This bachelor's thesis deals with the topic of humor as a protective psychotherapeutic tool. Its theoretical part brings a review of general information about humor in context of psychotherapy and its connections. First of all it focuses on definition, process and forms of therapeutic humor. It mentions the connection between humor and coping strategies, stress, resilience, self-efficacy and regulation of emotions. The work also refers to humor from the view of psychotherapy – more specifically, the thesis focuses on humor, as one of the components supporting successful communication and, lastly, there is mentioned the possibilities to use humor as a coping mechanism against burn-out syndrome by psychotherapist.

The practical part offers the proposal about the effects of humor skills and sense of humor psychotherapist on well-being and as a protective factor against burn-out syndrome.