

# PSYCH-BYTES

Focussed CPD sessions that are practical, connect to theory, and offer opportunities for insight and reflection | Facilitated by Brian McMinn

## THE VALUE OF HUMOUR IN COUNSELLING



### WHY THE LONG FACE?

*“Laughter is, and always will be, the best form of therapy”*

~ Dau Voire

Generally, therapy tends not to be humorous, with the focus quite rightly on more serious life experience that impacts a person’s functioning in the world. Delving into serious perspectives and explorations, while often necessary, can at times deepen and strengthen those already dark aspects of our lives. Well-timed and appropriate humour can invite clients to explore beyond that shadowy figure, which for many has loomed large over life, and so experience and revitalise the other, just as valid, aspects of experience.

In this workshop we will examine a number of potential benefits of humour, explore our own experiences of therapeutic humour, and hopefully find more of our own fun parts in the process.

Handouts and attendance certificates will be provided, as will tea, coffee, and biscuits.

**Saturday 30<sup>th</sup> November 2019, 1pm - 3.45pm**

The Space, 60 Rodney Street, Liverpool, L1 9AD (parking at Anglican Cathedral)

**Cost £50 (concessions available)**

**To book a place please email me: [b.d.mcminn@icloud.com](mailto:b.d.mcminn@icloud.com)**

**Brian McMinn** MSc MA: I’m an accredited Gestalt therapist, working part-time for Liverpool University and in private practice. My background is in industry (electrical and electronics), and as a tutor/lecturer/programme leader/course leader in FE and HE settings. I have been practising as a therapist for 25 years...I hope to get it right soon!