

# HUMOR CONNECTION



Association for Applied  
& Therapeutic Humor



The Home for Humor & Laughter Professionals

August 2018

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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](http://www.aath.org)



**Beth Slazak, CHP**  
2018-2019 AATH President

## Blocks and Barriers

It's my birthday month, and events like that can give you pause to think and evaluate. On my birthday, I was teaching at-risk college students about Blocks and Barriers. We got into a discussion about the blocks and barriers that are self-created. Things like fear, over-thinking, and lack of self-confidence. These issues can do real harm, especially when you are at a life cusp, like these students.

This is not a cure-all, but I can attest to the fact that developing a sense of humor and finding the mirth and joy in life can help these situations. If you can laugh at a fear, you gain power over it, and if you are taking yourself too seriously, then you REALLY need to laugh at yourself. If you doubt how amazing you are, make someone laugh and you will feel on

top of the world.

So, go out there and build up yourself and those around you – make the world a funnier place. And then sit back and watch the show.

- Beth

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## Looking for Humor Connections?

Remember that great feeling of energy and belonging you felt after networking with your AATH colleagues at the last conference? Well, you are going to want to participate in this new member-only benefit: Humor Zoomers!!

Share ideas, connect, network, and learn new skills. Lots of Laughs and Humergy!!

It's a live, online call to connect AATH Humor Enthusiasts. The first one is scheduled for NEXT MONDAY, August 20, 2018 @ 7PM EST/6PM CST/4PM PST

Location: YOUR computer or phone. We hope to see YOU there!! Just click the link below, download Zoom (free online meeting platform), and come on in!!

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## What Do You Want to Know?



A new Research Committee was formed at our conference last April with the goal of gathering evidence-based research articles to share on our website, and to help facilitate actual research of topics of interest to our members.

If you are interested in proposing a topic for research, please contact Gurinder Bains at [gbains@llu.edu](mailto:gbains@llu.edu) or Ron Berk at [rberk1@jhu.edu](mailto:rberk1@jhu.edu).

This committee will also be handling the solicitation and selection of Research Abstracts for the 2019 Conference. Watch for upcoming emails with links to the application this fall. And think about people you may know whose research should be featured at the next event!

## Save the Date!



The 2019 Conference will be here before you know it. The dates are April 4-7, 2019 and the event will be held at the DoubleTree Oak Brook Hotel in Oak Brook, IL. Save those dates on your calendar.

What do you need to know now? Well, the Conference Committee is busy at work starting to score all the speaker applications that we received. Lots came in, lots of work to do!

Scholarship Applications will go out at the end of August and be closed on October 31st.

Research Abstract Applications will go out in September and be closed on November 16th.

And the early, early bird fee promotion will be promoted in October and close on November 31st.

## Speaking of Speaking



The Anxiety and Depression Association of America's 2019 Annual Conference will be held on March 28-31, Chicago, IL – the week before our AATH Conference. The event unites leaders in the research community from across the U.S. and internationally with clinicians from all mental health disciplines focused on improving treatments and finding cures for anxiety, depression and co-occurring disorders. And they would love to have a session on humor and its impact on therapeutic situations.

The submission portal is now open. New first time presentations will be given priority.

[Submission Portal](#)



Professor David Tarvin packaged his 10-minute presentation at our April conference into a nice video that shares three tips on how to add humor in the classroom. It also provides a nice wrap-up on some of the many presentations at the conference.

[Check it Out!](#)

## Humor Academy



The AATH Humor Academy Program is in full swing this summer. The Level I groups “met” on August 8th at a “Virtual Picnic.” They are excited that AATH President Beth Slazak, attended to share some of the volunteer opportunities available in AATH. The theme was “Making Lemonade out of Lemons” as a memorial to Jim Bob William’s son.

The Level II group members have each decided on a personal Humor Goal that will permit them to research and explore an area of humor that is relevant to their growth. They are also busy

supporting their very own Jennifer Keith as she plans the 2019 conference.

Level III participants are involved in the final phases of their Academy projects which will be highlighted in Chicago during the April conference. They continue to rock life with humor, mirth, and persistent-undying-unflinching-kneeslapping laughter. Karyn Buxman has held guest interviews and lively conversations during several summer sessions with our CHP Graduates.



### Episode 24: Patty Wooten

Laughing through a disaster? Does that seem ludicrous? Perhaps...but humor always finds a way. From the treachery and turmoil or being a prisoner of

### Episode 25: Yakov Smirnoff

You loved him on the stage and big screen and now you'll love him at the AATH conference! What a treat it was for me to spend a little time talking with Yakov



war to the devastation that the recent natural disaster have wrought, humor finds a way. On this week's episode of Laughbox, I have the distinct honor of talking with someone who knows the power humor can have in helping you

overcome the obstacle, get perspective, and gain strength. Patty Wooten! I've been a long time admirer of Patty and her work. Some people talk about humor and some get out there and try to use it's power to make a difference in the world. Patty has been making a difference for nearly 40 years and, today, she can make a difference for you!

**Patty Wooten**



Smirnoff on this week's Laughbox podcast! Admittedly, I was a little nervous going into it but he quickly put me at ease as he shared some of his insights on laughter, love, and relationships. Listen in!

**Yakov Smirnoff**

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## Planning for New AATH Virginia Chapter Underway

Kyle Edgell, CHP, is planning an initial, organizational meeting for a Virginia AATH Chapter on September 10, at 6:30 pm at the Roanoke South County Library. There are 21 colleges and universities within a 60 mile radius of Roanoke including: Ferrum College, Hollins University, Roanoke College, Virginia Tech, Liberty University, Washington and Lee, VMI, Sweet Brier, Randolph College, Radford University – So, if you are an AATH member, and know someone who is an Alumni of one of these great institutions, alert them that there will be an opportunity to build a thriving chapter organization.

