

HA Conference Schedule

Conference attendance during all periods is required



2018 Certificate and Grad Credit Schedule – All Levels

Wednesday, April 11, 2018		
7:00-8:00 p	Humor Academy Registration - <i>Bayside Ballroom Foyer</i>	
Thursday, April 12, 2018		
7:30 a	Meet & Greet - Registration - <i>Bayside Ballroom Foyer</i>	
8:00-11:30 a	Mary Kay Morrison, CHP <i>Harborview Room</i>	Level I: Foundation HA Theory Course This basic course is designed to provide opportunities for networking and dialogue among those interested in healthy humor/laughter theory. To provide research-based instruction in a collaborative environment, promote positive and healthy humor, encourage like-minded people, groups and organizations to join in promoting healthy humor. To discern between truth and fiction regarding the benefits of humor and laughter. To support AATH in their mission to be the recognized worldwide authority and primary membership organization for people with a common interest in applied humor and laughter.
8:00-9:00 a	Megan Werner <i>California Room</i>	Level II & III : Who are YOU and How Do You DO? Through a review of recent research on how to properly implement and invest talents that can improve levels of resilience, this session will teach participants how to utilize and leverage talents to boost their accomplishments through AATH. In a discovery of one's own self, you will walk away knowing how to use your own strengths as tools for resilience and leadership in appropriate roles in AATH.
	CHP Panel Roberta Gold, CHP - moderator <i>Bayside Ballroom</i>	CHP: Resiliency at Work The purpose of this session is to help attendees understand various techniques to utilize humor in the workplace. Topics to be covered will discuss resiliency, appropriate humor for the office, how to implement a workplace humor program, and more.
9:00-10:00 a	Nila Nielsen, CHP Karyn Buxman, CHP <i>California Room</i>	Level II: What's So Funny About Leadership In this course, Dr. Nielsen will help you discover your funnybone - your own unique humor focus. Through this personalization of humor, you will explore a variety of resources, participate in leadership opportunities, and use your strengths to develop a personal humor goal. Karyn Buxman will lend her expertise as you blend humor with leadership..
	Megan Werner <i>Point Loma</i>	Level III: Application of Humor - Above and Beyond Putting those strengths you have to good use, this session will help guide you in understanding how to utilize your strengths in projects going forward. By understanding how past Level 3s utilized their own strengths in previously successful projects, you will learn how to also better hone your talents for future AATH or CHP driven ventures within or outside the realm of AATH.
	Cyn Keeler <i>Bayside Ballroom</i>	CHP: Humor Buddies Bonding Through Laughter - 9:00-9:30 Get your Humor Buddy ready! In this session, prepare to discuss how having a Humor Buddy can help build resilience among teammates. By the end of the course, you'll be able to increase your resilience through bonding with others. Topics to be discussed are what a Humor Buddy is, the core traits of a Humor Buddy, why we all need one, and more.
	Linda MacNeal, CHP <i>Bayside Ballroom</i>	CHP: Designing a Humor Training Program - 9:30-10:00 AATH is the exciting epicenter of humor education. When we present humor, our audiences and clients (almost unanimously) respond, "Yes I want some of that!" They leave intending to use the new behaviors that we taught them. Sadly, people leave with the best of intentions but usually don't usually end up actualizing any significant changes. We have to learn to share our accumulated knowledge of humor in a way that enables people to include more intentional healthy therapeutic humor practices. Since humor is not a one-size-fits-all solution, it's necessary for people to figure out where they best fit into the array of humor practices before starting. We need a simple but effective way for our clients to self-identify one of the five humor practices to pursue. Together we will work on that process during this session.

