

## Nick Seferlis Training Presents

### **What's Funny in Counseling: Using Humor**

Mississippi Counseling Association Conference 2018

#### Benefits of Humor in Counseling:

➤	Strengthen the rapport between the client and counsellor.
➤	Offer the client a less painful perspective of a painful problem.
➤	Reduce stress and tension during the therapy session.

#### How does Humor help clients get unstuck?

➤	Fosters instant relaxation and lowers blood pressure.
➤	Elevates mood.
➤	A healthy sense of humor is related to being able to laugh at oneself and a way of accepting oneself.

#### How does Humor enhance the therapeutic alliance?

➤	Increases trust between therapists and clients
➤	Helps clients gain perspective.
➤	Helps clients accept themselves.

#### Resources

Association for Applied and Therapeutic Humor

#### Workshop

#### Humor in Counseling

Nick, in January, is offering a 4 week online(live) **Humor in Counseling Training**. Go to [nicksounseling.com](http://nicksounseling.com) for more info.

Sign up for his "What's Happening" occasional Newsletter, at [nicksounseling.com](http://nicksounseling.com).

Have Nick speak at your next **Inservice Workshop or Counselor Meeting**. If you're like most counselors, your inservice days are more oriented to your teachers, not the counselors. Nick can provide you with new tools to help serve your students with **Energy Psychology** and **Humor in Counseling**.

**Nick's Website: [nicksounseling.com](http://nicksounseling.com)**  
**email Nick: [info@nicksounseling.com](mailto:info@nicksounseling.com)**

Nick Seferlis Training, P.O. Box 4095, Bay Saint Louis, MS 39521