

# HESED HOUSE

## HESED HOUSE SEMINAR SERIES: LECTURE 2

### ***A Constructivist Approach to Humour and Creativity in Systemic Psychotherapy***

Presenter: **Prof. Peter Stratton**

Date: **30th November 2009**

Venue: **Hilton Hotel, Kilmainham**

First we will review what theories of change underpin our therapy, and how far these work as a theory of the changes we want to facilitate. I will offer a comprehensive theory of therapy, which is that every therapeutic intervention has the form of a joke. We can understand much about effective therapy by understanding how the process parallels humour. Through playing with the process of humour I outline a version of constructivism in terms of schemas (Stratton, 2003). This approach leads to a claim that learning is at the core of therapy. Learning itself is defined by change, and every useful achievement by the client can be seen as a process of learning. A systemic understanding of learning (Stratton, 2005) can therefore be at the basis of both therapy and the development of therapists.

But what is it that we want our clients to learn? My next proposition is that the job of therapy is to help the client to be exploratory and creative. They need to enact ways of being and relating that they had not previously considered. The therapist will need to be creative in order to foster creativity in the client. I draw on an aspect of attachment theory to see how therapy can become more playful and thereby more creative. Finally I present findings from research into the ways that humour was used during family therapy sessions. These findings draw together the themes of the workshop, so that we can generate ideas about how training and therapy can be made more effective.

Gallagher, B & Stratton, P. (2007) *Forms and Functions of Humour in Systemic Family Therapy*. *Human Systems*, 18, 60-81.

Stratton, P. (2005) *A model to coordinate understanding of active autonomous learning*. *Journal of Family Therapy*, 27(3), 217-236.

Stratton, P. (2003) *How families and therapists construct meaning through anticipatory schemas*. *Human Systems*, 14, 119-130.

(Papers available on <http://www.psyc.leeds.ac.uk/staff/p.m.stratton/>)



***This Seminar qualifies for 6 CPD points for Irish Council for Psychotherapy.***

#### **HILTON HOTEL**

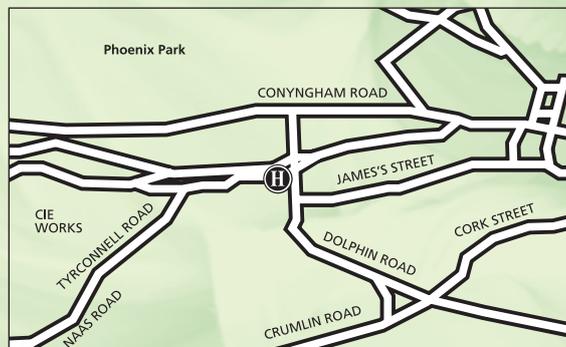
Kilmainham, Dublin 8. Tel: 01-420-1800.

There is parking at €5.00 per day.

Hilton Hotel is accessible by Bus and LUAS.

#### **COST**

**€90.00** (Includes Tea & Coffee)



#### **Directions to Hilton Hotel**

From West - Follow the M4 and N4 towards the City Centre. When you get to the roundabout for Kilmainham take the right turn off, then take the immediate left turn and the hotel is located on your right hand side.

#### **Directions from Airport**

Follow signs to M50 and travel westbound to junction 7. Take exit 7 off the M50 and follow signs for City Centre. At Kilmainham roundabout go round almost doubling back and take left turn at junction. Hotel is on the right.



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#### **APPLICATIONS**

Applications can be downloaded at [www.hesedhouse.ie](http://www.hesedhouse.ie) from our seminar series link, or you can contact us at [training@hesedhouse.ie](mailto:training@hesedhouse.ie) or at 01-4549474.

There is a lot of interest in this series and we suggest you confirm as soon as possible.

Closing date for receipt of Applications is Tuesday 1st of September 2009.