

HUMOR CONNECTION



Association for Applied
& Therapeutic Humor



The Home for Humor & Laughter Professionals

Sept. 12, 2018

f Like Us on Facebook

t Follow Us on Twitter

in Find Us on LinkedIn

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



Beth Slazak, CHP
2018-2019 AATH President

I Love the Start of Autumn

...the promise of crisp nights, campfires, and sweaters. It's the feeling of starting something, with back to school time – new pencils, new backpacks, new shoes, and maybe...a new attitude?

As we check out the changing leaves, maybe take the opportunity to check out our reactions and interactions with those around us. Are we remembering to use our knowledge of healthy humor? Are we contributing to peace and joy or are we ... not.

There is a lot of change that happens to people this time of year. Some of us love that, but others struggle with it, so use care. Questions about how to best do that? Plan now to attend our conference in Chicago in

April. Experts from around the world will be there to discuss and share information on this topic.

Look forward to seeing you there!

- Beth

Time to Apply for Conference Scholarships!

Don't forget about Scholarship Opportunities for the AATH Annual Conference! Through our generous scholarship donors, AATH is able to offer twenty scholarships for conference or Humor Academy registration. Deadline is October 31st don't delay. Apply today!

Psst: Here is a hint for success:

- Applicants may apply for up to three scholarships, submitting a separate essay for each scholarship. An applicant will be disqualified for submitting more than three essays.
- There will be strict adherence to scholarship criteria set forth by sponsor. If none of the applicants meet the criteria, the scholarship will not be awarded. (Make sure you read the scholarship criteria and answer the questions. Specifics given high marks!)
- Those people who received a scholarship in 2018 are not eligible again until 2020.

Can You Help?

Can you help us promote our 2019 Conference by sharing the information with your circle of colleagues and friends? Attached is artwork for a Save-the-Date flyer and the event logo. Maybe you have an association that will help spread the word? Or just email to your friends or share on social media? Or even print the flyer and take it to your next speaking engagement. Every little bit helps!



And, if you know someone in the Chicago area who would benefit from attending, please let us know so we can be sure to get them on our mailing list!

[Save-the-Date Post Card](#)

[Save-the-Date Flyer](#)

[Conference Logo Art](#)

Humor Academy News

Everyone is back to school and so are the Humor Academy students who are learning and laughing together. Did you know that behind the scenes there are 6 conference calls that take place within the Academy program?



Our **Level I** group has 2 sections - each led by outstanding advisors: Jana Greco and Sindy Hild. The groups meet via Zoom to discuss their class text written by Mary Kay Morrison. Kathy Laenhue, Level I Support Leader, also adds her expertise and joy to the calls.

Level II also meets once a month. This group takes turns leading the discussion centering on how to utilize levity as a technique in leadership as outlined in a book by Karyn Buxman. They also discuss research and application of humor relevant to their lives. Karyn Buxman and Nila Nielsen attend their sessions.

During the monthly call of the Level III students, Megan Werner guides the process of helping each student complete a successful Humor Project. Each student is a leader within this dynamic group.

Karyn Buxman hosts a monthly call for our Certified Humor Professionals to connect, engage and learn from guest speakers and laugh together.

Finally, once a month, the Humor Academy instructors and advisors attend video calls to smile and appreciate each supporter, participant and graduate of this unique Humor Academy program.

Do we love conference calls? Yes, because they are indeed a "Laughing Matter."



We had a great time at our 1st Annual HA Happy Hour! We shared best practices for experiencing humor and happiness while we sipped our beverages of choice—good time!

Humor Academy Level 3 Project Proposals

Beverly - Writing, editing, and self-publishing a new book. Research is under way, concentrating on the brain and joy/forgiveness and joy.

Bunmi - The effect of therapeutic humor on depression and anxiety symptoms in adults with HIV infection in Faith Alive Foundation Hospital, Jos.

Connie – Laughter yoga joins homeless shelters and the Soup Kitchen.

David - Offering a “Humor & Health” day of workshops to the public

Deb - Revamping previous project of “A Thousand Red Noses” into a book.

Gail - Cultivating Kindness (and Happy Habits!) Kindness is the golden chain by which society is bound together – Goethe

Mary - Pain Management Clinic: 6-week project in 2015, Using Emotional Freedom Technique.

Nae - Laughter and the retail experience. Utilizing the concept of atmospherics and subliminal influence on the retail environment.

