## A Counsellor's Mirthbook:

Comedy from my Casebook

Lionel Hartley, PhD

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Tho says that counselling is all serious stuff?
Here within these pages is a compilation of the humorous statements made, situations presented and *faux pas* recorded through-out thirty years of family-life counselling by the now-retired sociologist and Academy Professor, Dr Lionel Hartley.

fter three decades of counselling, Dr Hartley sometimes ponders some of the things which have come up in counselling that, in retrospect, contain an element of humour. He has also included a few anecdotes shared other counsellors from their experience.

Names have been changed to protect privacy Throughout this compilation the names Egbert and Maggie have bees substituted for the actual names of the counselling clients to protect the privacyof both the clients and their families.

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Lionel D C Hartley, DipAdmin(NZIM), HonDip (DramArt),
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Law (NZ), Dip Econ, Dip Accy, BA (Lit), MA, PhD [etc.]



Egbert said to his wife that he was going to get her a special twenty-fourth anniversary gift. "I'm going to take you to England," he said.

Maggie agreed with his idea with a smile and challenged him in front of me: "That's going to be hard to beat. What are you going to do for our 25th anniversary?"

"Easy," Egbert replied, "I'll go back and get you."

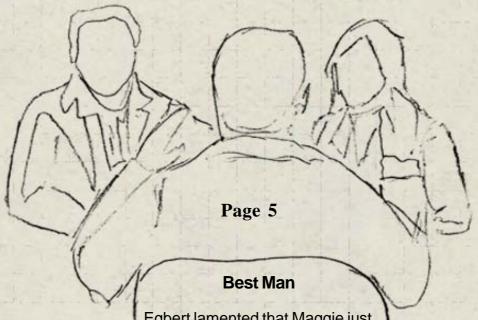


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## **Bathrobe**

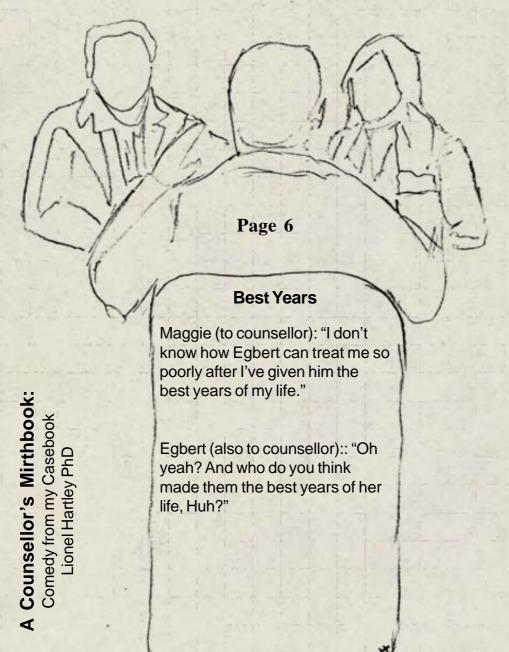
Maggie was lamenting the fact that Egbert's secretary had bought him a flannelette bathrobe as a gift.

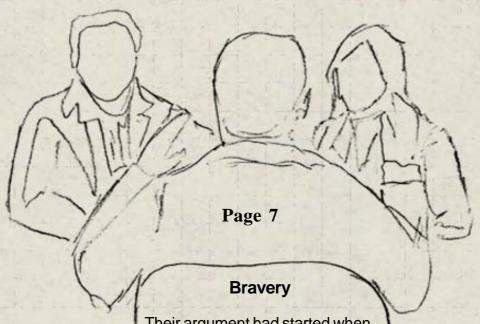
This had set in motion an argument and when Maggie explained it to me later, she said, "It's not that I mind that she bought him a gift, it's just that if God had wanted men to wear bathrobes, He wouldn't have invented cute pyjama shorts!"



Egbert lamented that Maggie just didn't seem to appreciate him, in fact she candedly admitted that she had eyes for the best man at their wedding.

They had only been married a short time before he came to see me, lamenting "The trouble with having a best man at a wedding is that you never get to prove that he is not the best for her. When I challenged my best man on this, he said that the trouble with being the best man at a wedding is that you have to go out of your way to prove you are the best."



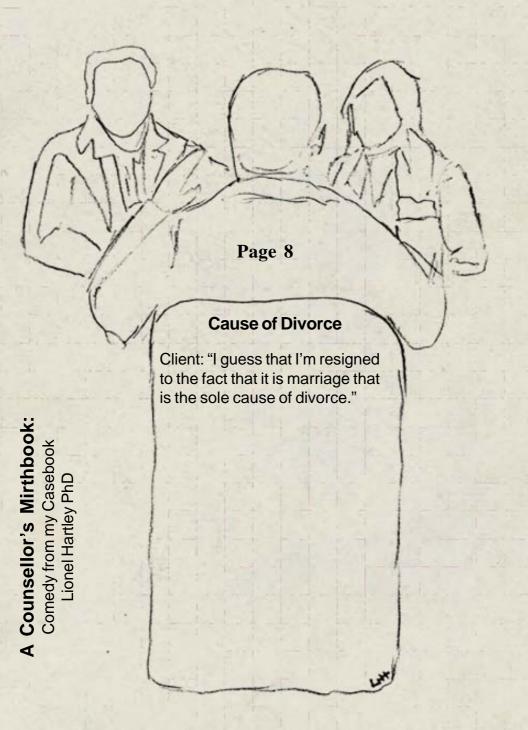


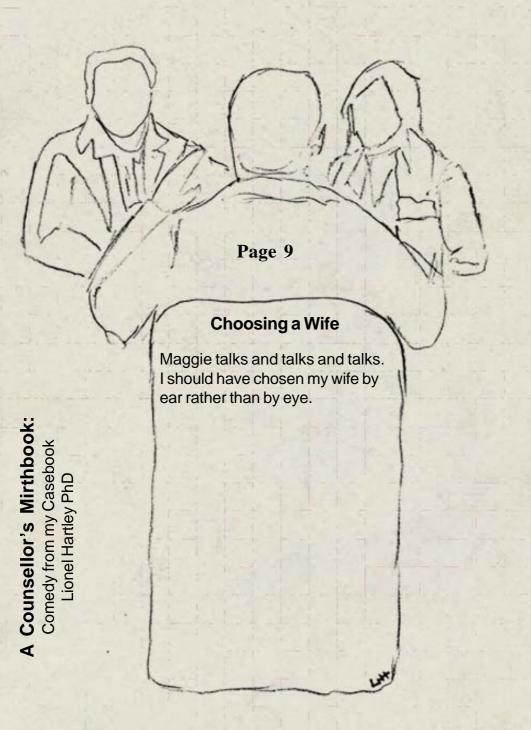
Their argument had started when Egbert & Maggie were shown into the dentist's office.

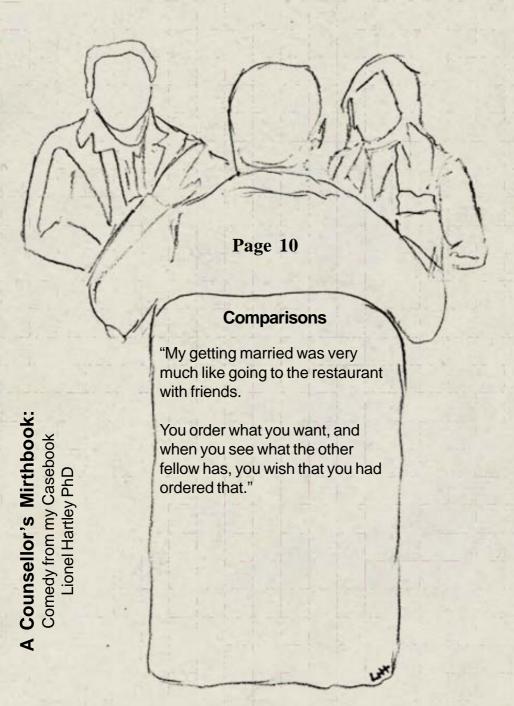
Egbert had made it clear that he was in a big hurry. "No fancy stuff, Doctor," he ordered. "No gas or needles or any of that stuff. Just pull the tooth and get it over with."

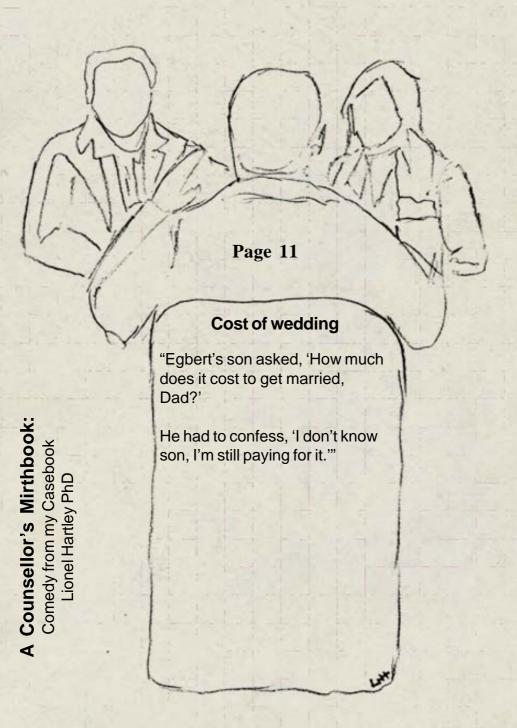
The dentist was obviously proud of Egbert and said, "I wish more of my patients were as stoic as you. Now, which tooth is it?"

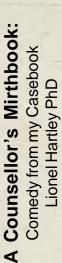
Egbert turned to his wife and said, "Show him your tooth, Honey."

