

HUMOUR & THERAPY IN COLLABORATION

AT
THE

SUNDAY
SALON

Join Dr. Brian Kaplan and our guest comedian, stand-up, Adam Bloom, to discuss the benefits of humour in self-reflection and personal growth.

This open discussion will kick off with an interview about the benefits of humour and how to optimise language for the best impact and therapeutic result.



Sunday 10th September

at 2.30 - 5.00pm

at London Art Therapy Centre, Kings Cross



THE SUNDAY SALON

The Sunday Salon, brought to you by London Art Therapy Centre. This is the first in our Autumn series of conversations for learning and stimulation where we reflect on innovative approaches, imaginative thinking, and reflective practice in Arts Therapies, with tea and crumpets!

Cost: £18 + eventbrite booking fee - [Book your place: www.arttherapycentre.com](http://www.arttherapycentre.com)