Penny - Design a course that can be utilized in rehabilitation training programs across the United States. It is hoped that the course will serve to encourage interest in therapeutic humor and its potential role in adaptation to disability.

CHPs, don't forget to save the date...

Thursday, Sept. 27 at 4pm PT/7pm ET

Linda MacNeal will be sharing her experience from the very popular free course at Yale University called, “The Science of Well-Being.” The purpose of the course is to not only learn what psychological research says about what makes us happy but also to put those strategies into practice. Topics included will be:

- Misconceptions about happiness

- Why our expectations are so bad
- How can we overcome our biases?
- Stuff that really makes us happy
- Putting strategies into practice

Join Us in Chicago on Sept. 28th

If you're local to the Chicago area or willing to drive AND interested in learning more about the Association for Applied and Therapeutic Humor or playing with the AATH board, we are hosting a free mixer at our April 2019 convention site Friday, Sept. 28th from 4-7 pm at the Doubletree By Hilton Oak Brook. Please join us!!

[RSVP](#)

Chapter News

The AATH Midwest Chapter met on Sept 8th at the Rockford NE YMCA. We enjoyed **Susan Young's** presentation Shift, Shed and Shine. The group met afterwards at a local Rockford restaurant for their meeting.

Kyle Edgell was interviewed for a Roanoke television morning show about humor, about AATH, about the conference and to promote the first Roanoke/Virginia Member Chapter meeting on September 10th.



Member News

Best Books: 47 Motivation and Life Changing Books

As listing on Fupping.com on August 14, includes Allen Klein's book "Change Your Life!: A Little Book of Big Ideas."

[Check it Out!](#)



West and East Coast had a fun connection on August 22. Good friends via AATH. Ain't life grand?!

From **Allen Klein & Barbara Grapstein**.

Zoom with Us!



We have held two online member get-togethers – we're calling them Humor Zoomers – in the past two months and have a great group of 10-14 people to get things launched. Mark your calendars NOW for the next Zoom on Monday, October 8th. Watch for the emails!

[Humor Zoomers Registration](#)

Catch Us on Social Media!



Just in the last week alone, a number of questions were posted on the AATH Facebook page, all of which generated some interesting discussion. So, even if you aren't a big FB fan, it's a great place to reach out to your humor peeps! Here's a couple of representative posts:

Anyone know of research of the impact of therapeutic humor on Press Ganey scores?

If you had a Research Question or Hypothesis to design connecting the power of Persuasion and (Humor-because I like humor, and the class is Methods in Persuasion) what would you want to know? And what theories would you think would lean best towards the exploration of this?

Continuing my internship at the KC Health Center, I'm helping to facilitate group therapy there this week for folks in recovery from opioid addiction. Any favored exercises or 30 min activities you might recommend? esp when they're led by people who are curious and care but don't have direct experience with substance use disorder.



Episode 26: Susan Sparks



A trial lawyer, a pastor, and a comedian walk into a bar.... That may sound like a great set up for a joke but it's what actually happens when our guest, Susan Sparks, goes out on Saturday night ALL AT ONCE! She's been (or is) all of

those things all wrapped up into one FABULOUS, FUNNY, AND FORTHCOMING person (okay, the last was just me needing another "F" word that wouldn't make my mother blush). Sit back and enjoy this interview with a person that is out there making a difference one laugh at a time!

[Susan Sparks](#)

Episode 27: Izzy Gesell



Where does superman go to change now that all of the phone booths are gone? Great question, eh? That's what you get when you get to spend some time with speaker and comedian, Izzy Gesell. Izzy shares his insights on how to

mine the humor from your everyday life to connect with others and cope with the crap going on around you in this week's Laughbox!

[Izzy Gesell](#)

Book Review

The Family that Laughs Together... A Quick Guide to Sanity when You Feel Like Screaming

By Roberta Gold R.T.C.

Roberta Gold believes being silly parents is a valid skill we may learn; for if the parent retains humor, the family may benefit in infinitely amusing ways. Laughing at ourselves is one example of her support strategies and no one needs to know that you're laughing on the inside. Or do they?

The chapters include reflection exercises for additional help to think creatively of ways to solve interpersonal problems in your own family. The workbook component could help you be happier, in your intent to have a happier home. Consider writing the exercises, rather than typing.

[Read More...](#)

THE FAMILY THAT
Laughs Together...

A Quick Guide to Sanity
When You Feel Like Screaming

Roberta Gold, R.T.C., CHP

know makes donations through United Way, please consider designating a portion of your generous gift to AATH and please let others know of this opportunity.