

## **2: ABSTRACT**

Without doubt psychotherapy is a serious business but my belief is that there is also room for humour even when we are tackling the most difficult of subjects. In this dissertation I will be using an Integrative and Humanistic approach to explore the, sometimes controversial, use of humour in the therapeutic alliance. Using relevant literature from psychotherapy and neuroscience I will endeavour to create a coherent argument as to why I believe this most primitive of human responses cannot be ignored in our work with clients. The inclusion of a case study will highlight how humour can not only increase awareness and attunement but can also facilitate change.

110 words