



It's Not Too Late to Join the Fun! Register Now!

Annual Conference 2016

AATH 29th Annual Humor Conference & Humor Academy, April 7-10, 2016 at the Hilton Phoenix | Mesa.



SCHEDULE 2016

REGISTRATION RATES

REGISTER NOW!

HOTEL RESERVATIONS

Share your knowledge, your information, your products with fellow conference attendees by participating in the exhibitor showcase. Member rate is only \$50 for 1st table and \$30 for a 2nd table. NonMember rates are

This complimentary Humor Connection newsletter is one of the many ways that AATH fulfills our mission to study, practice and promote healthy humor. You can join our efforts by joining AATH at www.aath.org

Letter From the President

WOW! It looks like we have record-breaking registration for the 2016 AATH "Rev'ing Up Your Humor" conference. It is no wonder! Our conference chair, Brenda Elsagher and co-chairs, Jae Pierce-Baba and Beth Slazak have an incredible program planned with numerous surprises and fantastic speakers. These four days of learning and inspiration will feature leading speakers in the fields of neuroscience and therapeutic humor, including Dr. Michael Miller, author of "Heal Your Heart," and character comedian Karen Knotts, daughter of legendary comedian Don Knotts.

The celebrations will include a pinning ceremony for the first CHP (Certified Humor Professional) recipients. This ceremony will be held at the Saturday evening banquet with 33 candidates eligible to receive this prestigious certificate of recognition. These remarkable graduates have completed 3 years of the AATH Humor Academy accreditation program including completion of a research-based project.

I cannot wait to have you join the fun at The Association for Applied and Therapeutic Humor, 29th Annual Conference April 7-10th at the Hilton Phoenix Mesa. Register now at www.aath.org.

With humergy,
Mary Kay Morrison
AATH President

Member News

Nurses and Social Workers does this look like you at your last professional development training?

AATH Local Area Meeting



The third AATH Southern California

\$100/\$75. For more information on Exhibitor Opportunities, click [here](#).



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meeting was held on January 9 featuring Dr Wendy Treynor - with Karyn Buxman, Jill Knox and Wendy Treynor.

Congratulations AATH member: Carla Ulbrich

The Logan Whitehurst Memorial Awards for Excellence in Comedy Music, aka The Logan Awards, in association with The Funny Music Project, aka The FuMP, announces the finalists for the sixth annual comedy music awards. The award ceremony was held in Bloomington, MN the weekend of March 4-6. The Logan Awards are held every year to showcase the very best in comedy music, and Carla was recognized in the following:

Outstanding Parody Song:

Carla Ulbrich - "Cheek to Cheek"
Carla Ulbrich - "Dr Pepper"

Outstanding Original Comedy Song

Carla Ulbrich - "Joe's Ex-Girlfriends"

For links to the songs and videos, as well as the artists, and more information on Logan Whitehurst, please click [here](#).

From CHP Grad, Fif Fernandes:

I am so remiss about not sending you all the news clips. Today, I was invited to speak at a major Think tank conference about social transformations. - so a couple of film stars, amazing activists, environmental gurus, finance gurus and me. Also today we were requested to do a pilot project at a private hospital in Chennai.

Love to all,
Fif Fernandes, Artistic Director,
Komali MeDi Clown Academy
Arati 3B-1 Auroville, TN,
India 605 101

Past President, Lenny Dave Featured

Lenny Dave was recently featured in the Sun Sentinel "Humorist Offers 100 Years of History." Dave is past president of AATH and served as the 2014 Vincennes conference chair.



Tired of professional development activities that suck the workplace motivational spirit right out of you? Can't bear to sit through yet another endless PowerPoint delivered in robotic monotones on a subject remote from your daily patient experience? Longing to return to energetic engagement you felt when you first entered the field?

Look no further - The 29th Annual AATH Conference April 7-10 in Mesa, Arizona offers up to 21 board approved CEUs for nurses and social workers across the country.

Guaranteed to be the most fun you have while learning and earning toward your required relicensure. The applications for therapeutic humor in health and social services are varied and powerful. Presenters include Daniel Lappin on Comedy and Trauma Therapy, Mary Laskin on Applying Therapeutic Laughter with Chronic Pain Patients, Gurinder Bains on the Effect of Humor on Body Inflammation and Dr. Michael Miller, author of Heal Your Heart, on how therapeutic laughter may slow vascular aging by up to 10 to 20 years!

Why not have some FUN with your Professional Development FUNds this year. To register go to www.aath.org. **NOTE: the 21 hours includes registration in the AATH Humor Academy. 14 hours are available for conference registration only.**

Book Review

Follow the story [here](#).

From Beth Usher on Facebook...

