FORUM REVIEW

Practical Uses of Humor for Enhanced Creativityand Effectiveness in Therapy and Life

By Yvonne Dolan, M.A.

Brief Therapy Congress in California in 2003
San Francisco, California

Audiotape BT03-W12a/b
See page 21 for ordering information

Comments from Roxanna Klein RN, PhD

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Yvonne Dolan is a well-known Ericksonian who has a solid reputation for effective techniques and congenial style, whose professional strength is her broad appeal for both new and seasoned therapists.

To me an interesting aspect of this presentation was her outspoken commitment that this will be an interactive and participatory exercise, not "boring" as she described previous presentations on humor that she had listened to. She does achieve that, and the overall atmosphere is one in which the audience is clearly having fun at participating! It also was interesting to see how the exercises generated creative thinking. The remarkable diversity with which therapists approach problem resolution was indirectly but effectively demonstrated.

Listening to the presentation, one learns not only about therapy and problem resolution but also about concepts of impromptu comedy and the role that plays in our own interactive experiences.

Dolan presents a string of exercises, the purpose of which is not fully discussed, but implicit within them are the development of fluidity and flexibility of thinking --- "learning to think outside of the box." Although the exercises them-

selves seemed elementary, and even tangential to professional studies, they were well received by the audience and humorous in their results.

Overall, Yvonne Dolan lived up to her reputation as a creative and effective teacher of technique, and of being able to communicate a broad understanding of the interactive context of therapy and life. I would recommend this *Practical Uses of Humor for Enhanced Creativity and Effectiveness in Therapy and Life* audiotape for therapists who wish to explore ways to inject a little more humor into their work and daily life.