



# The Humour Triangle

*Andrew J. Lansdown*

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## **The Humour Triangle** Andrew J. Lansdown

During Lansdown's research interviews Therapists acknowledged that the relationship between the therapist and the client is one of the most important factors in the therapeutic process.

When Lansdown mentioned 'humour' and 'therapy' in the question "Could Humour enhance the Therapeutic relationship?" he was amazed by the polar and dogmatic reactions of his test subjects.

It is a commonly held belief that psychotherapy is a paradigmatically serious and heavy subject and that Humour is not compatible with Counselling.

As the late Sir Winston Churchill once said "a joke is a very serious thing".

However...

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