

[Download pdf ebook] The Use of Humor in Psychotherapy

## The Use of Humor in Psychotherapy

*Herbert S. Strean*

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**Herbert S. Strean : The Use of Humor in Psychotherapy** before purchasing it in order to gage whether or not it would be worth my time, and all praised The Use of Humor in Psychotherapy:

Until recently, the use of humour in therapy has been both decried and demeaned. However, Sigmund Freud was an active joke-teller and used wit in many interactions with patients. This text considers the effects of using humour in work with patients in psychoanalysis and psychotherapy.