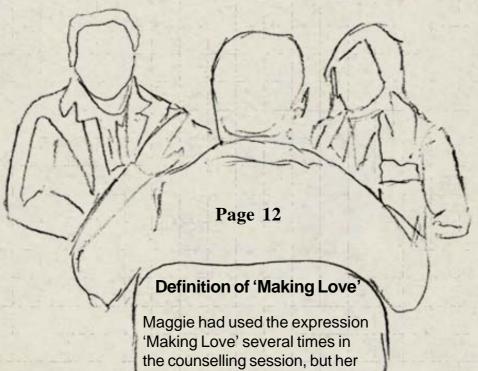






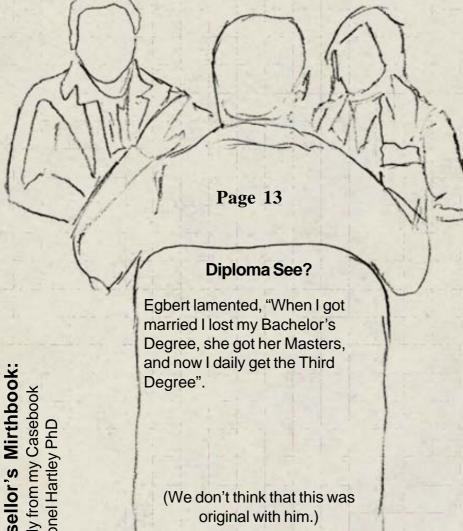


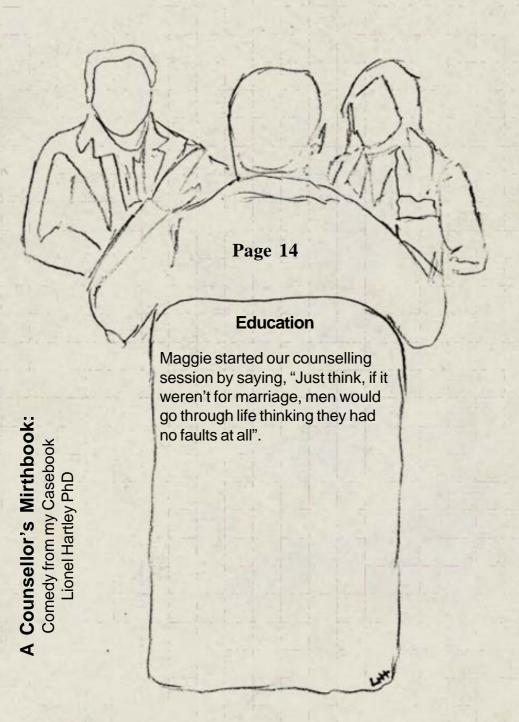


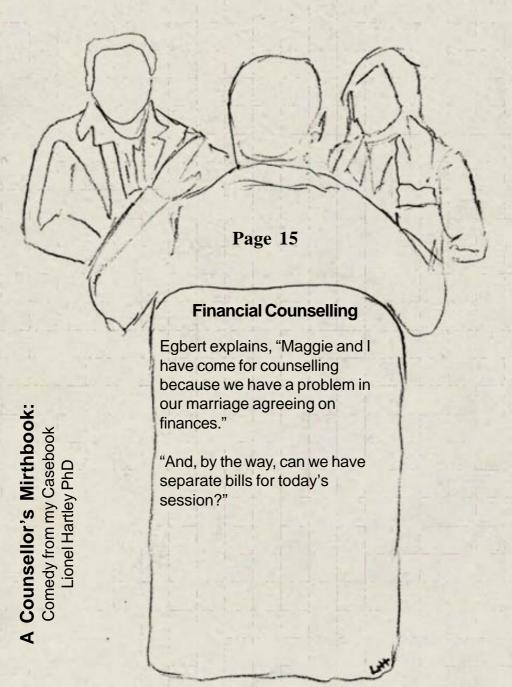


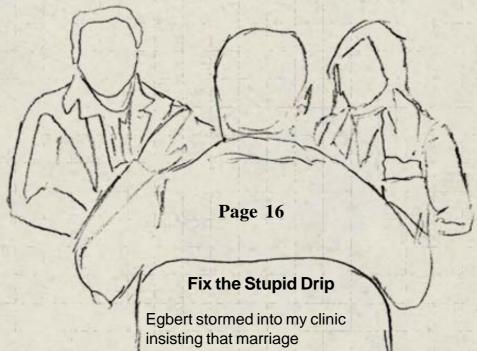
usage of the expression left me wondering how she defined it.

Upon my asking her, she replied, 'I guess, for me, making love is something I do while Egbert [my husband] is mating with me!





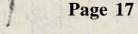




Egbert stormed into my clinic insisting that marriage counselling was not working. His 'proof' was a letter written in his wife's handwriting to her supposed lover.

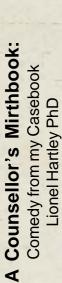
He had found the letter on his hallway telephone table and had 'rescued' it before his wife Maggie had an opportunity to mail it.

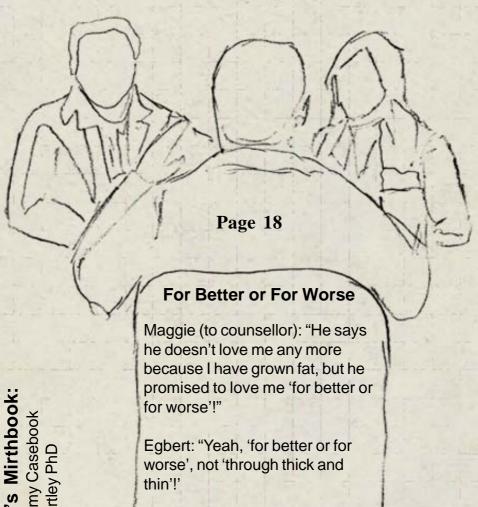
As I read the letter it became apparent that Maggie's side of the story would be necessary to calm the situation.

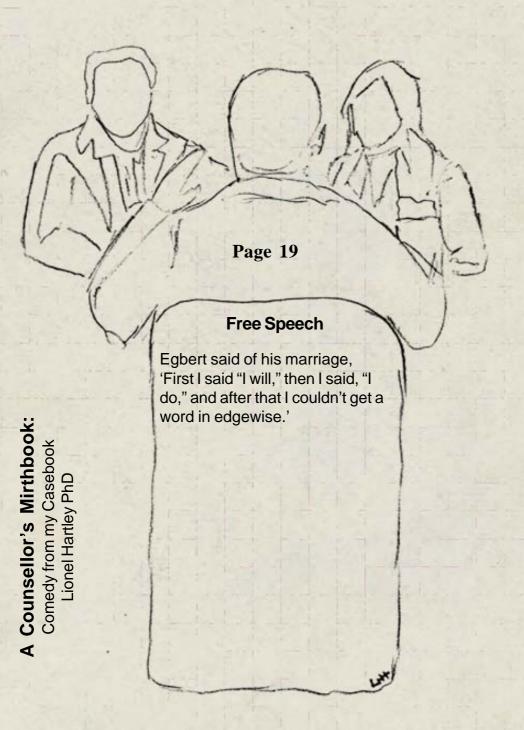


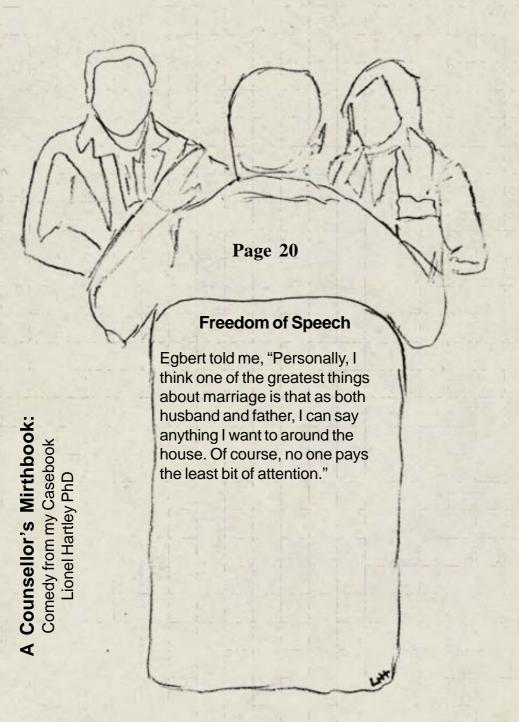
Later that day they both sat before me while Maggie explained that she had written the letter because their telephone was out of order, and it was to the local plumber requesting that he come to repair to a noisy dripping tap.

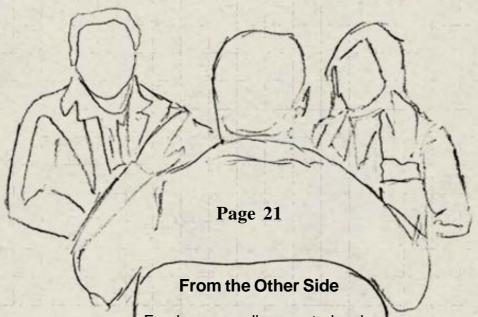
The letter read: "Dear Bert. As I mentioned to you the other day when I saw you in the street, I cannot sleep with that drip any longer. I had been tempted to stifle the problem with a pillow but realised that would only be a temporary solution. Could you please come around soon and fix the stupid drip once and for all? Thanks, Maggie."







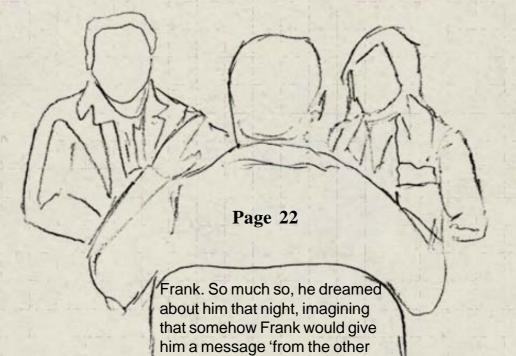




Frank was a well-respected real estate agent in Glen Innes NSW, Australia. I say 'was', because Frank, now in his sunset years, died recently.

Although Egbert (not his real name) had known Frank for over a decade, the news of Frank's death reached Egbert too late for him to attend Frank's funeral and 'pay his last respects'.

Egbert told me he was worried that, because he didn't go the funeral, he would be haunted by the spirit of the now deceased

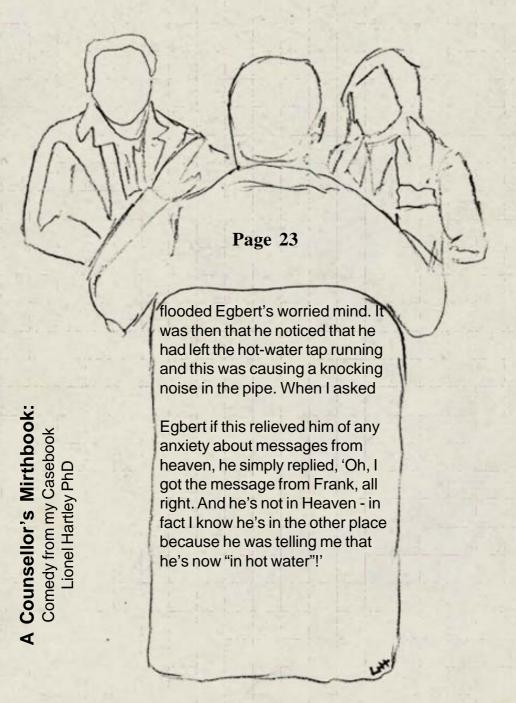


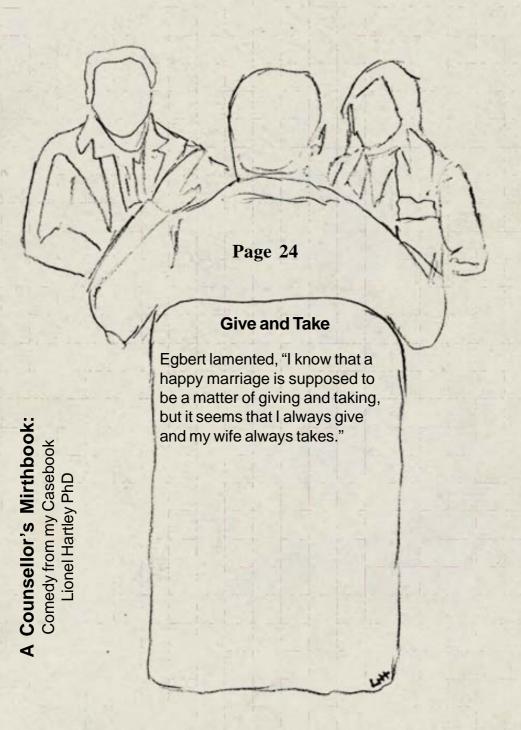
Sure enough, at about midnight he awoke to a strange knocking sound emanating from the kitchen. He crept into the kitchen and switched on the light. No one was there, but the knocking noise continued. It appeared to come

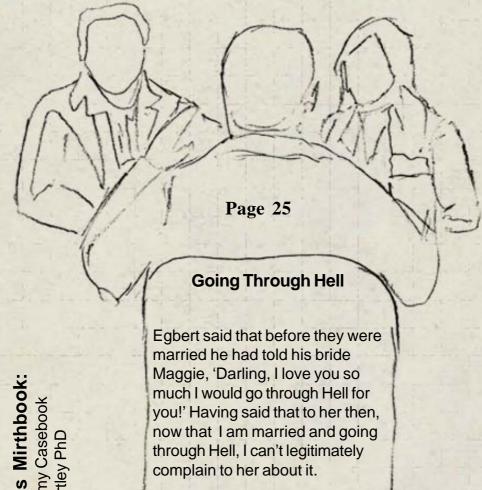
side'.

from the sink.

