

An Evening of Serious Comedy

Taunton Association for Psychodynamics

Local counsellors and psychotherapists had an “evening of serious comedy” at the Rendezvous cafe last Friday (19th November.) It was organised by TAP (Taunton Association for Psychodynamics) which is a local charity that stages talks about psychological understanding. This evening’s talk addressed the issue of humour in therapy but also gave therapists a chance to have some fun and share a “tapas” meal.

The speaker was Gerry Maguire Thompson who is not only a stand-up comedian who performs around the UK but also runs Positive Comedy Training which enables people to push back their barriers and enable them to do things they never thought they would be able to do. As well as this he is an author and his work is two-fold - serious and humorous, with published titles running to several hundred thousand copies in eleven languages. His serious books are about the subject of 'getting one's life to work better'. His humorous titles include The Weekend Shaman, Astral Sex to Zen Teabags and Cats are from Venus, Dogs are from Mars. Gerry's works have sold several hundred thousand copies and been translated into nine languages.

Security for the evening was provided by two men from ‘Fairy-nuff’ services, dressed in black, whose job was to confiscate ‘counselling paraphernalia’. Their haul included Freudian slippers, tissues, herbal teas and a concealed magic wand! Two fairies sold raffle tickets. Were they dressed-up humans? TAP doesn’t know but thanks them.

Gerry Thompson spoke about his early life as an architect and his life in California where he sampled the various gurus and psychics that state offers. He interspersed the narrative with anecdotes about his work and gave examples of how humour can have its place in enabling people to recognise what was happening to them and to see things differently. Laughter is often invoked when there is recognition of one’s own involvement with the content of the humour.

The master –or mistress- of ceremonies for the evening was Becky Wright who thought of the idea for the event. It was a new experience for TAP but the applause proved it was thoroughly enjoyed.

TAP talks are open to anyone and the next will be at the Library meeting room on Friday, 21st January at 7:30. The speaker is local counsellor and poet, Chris Banks, and she will be talking about ‘The Poetry of Counselling and Psychotherapy’. More details can be found on the website www.taplimited.org.uk

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