Kyle has some flyers and info available to help spread the word. Contact her at [laugh@kyleedgell.com](mailto:laugh@kyleedgell.com).

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## AATH Midwest Chapter

The AATH Midwest Chapter meeting will be at the Rockford Northeast YMCA on Saturday Sept. 8th at 10:00 a.m. Our speaker will be Susan Young who will share SHIFT, SHED, & SHINE... Your Go-To Guide for Resilience in Times of Change. With humor, heart, and tremendous passion, Susan helps audience members to create the clarity and vision that will allow them to move more swiftly and confidently in the direction of their dreams. Susan is Founder and CEO of Susan C Young International, a speaking and training firm. Susan is a renowned motivational speaker and we are thrilled that she will be joining us.

There will be a complimentary luncheon for AATH members following the presentation at the home of Don and Mary Kay Morrison, 322 Canary Drive, Caledonia, IL

RSVP to the AATH office or contact Mary Kay Morrison, [marykay@questforhumor.com](mailto:marykay@questforhumor.com)

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## Member News

**They take the healing power of laughter quite seriously**



And the Virginia Chapter is off and running and promoting AATH in the state. Check out the August 12th article in The Roanoke Times!

[Check it Out!](#)



### Wildfire stories provide healing through humor

**Paul Osincup** is featured in this August 11th article in The Press Democrat in Sonoma County, California, talking about the use of humor while dealing with the stresses of the California wildfires.

[Check it Out!](#)



### Laughter - The Best Medicine for Good Health

**Diane Roosth, CHP**, was featured in the Spanish language online news service, laopinion.com in this article.

[Check it Out!](#)



### Speaker encourages Chamber members to 'say yes to the mess'

**Chip Lutz, CHP**, recently spoke to the Kenosha Chamber of Commerce on July 31st and was covered in the Kenosha News.

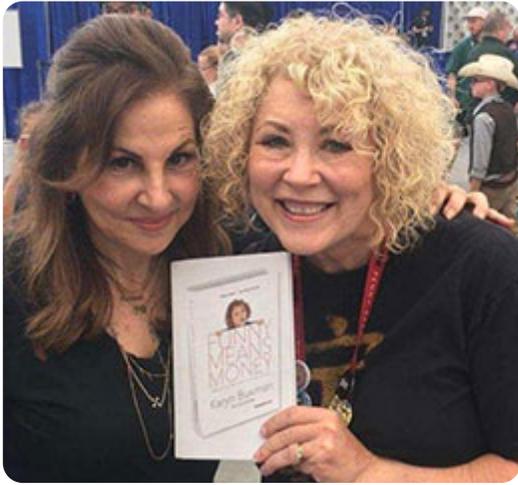
[Check it Out!](#)



### 7 Fun Everyday Activities That Also Keep Your Heart Healthy

**Steve Sultanoff, CHP** is quoted in this online article at Brit.com on August 7, 2018. He offered one of the 7 activities featured (spoiler alert: #7 is Laugh!).

[Check it out!](#)



Don't be fooled by the title, this article that appeared on July 27th on Forbes.com is all about **Karyn Buxman, CHP!**

[Check it out!](#)

**Karyn** was also recently featured on the Daily Goalcast video talking about living an intentional life by using humor.

[Check Out the Facebook Link!](#)



### Using Humor in the Classroom

The National Education Association website is featuring an article on Using Humor in the Classroom that includes a video interview with **Mary Kay Morrison, CHP.**

[Check it Out!](#)

### Friends Together

Check out this motley crew who intersected travel plans and gathered up in Michigan. Who have YOU seen lately?



(L to R): Kathy Laurenhue, CHP, Kay Caskey, CHP, Laurie Young, CHP, and Don Morrison.  
In Back: Mary Kay Morrison, CHP, Brenda Elsagher, CHP.

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## Welcome to Our New Members!

- **John Garrett**, Springville, UT
  - **Rick Bell**, Gilbert, AZ
  - **Betsy Tuma**, Colorado Springs, CO
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### Book Review

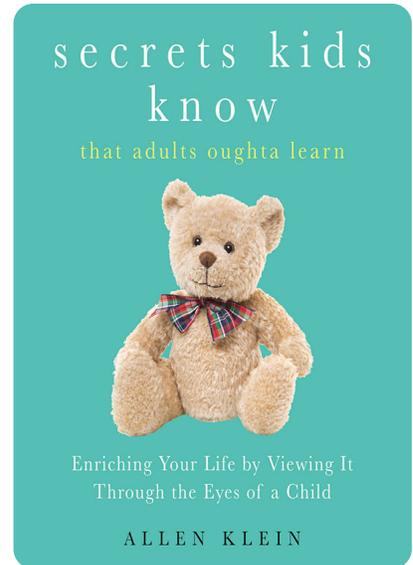
## Secrets Kids Know

By Allen Klein

There is more than one author named Allen Klein. The author of *Secrets Kids Know* is not the notorious man who bailed out the Beatles and transformed rock and roll. Our AATH member Allen Klein is a very prolific and successful writer and professional speaker whose work and previous books are uniquely inspirational. He is also an observant father who teaches his readers and listeners how and when to apply humor, especially when facing life's difficult decisions and even depressions.

Klein's first book *The Healing Power of Humor*, published in 1989, has become a genuine classic in this nonfiction genre begun a decade earlier by Norman Cousins' *Anatomy of an Illness*.

[Read More...](#)



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