

Abstract

This dissertation looks at the role of laughter within the therapeutic relationship and how it facilitates, or hinders contact.

Whilst much has been written about humour, there is very little research on laughter. What there is comes mostly from the field of behavioural neuroscience. Laughter is a powerful tool in social bonding. It is used between caregiver and infant to initiate and maintain contact, often through play, and is important in regulating positive affect in the developing brain.

This study considers the likelihood of attachment styles being linked to attuned responses between infant and caregiver, and the implications this has for reparative work within therapy.