

# DESTRUCTION THERAPY

## LISTENING

### 3 6.1 Read the definition and listen to the radio programme. Answer the questions.

**therapy** treatment of a physical or mental illness, often without the use of drugs

- 1 Which two therapies does the programme talk about?
- 2 The therapies are used in different situations. What situations are mentioned in the programme?



### Answer the questions:

- 1 Do you think destruction therapy and laughter therapy are good ideas? Why/Why not?
- 2 Would you try any of the ideas in the programme?

### 4A Are the statements true (T) or false (F)?

- 1 Eight out of ten people have trouble controlling their anger.
- 2 With destruction therapy you use your anger to destroy something in a controlled way.
- 3 If you think about a situation when you were angry, the therapy will be more enjoyable.
- 4 In Spain, some companies pay for their workers to build hotels.
- 5 In Mexico, they use destruction therapy in hospitals.
- 6 Laughter therapy can help people to feel less pain.
- 7 On average, children laugh 100 times a day, and adults laugh seventeen times.

### B Listen again to check. Correct the false statements.

