELLATION POLICY: As we keep study group fees to a minimum and presenters are paid according to the numbers who attend, we prefer not to provide refunds other than for 'exceptional, unforeseeable circumstances'. We are happy for you to nominate an alternative attendee or you may transfer to another study group, but only within 2 months as this adds extra admin costs. Cancellations up to 14 days prior to the study group you are registered for will receive a full refund. Cancellations within 1-13 days of the study group will receive a 50% refund. Cancellations within 24 hours of a study group will not be refunded. All cancellations must be given in writing.

Online registration

Register

Caulfield South

Caulfield South Community House

450-452 Kooyong Road

Caulfield South, VIC 3162

Australia

Venue is wheelchair accessible

Start date: 16/9/2017

End date: 16/9/2017

Time: 1pm - 5pm

Cost

APS member: \$110

APS student member: \$110

Non APS member: \$220

Organiser

APS - Melbourne Branch

The Study Group Network (SGN) is an initiative of the APS Melbourne Branch designed to improve psychologists' clinical and research skills and to keep them current with new developments.

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