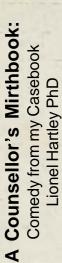
Immediately Egbert imagined that Frank was cursing him by attacking the plumbing. Thoughts of the enormous cost of repairs

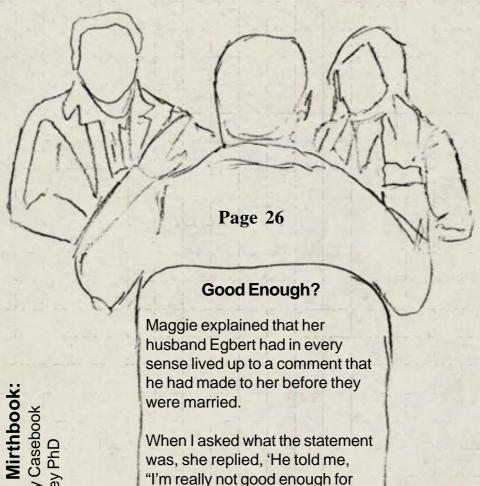




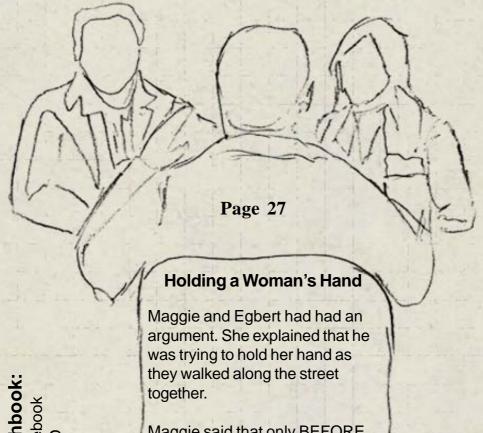


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you."

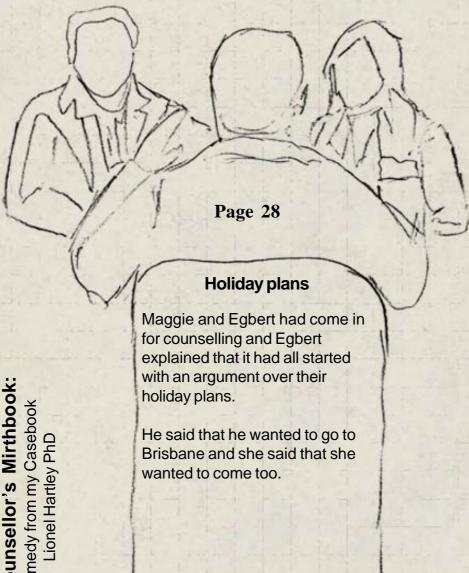


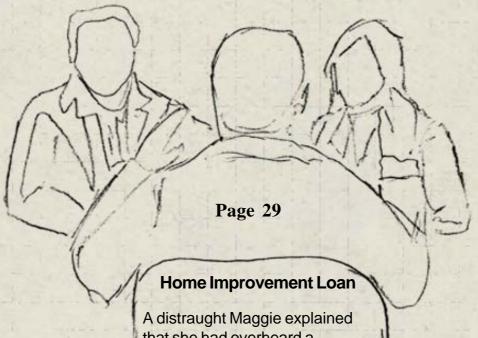
Maggie said that only BEFORE marriage a man should hold a woman's hand in public.

Egbert added (with a sigh of resignation), "I guess that AFTER marriage a man can only hold a woman's hand

IN SELF-DEFENCE!"



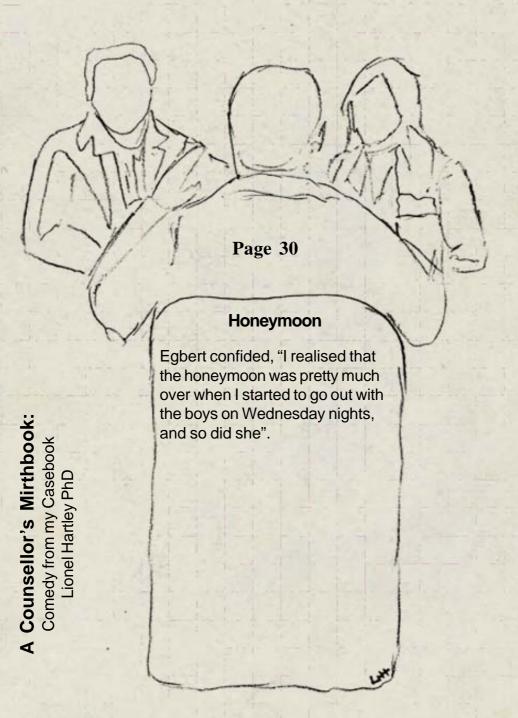


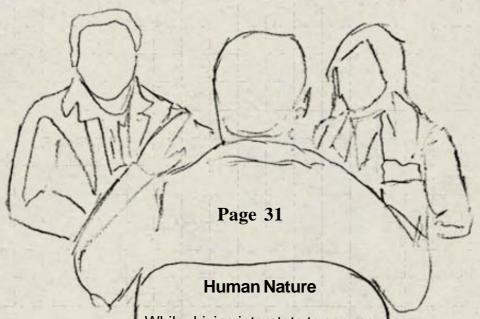


A distraught Maggie explained that she had overheard a telephone conversation her husband Egbert had had with his bank manager.

He was negotiating what he referred to as a 'home improvement' loan.

When he later asked him what 'home improvement' he had in mind he bluntly told her that the money was in case he needed to buy her a one-way airline ticket for her to visit her mother.



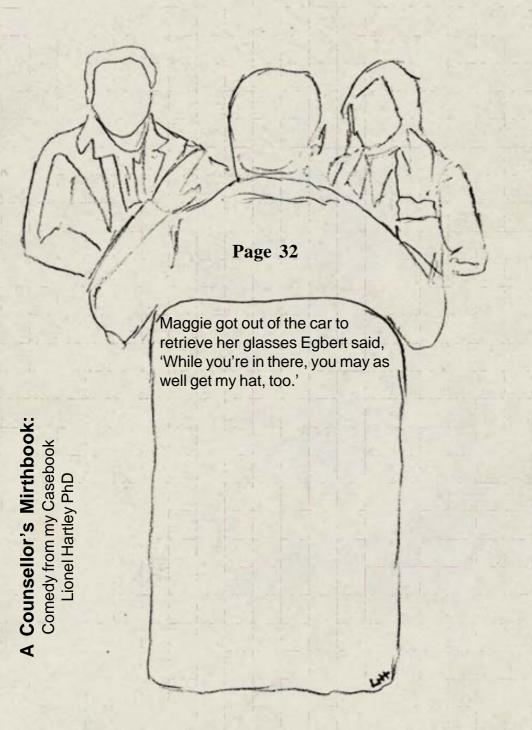


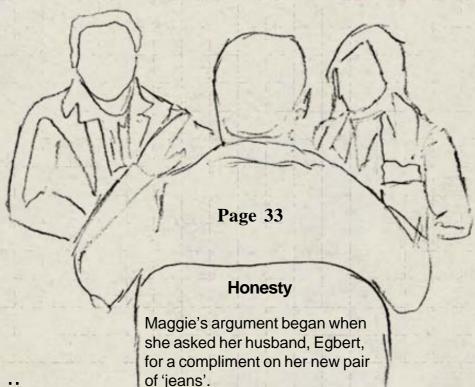
While driving interstate to see me for a counselling session,
Maggie and Egbert stopped at a roadside restaurant for lunch.

Maggie unfortunately left her glasses on the table, but didn't miss them until they were back on the highway.

By then, they had to travel quite a distance before they could find a place to turn around.

Egbert fussed and complained all the way back to the restaurant. When they finally arrived, as

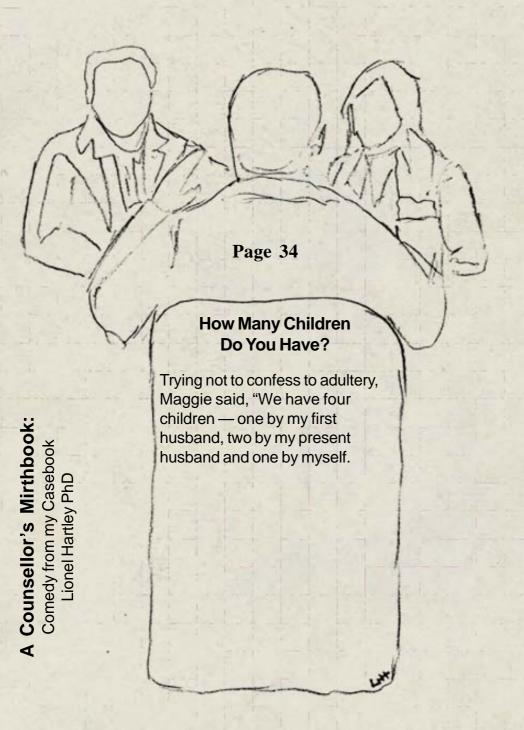


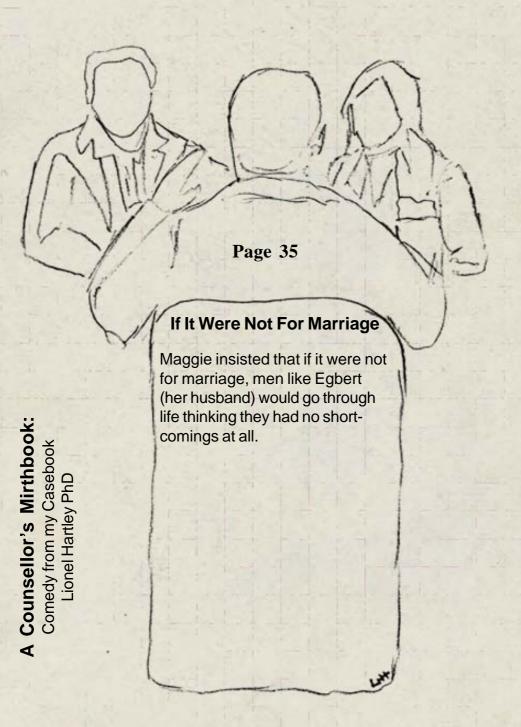


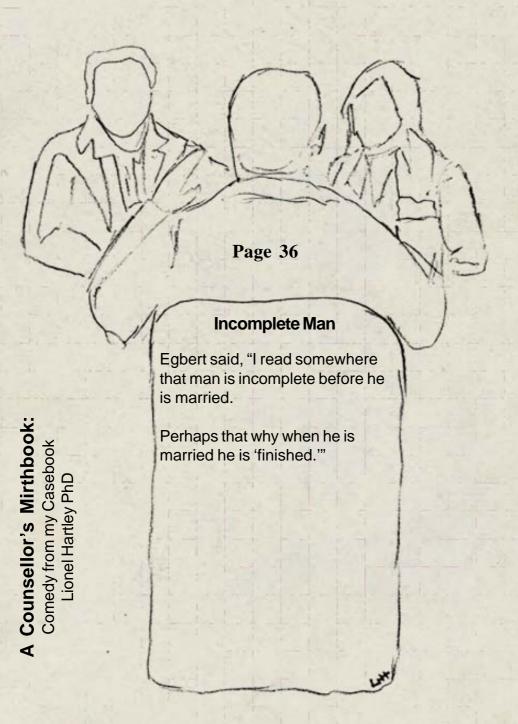
of 'jeans'.

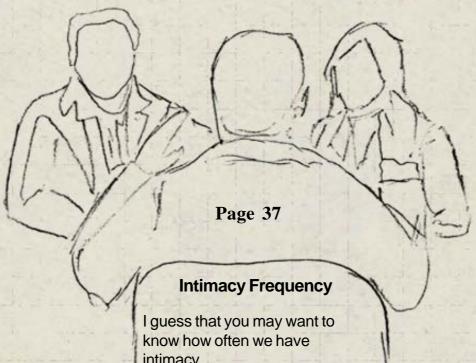
'Honey', she asked, 'Do these new jeans really make my bottom look like a sack of potatoes?'