Beth Usher and Kathy Laurenhue meet up in Florida. "Some of the very best gifts that we get from attending the Association of Applied and Therapeutic Humor Conference are good friends that we get to keep! Not only are they great people but they are also specialists in the field of positive humor and how this humor can make a difference in all aspects of our lives - In this political time, we all need positive humor to survive!!!"

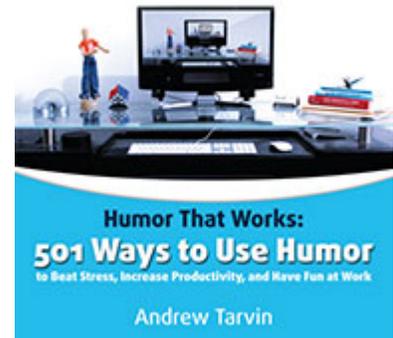


Update on Sister Sue Tracy

This is an update on Sister Sue, an AATH Member for many past years, a frequent conference attendee and a certified laughter leader with the World Laughter Tour. In February of this year, Sister Sue learned that the lymphoma in her brain had returned, and she is currently in treatment for it with some of the latest forms of chemotherapy. She is not up for visits or calls at this time, or for responding to email messages, but if you wish to reach out to her, you can send a card to Marywood (Sr. Sue Tracy OP, Aquinata Hall, 153 Lakeside Drive, NE, Grand Rapids, MI, 49503-2811). And, of course, your prayers are always appreciated.

Member Profile

Thank you, *DIANE ROOSTH*, for the Book Reviews every month!!



Andrew Tarvin, *Humor That Works: 501 Ways to Use Humor to Beat Stress...*

AATH 2015 Conference Keynote and Andrew Tarvin takes the approach that "Humor is a powerful skill that can enhance productivity, build relationships, boost revenue, improve health, and increase happiness". An engineer by training, he created his book as a "resource" to provide the reader with "a laundry list of ways to use humor in the workplace". Three key topics he addresses are: "The Definition of Humor"; "The Benefits of Using Humor"; and "The Dos and Don'ts of Humor at Work".

He says humor is defined in the dictionary as: "a comic, absurd, or incongruous quality causing amusement". It helps pass time, and has the capacity to uplift and make light of a situation without target or attacking others. He warns against negative humor which has its place, but not in the workplace where it can destroy and target people or groups. For purposes of this book, our author states that all references to humor are positive like protons.

Based on his research, our author identifies Ten Benefits of Using Humor including: "beating stress; improving health; increasing efficiency; developing creativity; improving relationships; creating opportunities; making better leaders; and leading to happiness." He identifies Do's including "be positive," "use what you know," and "have fun."



Meet AATH's newest member, **Nick Gianoulis**. Known as "The Godfather of Fun," it doesn't get more fun than this!

Nick is the founder of The Fun Dept., a cutting edge consulting and training company specializing in employee engagement and enhancing corporate culture. Nick began his company after experiencing firsthand the enhanced culture and business results of fun during his 20-year corporate management tenure with a company that embraced a "work hard", "play hard" culture. The Fun Dept. has been featured on CNN, BBC News, Washington Post, TEDx and numerous other media outlets and has had clients that range from Fortune 100 companies to those with as few as 10 employees. They treat fun as a process with measurable and sustainable results. After delivering more fun in the workplace than anyone in the world they share their proven "how to" model with companies with their book, *Playing it Forward*, nationally accredited workshops and speaking engagements. Most recently, Nick and The Fun Dept. team are realizing their original mission of "creating opportunities for people to have fun at work around the world" through a Certified Trainer Partner program. To learn more, visit www.morefunatwork.com.

He also states what we "shouldn't" do, including: "don't be negative; don't overdo it; don't ignore your audience; don't think you have to do it alone."

Mr. Tarvin identifies 501 Ways To Use Humor he finds effective. These methods include ways to apply humor to "common methods" of business "communication," including: "Conversation, Email, Presentations, Training, Documents." He talks about the use of Humor and Problem Solving: in addressing "five steps of problem solving," including: "Problem Definition," "Brainstorming," "Decision Making," "Implementation," and "Evaluation."

Kudos to our author for this great resource regarding humor in the workplace! He gives us an organized, methodical, and systematic approach that has the potential to benefit most workplace environments.

Drew will be back to present at our 2016 Conference. Come join him!

Members who would like their book to be considered for an upcoming Humor Connection book review, should contact info@aath.org. Please use Book Review Submission in the subject line.

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You can write a check to AATH and send to the office or you can:

1. **AATH 2016 CONFERENCE SPONSORSHIP:** There are many ways that you can be a sponsor for our AATH conference for as little as \$50.

2. **SCHOLARSHIP DONATION:** You can designate your gift to the Patty Wooten or Ed Dunkelblau scholarship fund.

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