2018 Certificate and Grad Credit Schedule – All Levels *(continued)*

10:00-11:00 a	Joyce Saltman, CHP <i>California Room</i>	Level II: What is Mind/Body Medicine? Dr. Saltman provides information on the effects of humor as it applies to the emergence of Psychoneuroimmunology and Positive Psychology. In this session, she shares the importance of emotion on health and well-being. The benefits of humor physically and mentally are discussed along with exploring the connection between humor and the brain. Her energy and vibrant life experiences demonstrate the importance of integrating humor into healthcare settings, the workplace and everyday living.
	Beth Slazak <i>Point Loma Room</i>	Level III: Application of Humor - Projecting Success We will discuss possible tools for creating a project that will provide benefits of therapeutic and applied humor. Over the time of this course, you will learn to recognize next steps in the creation of a therapeutic humor project, and will be able to list the value of having a mentor when creating these projects. We will discuss tools for project ideation, tips for next steps toward project creation and implementation, and more.
	Paul Moore, CHP Nila Nielsen, CHP <i>Bayside Ballroom</i>	CHP: CHP Certification and Infusion of Humor - Family Therapy Through this session, participants will learn how they can define "Certified Humor Professional" as it relates to service to families and individuals, as well as identify various practices that benefit from having a trained humor professional. Be prepared to discuss effective strategies of infusing humor into your practice, and gain knowledge on training and continued education to become a Certified Humor Professional.
11:00 a-12:00 p	Erica Swiatek <i>Bayside Ballroom</i>	Level II, III & CHP: Gamification of Work In this session, attendants will explore the purpose and potential of using play in corporate learning. By the end course, you will be able to recognize how humor and gamification can improve engagement and memory in teaching concepts such as resilience. Different case studies... or Play Diaries will be discussed, as well as activities such as reverse engineering activities and learning experiences to include play.
11:30 a 12:00 p	Jennifer Keith <i>Harborview Room</i>	Level I: Technology This session will help you understand the benefits of shared document technology to collaborate and expand learning, and gain expertise in the mechanics of utilizing an online document platform. We will initiate individual and study-group accounts, practice responding and editing a group document and review guidelines to support professional and ethical usage.
12:00 p	Therapeutic Humor for Peace Luncheon - Bayside Ballroom	
1:30-2:30 p	Dr. Steve Sultanoff, CHP <i>Harborview Room</i>	Level I: Keynote - Hee Hee Healing: Foundation of Therapeutic Humor In this keynote of the Humor Academy, participants will learn the foundational underpinnings for therapeutic humor along with gaining an understanding of what activates your sense of humor. You will discover how to be therapeutic versus hostile in your sharing of humor, the central model that illustrates how and why the experience of humor can be therapeutic, the core human qualities for the communication of therapeutic humor, and more. Be prepared for lots of learning and laughter.
1:30-2:30 p	Lee Berk & Co. <i>Bayside Ballroom</i>	Level II, III & CHP: Keynote - Eustress Humor Associated Mirthful Laughter Compared To Distress Differentially Modulates Eeg Foundation of Power Spectral Density Across Brain Frequencies 1-40hz: Predominance Of Beneficial Gamma Therapeutic Humor Frequency 30-40hz Dr. Lee Berk will discuss his most recent research on eustress humor associated with mirthful laughter. He will present information about psychoneuroimmunological mechanisms viewed through electroencephalographic (EEG) power spectral density across frequency bins 1-40Hz. He will describe the results regarding differences in activity as measured through frequency differentiations. He will also discuss how this knowledge may contribute to the body of knowledge to the field of humor's value in health care.
2:45-3:45 p	Kathy Passanisi <i>Bayside Ballroom</i>	All Levels: Keynote - Boring or Brilliant: The Art and Science of Humor on the Platform "You don't need to use humor on the platform unless you want to get paid." It's the unofficial rule among seasoned professional speakers. Humor is both art and science — a bit of talent honed by proven techniques and experience. You CAN make your presentations more effective, more memorable and more fun. And if you don't plan to present but think you might be boring and would like to be funnier, this is for you too.
4:00 p	Humor Academy Graduation (open to all conference attendees) - Bayside Ballroom	



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