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Humor and Wellness in Clinical Intervention

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Humor and Wellness in Clinical Intervention

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Presenting a cutting-edge theory for using humor in psychotherapy, counseling, and clinical intervention, this volume brings together a group of outstanding experts in the field of clinical intervention. Each chapter shows how humor can play a vital role in the promotion of wellness in general and in mental health wealthness in particular. It provides specific theoretical perspectives aimed at helping readers develop both their awareness of humor as a clinical tool and dexterity in using humor to facilitate productive change during the therapeutic process.

This book will be of interest to students and professionals in all areas of the helping and healing professions. In addition to the psychotherapeutic disciplines, it also has applications in human relations and communication-training fields.

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