In the counselling session I was told of Egbert's reply. 'No dear,' he said, 'Potato sacks aren't blue!'







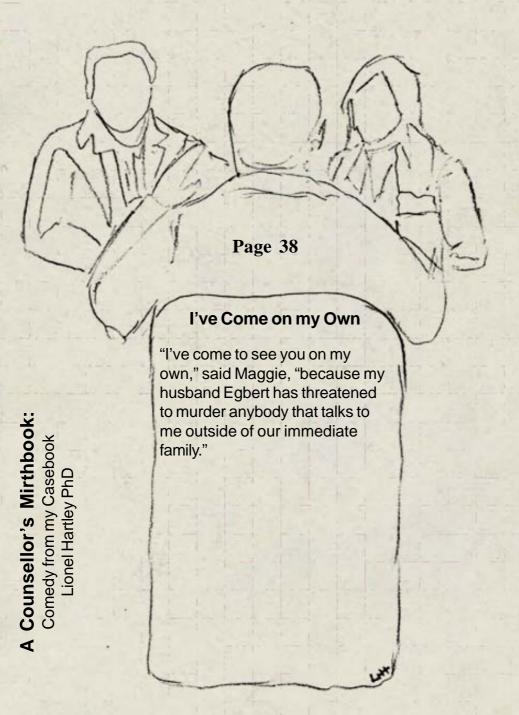


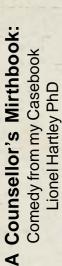
intimacy.

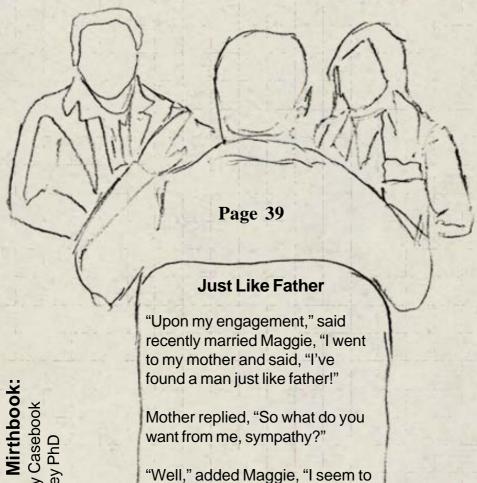
Well, to save you having to ask, I will tell you. We have it almost every night.

Yes, that's right, we have it almost every night.

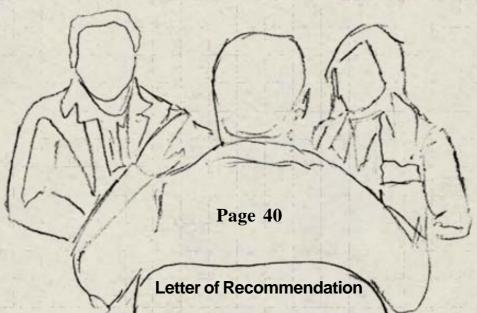
On Mondays we almost have it, on Tuesdays we almost have it...







need it now".

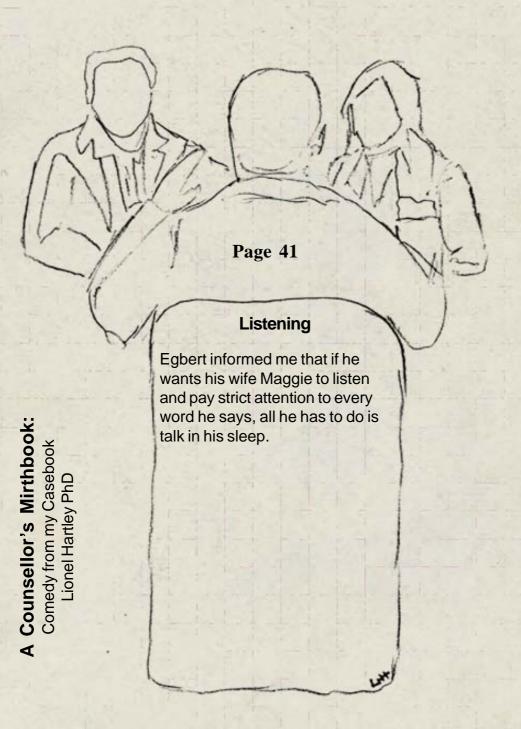


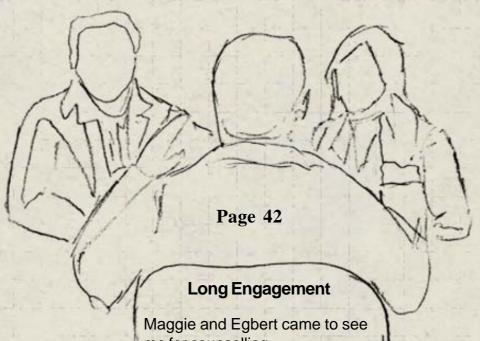
When Egbert learned that he was being dismissed from the choir, he went to see the Church Minister.

"Since I've been with the ensemble for so long," he said, "I think I deserve at least a letter of recommendation."

The Minister agreed and said he'd have the letter that next day.

The following morning, Egbert found the letter in his mailbox. It read, "Egbert Smithson sang in our choir for five years. When he left us, we were very satisfied."

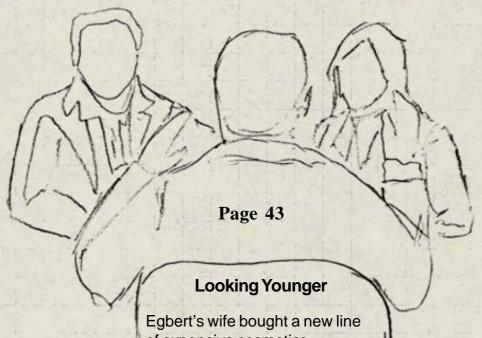




me for counselling.

Egbert told me that he wished that they had been engaged for a longer period of time before they got married.

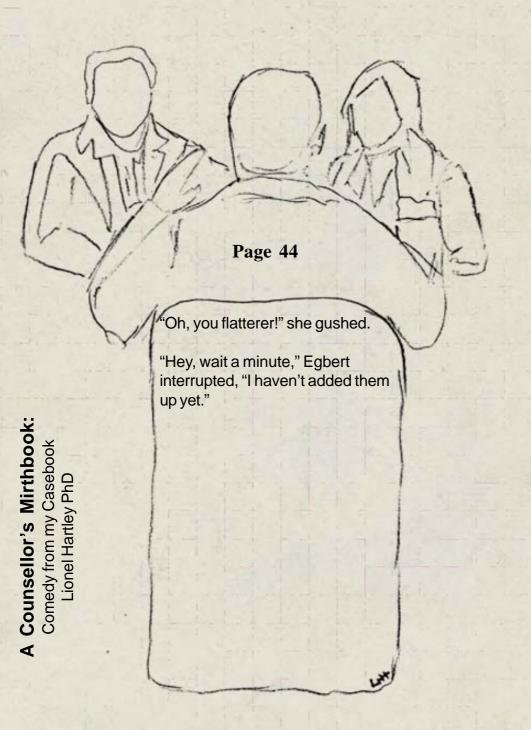
He went on to explain that this would have made their marriage shorter!

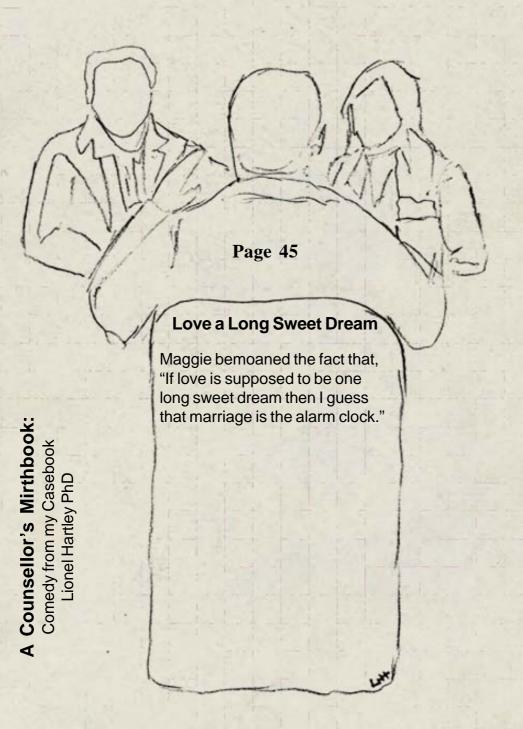


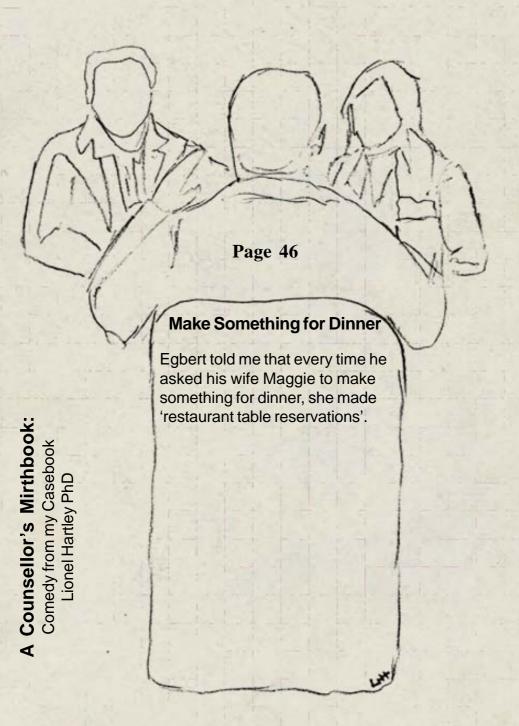
Egbert's wife bought a new line of expensive cosmetics guaranteed to make her look years younger.

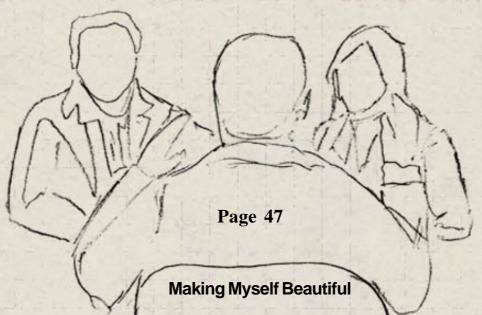
After a lengthy sitting before the mirror applying the "miracle" products, she asked, "Darling, honestly, what age would you say that I look?"

Looking over her carefully, Egbert replied, "Well, Maggie, judging from your skin - twenty, your hair - eighteen; and your figure - twenty five."









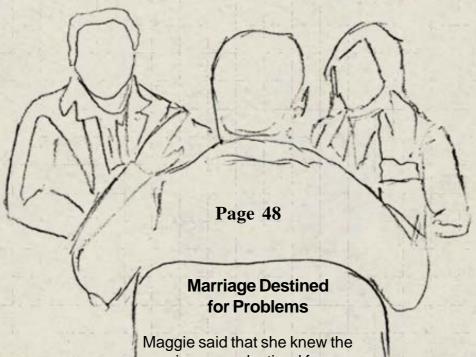
Egbert was fascinated as his new bride smoothed cold cream all over her face.

"What are you doing that for, Maggie?" he asked.

"To make myself beautiful" she said, and then she began removing the surplus cold cream with a tissue.

