

## ABSTRACT

In this study I intend to explore the question of whether there is a role for humour in the process of Integrative Psychotherapy. I will declare and explore my personal interest in this subject before attempting to review and critically analyse any existing, obtainable literature around this area. I will then describe and present a small but intensive piece of qualitative research, which I have carried out on this theme before attempting to reflect upon and discuss the results obtained within the context of the literature already reviewed. I then hope to offer a further personal perspective in light of the both the literature and the research findings, which may include some suggestions, based upon this material.