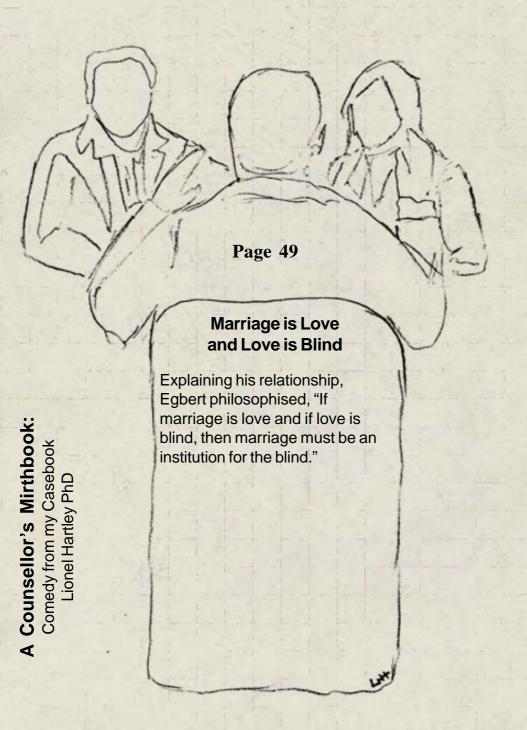
"What's the matter?" asked Egbert, "You're not stopping, are you? Don't give up now, it hasn't worked yet!"

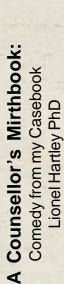
That was when she telephoned me for an appointment.

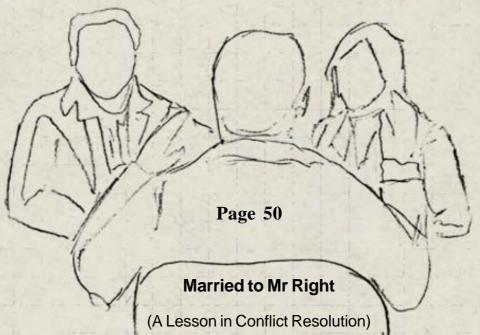


Maggie said that she knew the marriage was destined for problems even during the wedding ceremony.

When the minister invited her to say 'I do,' and she echoed the words, her groom Egbert interrupted by commenting, 'I don't think I liked the tone of her voice when she said that!'

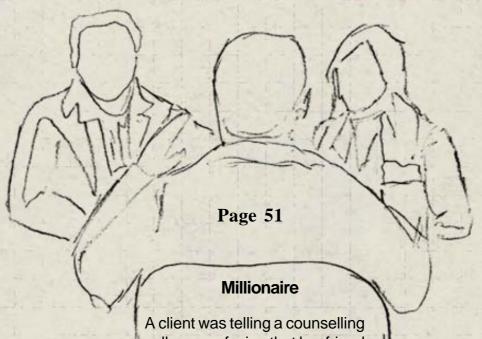






Egbert was explaining his perspective on the solution to the problem of the arguments that he and Maggie were having.

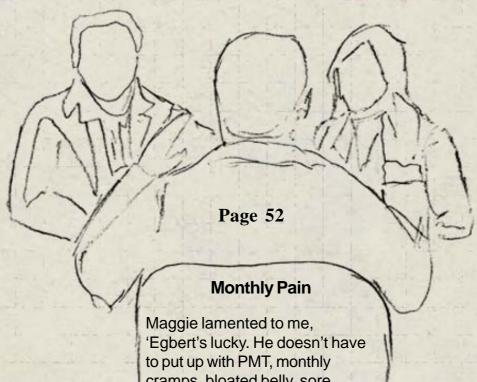
He said, "We would never have any conflict if she wasn't wrong all the time!"



A client was telling a counselling colleague of mine that her friend was the one who made her husband a millionaire."

The client had asked her friend, "What was he before you married him?"

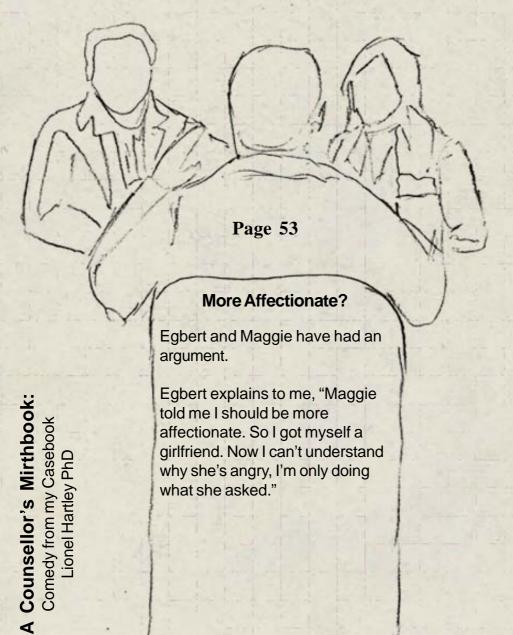
The friend replied, "A billionaire."

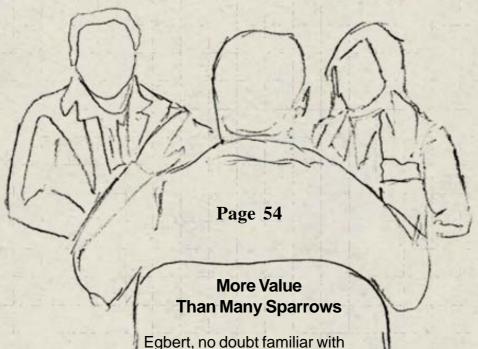


cramps, bloated belly, sore breasts, up and down moods, or the fear of pregnancy.'

Then, turning to Egbert, she added, 'You never have to put up with a painful problem every month!'

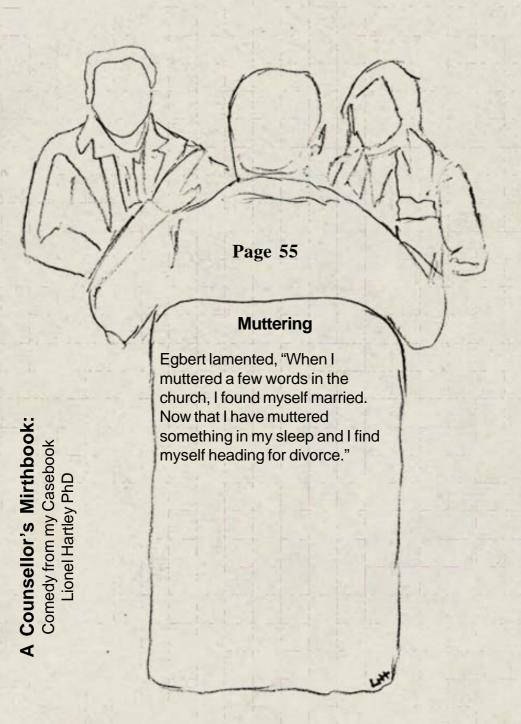
'Oh yes I do,' responded Egbert, 'every month I have to put up with you!'





Egbert, no doubt familiar with Matthew 10:31 (Fear ye not therefore, ye are of more value than many sparrows) insisted that his wife, Maggie, was of more value than many sparrows.

When I asked him to elaborate, he added, "That's because sparrows can't cook!"

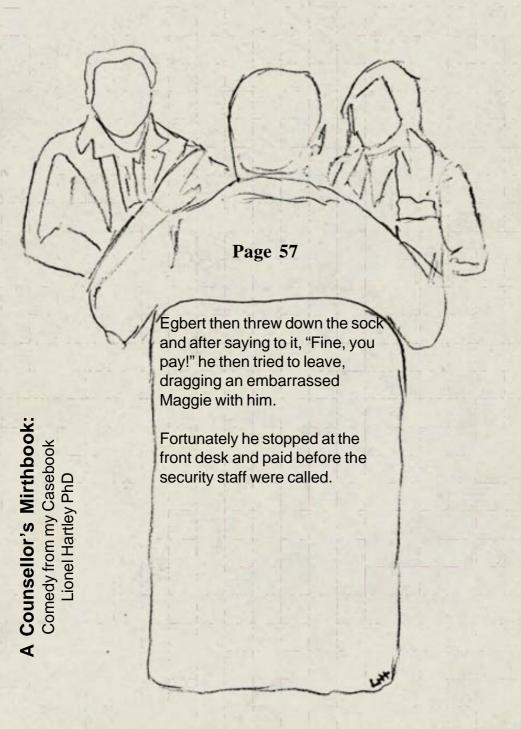


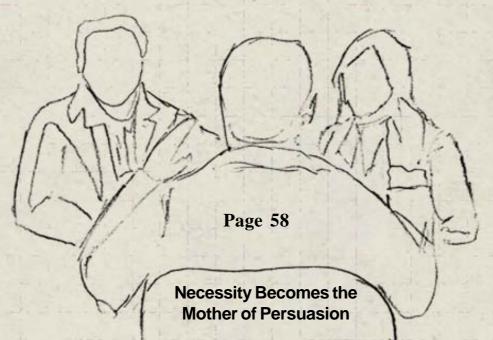


Maggie explained why she didn't like being seen in public with her husband.

Her example, she says, is typical of him: During their courtship, Egbert took her out to dinner and also took a sock puppet to dinner with him. When the waiter came to ask them what they wanted, Egbert consulted the sock. This happened all through the meal.

When the cheque came, Egbert loudly argued with the sock so everyone heard him arguing about who would pay the bill.

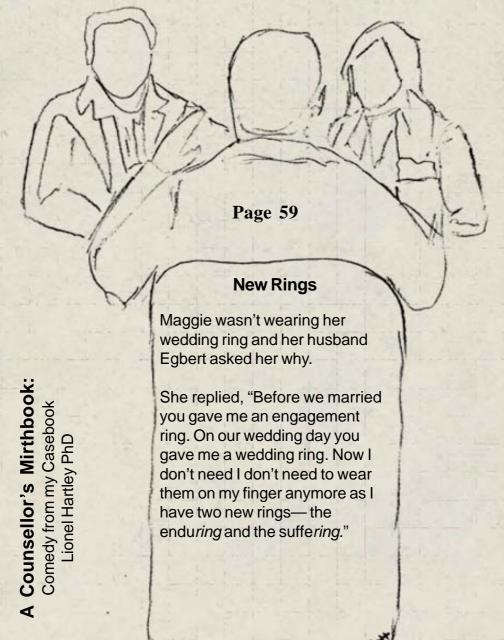




Egbert considered it a triumph that he had persuaded his wife, Maggie, to change from playing the piano to learning to play the clarinet.

When I asked during a counselling session why he considered it a triumph, he said, 'Now I don't have to listen to her awful attempt at singing!' (

I later found out that when he put up a sign selling the piano, the neighbour also put up a sign with the word "Hurrah!")

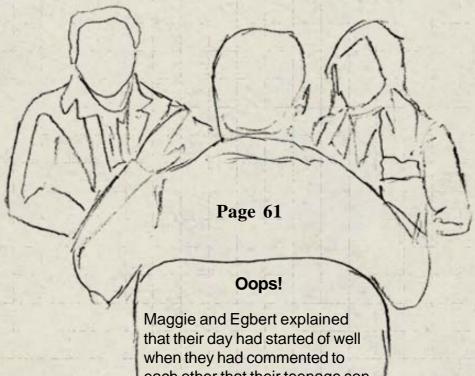




is my fault, really.

Before we were married I vowed that I would be willing to go through hell for her.

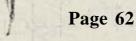
Now that we are married she is keeping me up to it. I am going through hell."



each other that their teenage son Fred seemed to spend a lot of time in his room studying.

Later that day while Maggie was cleaning, she became upset when she found a supposed pornographic video 'hidden' in Fred's room.

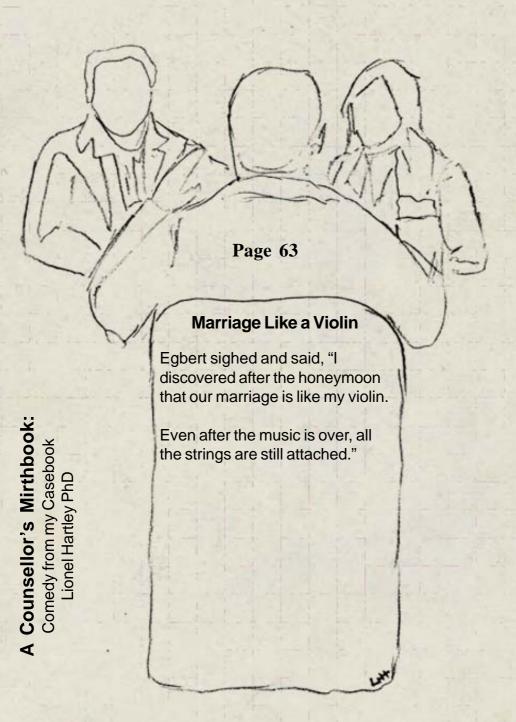
What really got her boiling was when she checked it out on their lounge-room VCR and saw her husband on the screen!

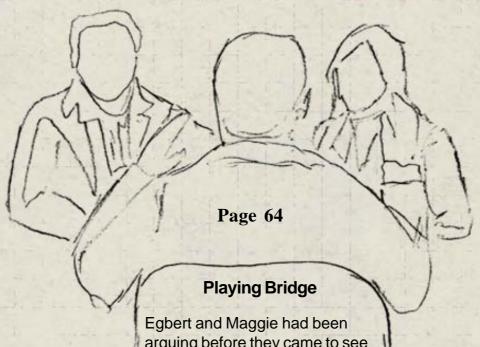


In fact, she was so angered she could only watch a few seconds of the video before she threw a table lamp through the TV set, destroying both the lamp and the TV.

For three days she had refused to speak with Egbert and only in counselling would she listen long enough for him to explain that the video wasn't pornographic.

What she had seen in those brief moments was her husband, wearing swimming shorts, while on a fishing trip with their son a few weeks earlier. The video had, in fact, been recorded to be used as a surprise Mother's day gift for Maggie.



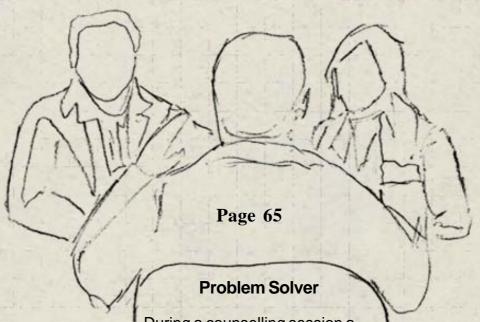


Egbert and Maggie had been arguing before they came to see me and were ready to continue their argument in my clinic.

"He won't let me join a Bridge Club", wailed Maggie.

"Oh, yes I will", argued Egbert, "I am VERY keen for you to play bridge."

And then after a pause, he added, "I'll even show you which bridge I want you to jump from!"

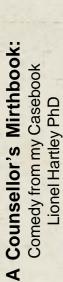


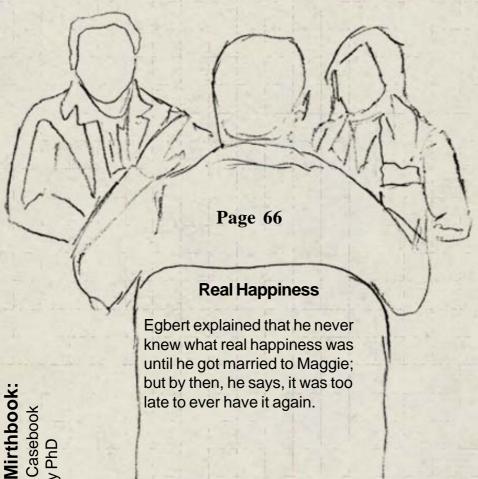
During a counselling session a Egbert, whose wife Maggie had said that she no longer loved him, asked her why she always carried his photo in her handbag.

Maggie replied, "When there is a problem, no matter how impossible, I look at your picture and the problem disappears."

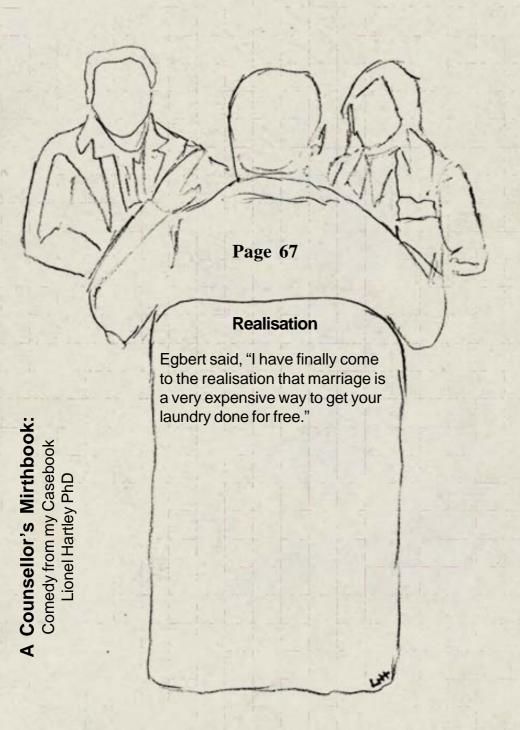
"Then you must still love me!" Egbert exclaimed.

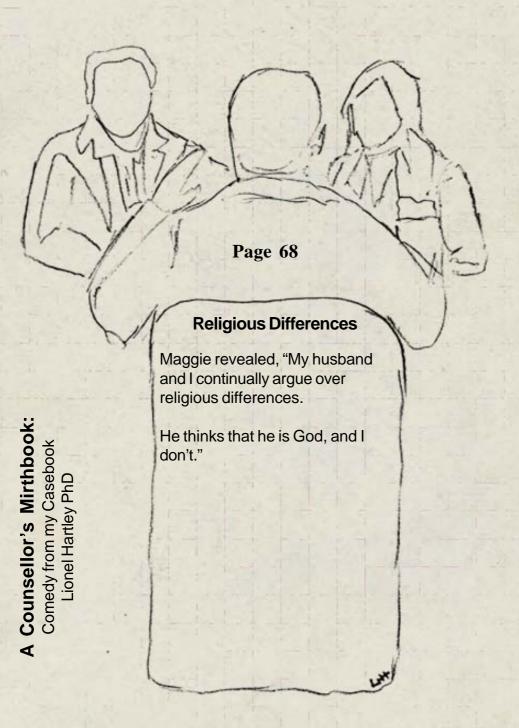
"Actually," Maggie responded," Every time I see your picture, I say to myself, 'What other problem can there be that is greater than this one?'

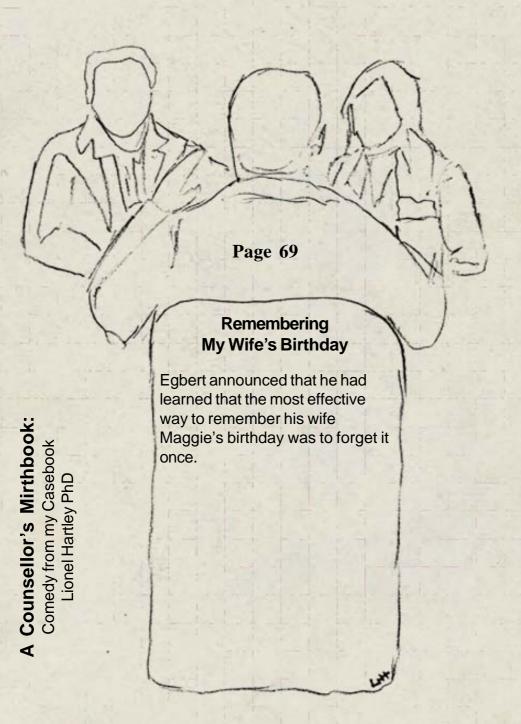




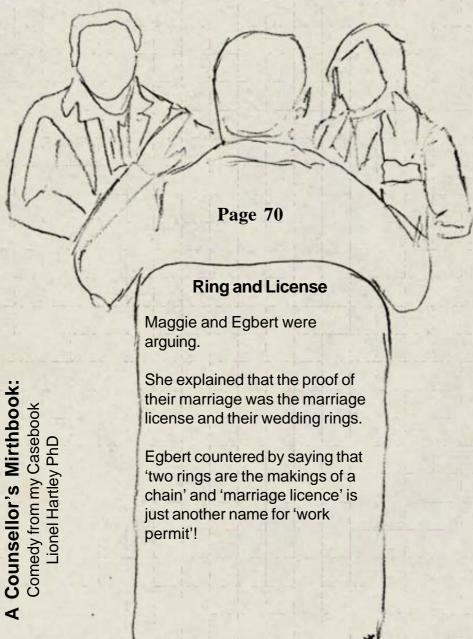
(Fortunately counselling helped him to change that belief.)



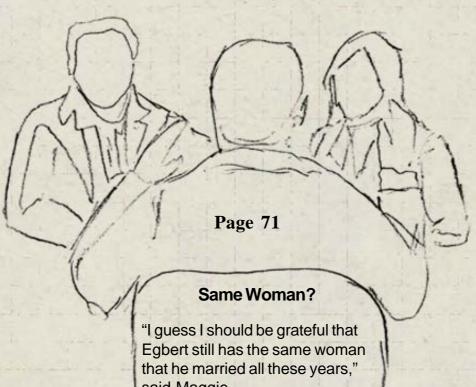






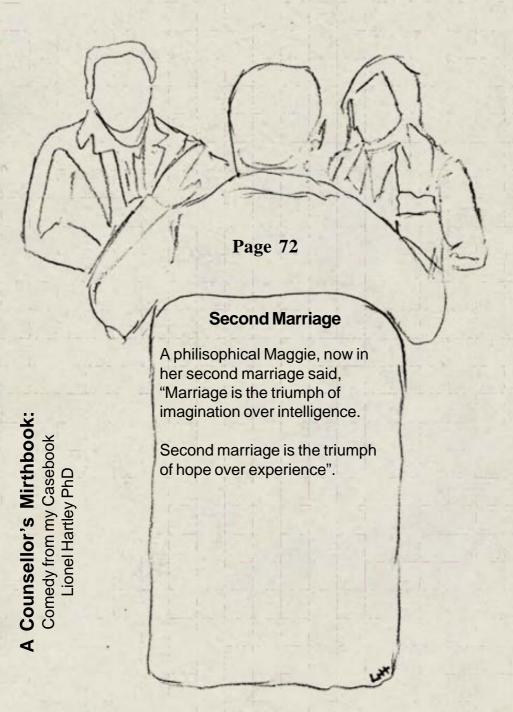


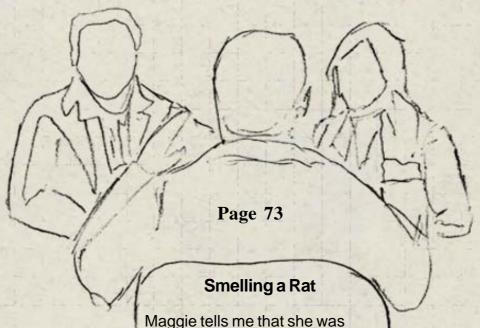




said Maggie.

To which Egbert retorted, "Same woman? I discovered soon after our honeymoon that you weren't the same woman that I married!"

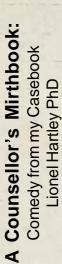


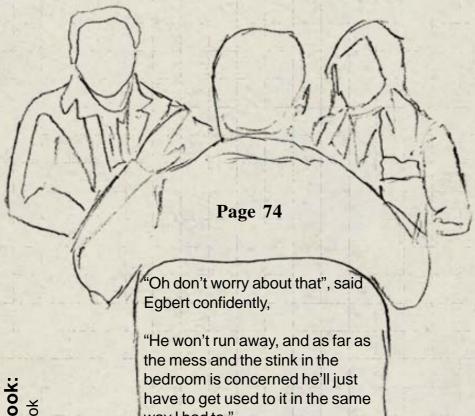


Maggie tells me that she was complaining to her husband Egbert because he had bought a large white rat as a pet.

Egbert explained to her, "Because we have no children the rat is going to live with us just like one of the family. He'll eat at the same table with us. He'll have the run of the house. He'll even sleep in the same bed with you and me."

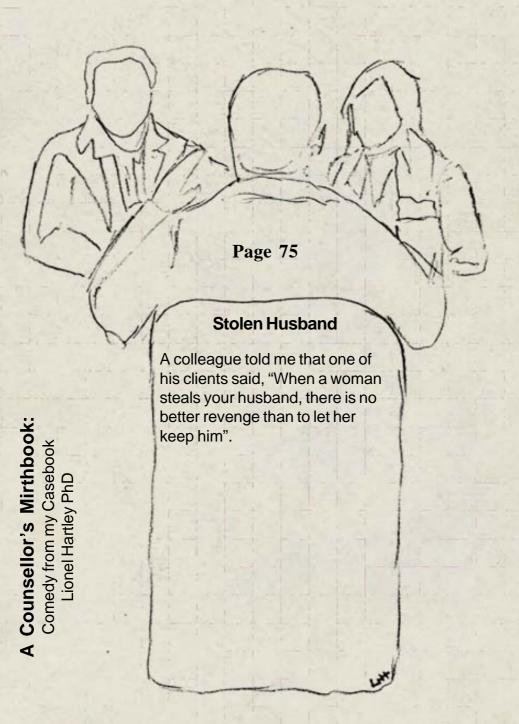
"But won't he try to run away? And what about the hygiene and smell problem?", She asked.





way I had to."

What Maggie said next is unprintable!

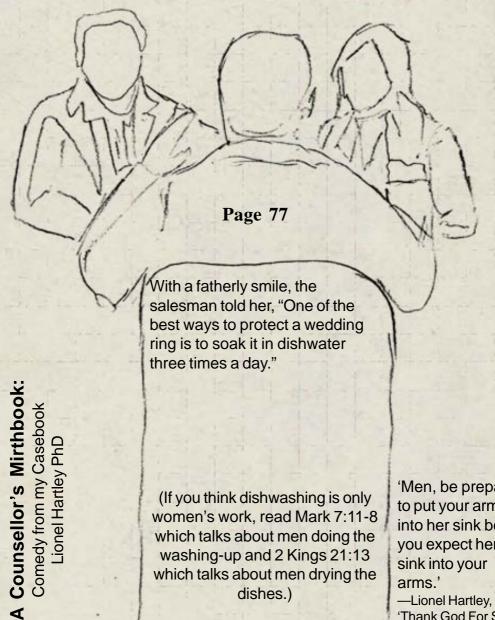




Egbert and Maggie had been married for many years, however Egbert was becoming increasingly frustrated that Maggie would not let him assist in the kitchen.

Maggie explained that when she was a young bride-to-be she, with Egbert had just selected her wedding ring.

As she admired the plain gold band she had chosen she asked the rather elderly salesman, "Is there anything special I have to do to take care of this ring?"

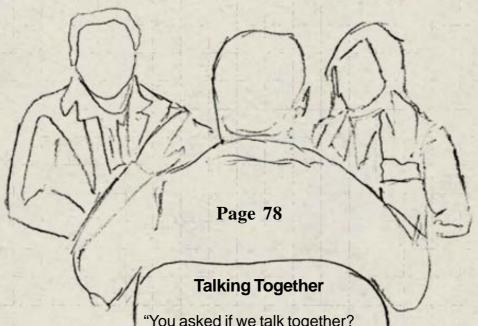


Comedy from my Casebook Lionel Hartley PhD

women's work, read Mark 7:11-8 which talks about men doing the washing-up and 2 Kings 21:13 which talks about men drying the dishes.)

'Men, be prepared to put your arms into her sink befor you expect her to sink into your arms.'

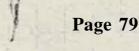
-Lionel Hartley, 'Thank God For Sex'. Stereo Publications, Christchurch, 1976



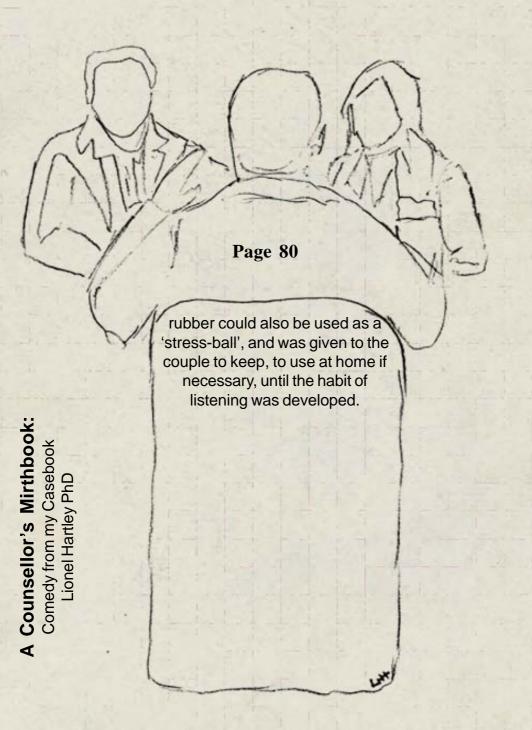
"You asked if we talk together? Well, in the first year of our marriage, I spoke and she listened.

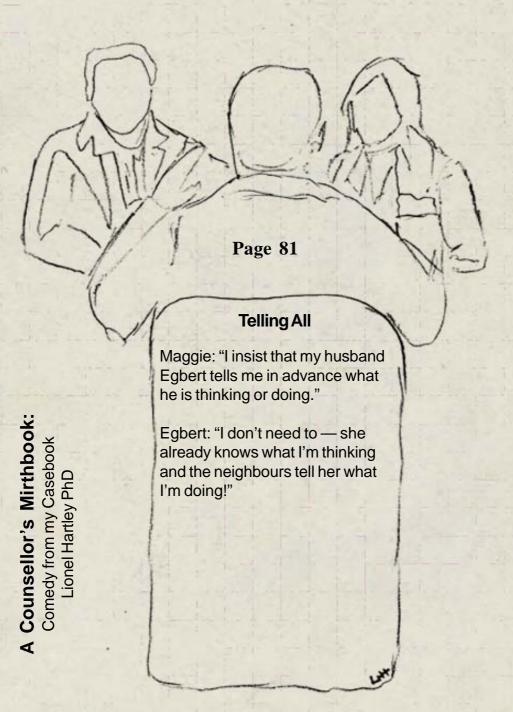
In the second year, she spoke and I listened. In the third year, we both spoke and the neighbours listened, and now in our fourth year neither of us speak and the neighbours are doing the talking."

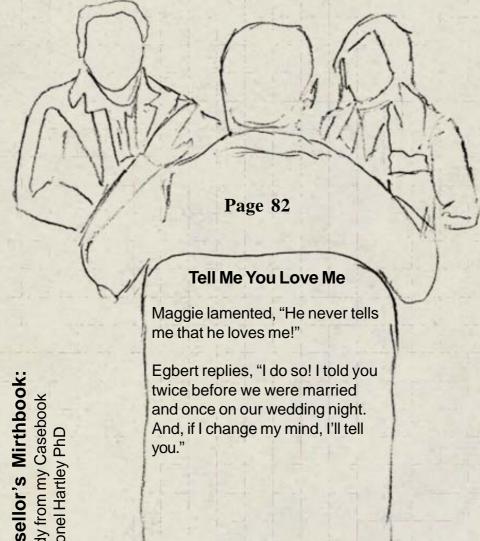
On a more serious note, one of the techniques that I used successfully in counselling was the rubber hearing (listening) aid. An ordinary soft rubber ball (the size of a tennis ball) was given to



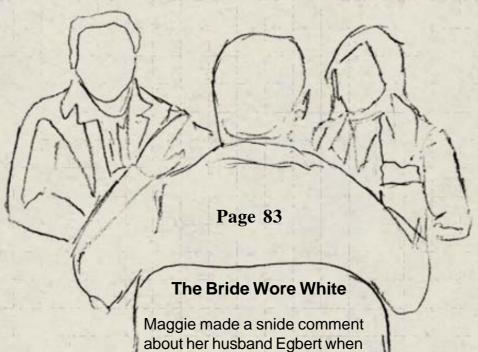
one of the couple. Two rules accompanied the ball: only the person holding the ball could speak (as long as he or she held the ball), and the other was to listen - not to think about what he or she would say next — but to actually listen to what was being said while the other spoke. Once the ball-holder had said what was necessary (without interruption), the ball was handed to the other to hold while he or she verbally reflected back what the first person had said. This way each person had an opportunity to talk without interruption or having his or her sentences finished for him or her. The ball, being made of sof







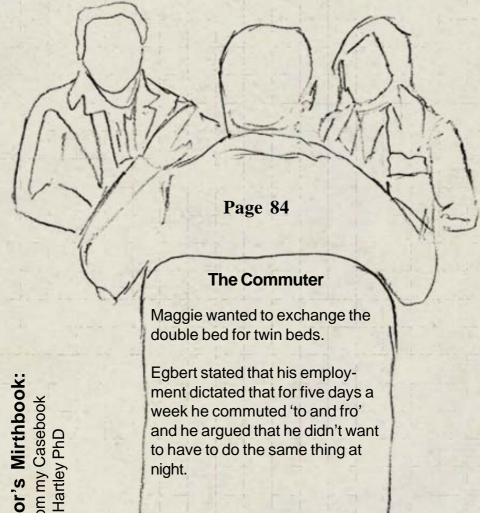
A Counsellor's Mirthbook: Comedy from my Casebook Lionel Hartley PhD



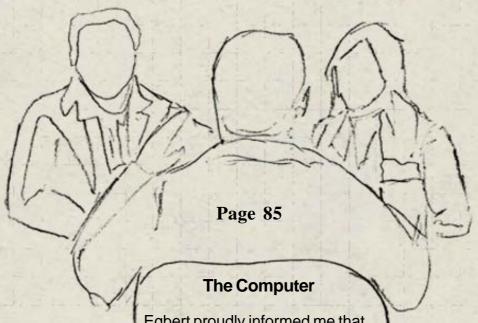
Maggie made a snide comment about her husband Egbert when she said that at their wedding 'the bride wore white for purity and yet the groom wore black!'

Egbert was quick to insist that the reason that the bride wore white was that 'all home appliances come in white!' -

Much work was needed in restoring their relationship.



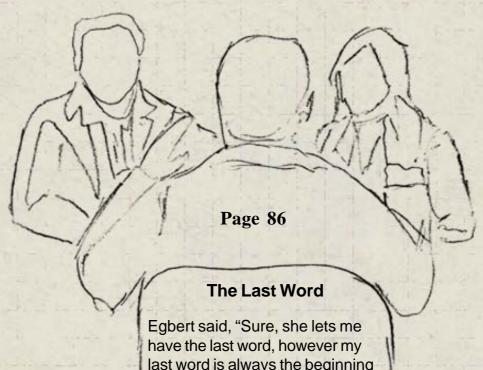
A Counsellor's Mirthbook: Comedy from my Casebook Lionel Hartley PhD



Egbert proudly informed me that his wife Maggie often referred to him as 'the Computer of the Family'.

He boasted that it was probably his superior intellect and being able to do several things an once.

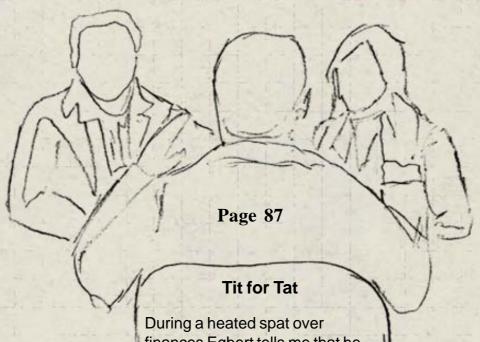
However he was quickly deflated when Maggie explained that she likened him to a computer because it seemed as though she had to press the all right buttons and yell at him in order for him to work!



last word is always the beginning of another argument!"

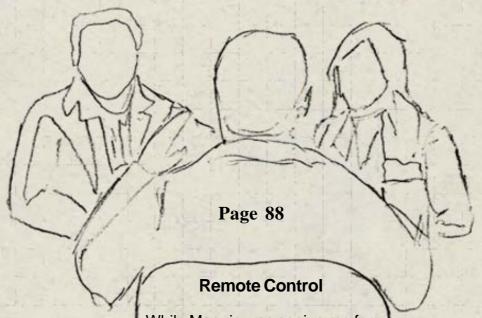
Another client on a different occasion said, "I always have the last word, it is 'Yes, dear."

Another said, "In our marriage I can prove that am the boss. I always have the last word on what colour apron to wear."



During a heated spat over finances Egbert tells me that he said, "Well, if you'd learn to cook and were willing to clean this place, we could fire the cook and the housemaid."

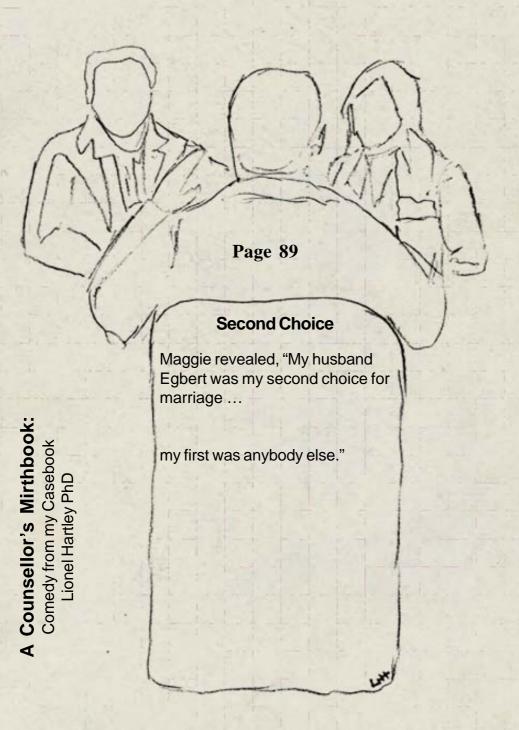
He told me that Maggie, who was fuming, shot back, "Oh yeah??? Well, if you'd learn how to help with the chores, we could fire the handyman, the chauffeur and the gardener."

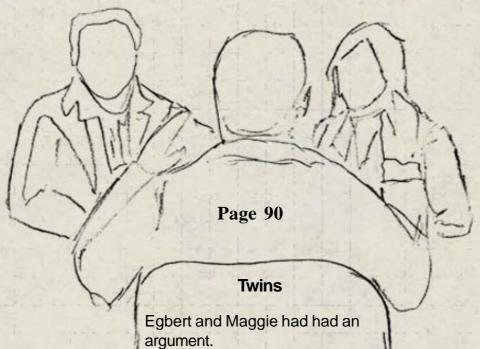


While Maggie was seeing me for counselling without her husband, she opened her purse to extract a handkerchief, and a remote control for a television or VCR fell out onto her lap.

'Pardon me for asking, but do you always carry a remote control around in your purse?' I questioned.

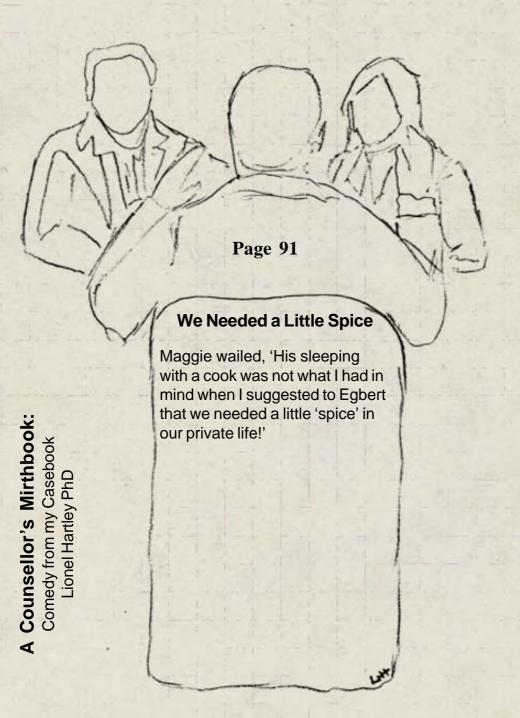
She replied, 'Oh no, it's just that when my husband Egbert refused to come to counselling with me I figured taking the remote control was the only legal mischief that I could do to him.'

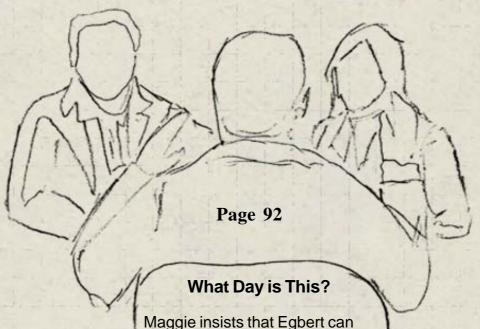




Maggie, you see, was pregnant and the physician had explained that an ultrasound test had shown that she was to give birth to twins.

Believing that to have twins meant that the mother must have had 'relations' with two different men, Egbert wanted to know "Who the other man was?"

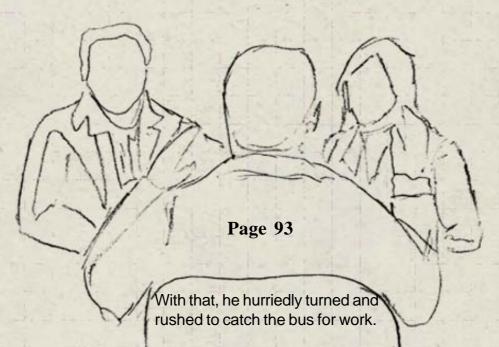




Maggie insists that Egbert can never remember occasions such as anniversaries and birthdays.

To prove her point, she recites what had happened only a week or so earlier. As Egbert made his way out the front door on the way to work, she had challenged him, 'I bet you don't know what day this is today!'

Although she saw that he was obviously perplexed, he nevertheless replied, 'Of course I do, my dear. How could I forget?'

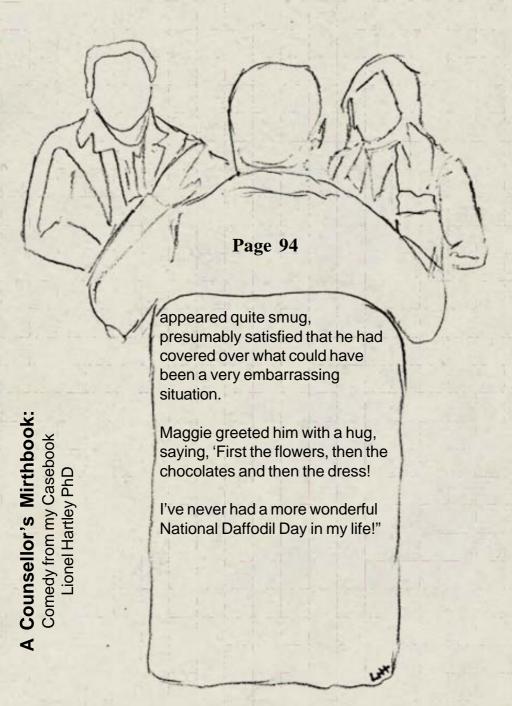


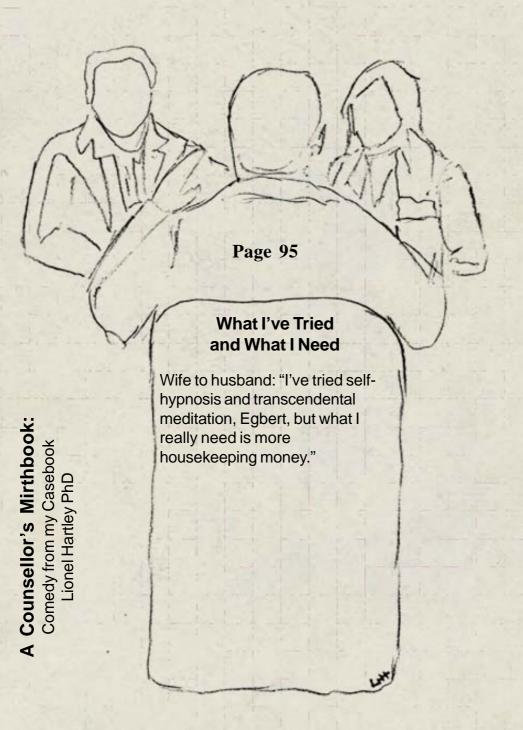
At 10 a.m., she says, the doorbell rang and a delivery boy handed her a box containing a dozen long-stemmed red roses.

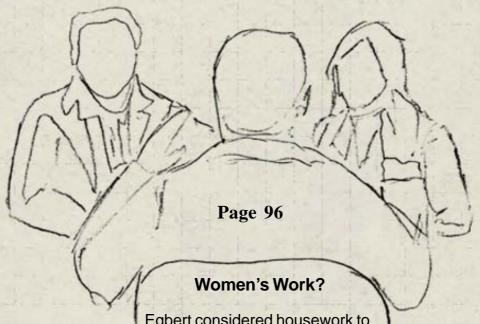
At about 1 p.m. a foil wrapped, heart shaped box of chocolates arrived.

Later in the afternoon, a boutique courier delivered a designer dress. Naturally, Maggie could hardly wait for Egbert to come home.

When Egbert finally arrived, he



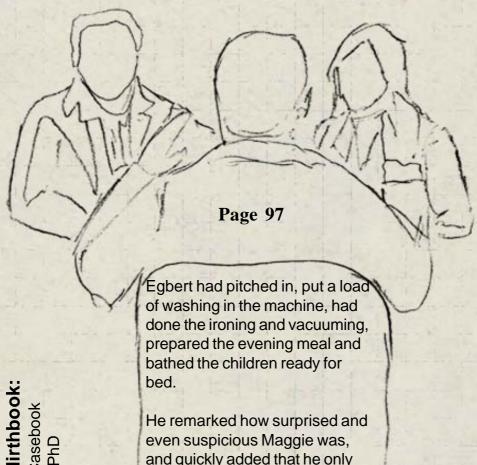




Egbert considered housework to be woman's work, but felt guilty watching his wife work so hard.

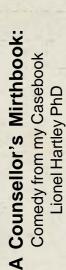
He related to me what happened one evening when his wife Maggie arrived home from work and he had tried to make a change.

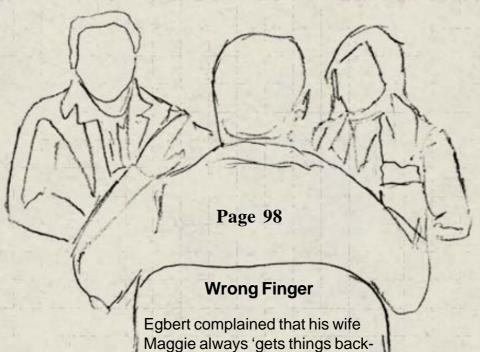
You see, he had read a magazine article which said that the reason wives didn't often feel romantically inclined was because they so tired from doing all the housework on their own. So this particular evening,



and quickly added that he only did it the once, vowing that it was a bad idea.

'Maggie was romantically inclined alright,' he concluded' but it didn't work the way I had planned because I was too tired.'





to-front'.

'She even wears her wedding ring on the wrong finger!' he cited as an example.

Maggie just sat there and smilingly replied, 'That's because I married the wrong man'.

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