The AATH Humor Academy (HA) Program
An International Graduate Credit/Certificate Humor Studies Program

Finding Humor—Your Way!
The Humor Academy was founded in 2010 by AATH (The Association of Applied and Therapeutic Humor) in collaboration with Portland State University, Educational Explorations and Humor Quest. HA is an AATH member benefit created to further the mission of AATH in the study (Level I), practice (Level II) and promotion (Level III) of healthy humor and laughter. AATH volunteers plan, organize and implement this 3-year program for non-traditional students interested in the theory, scientific research and applications of therapeutic humor.

Humor Academy Guiding Principles

☺ Collaborative learning environment: AATH members bring valued perspectives to the class. Participants clarify, study and discuss issues related to humor therapy and the possible applications.
☺ Research Based Instruction: Access to current humor/laughter research and resources are shared in a variety of formats. Information is studied and discussed.
☺ Inquiry based format: Participants construct knowledge and build skills necessary to transform their own learning and think about how to apply these skills in their respective fields.
☺ Interdisciplinary Focus: Professional development is enhanced by learning about theoretic applications in a variety of occupations including, but not limited to medicine, health and wellness, business, education, mental health, spirituality, performance, writers, speakers, and trainers.

Humor Academy Purpose
To serve as a dynamic resource for the AATH community interested in the theory, rational, and scientific research of therapeutic humor, and in the applications of therapeutic humor in occupationally diverse fields. HA is an AATH member benefit created to further the mission of AATH in the study (Level I), practice (Level II) and promotion (Level III) of healthy humor and laughter.

Humor Academy Goals
• To provide opportunities for networking and dialogue among those interested in healthy humor/laughter theory
• To disseminate information on scientific research and applications
• To promote positive and healthy humor
• To 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

Humor Academy Structure
The Humor Academy is a 3-year program that follows the mission of AATH to serve as a community of professionals who study, practice and promote healthy humor and laughter.
• Level I: Humor Studies Foundation: Overview of the theory and research of humor practice
• Level II: Application and Humor Practice
• Level III: Leadership both in AATH and in the participant’s per field

Participant Outcomes
• Participants will know and understand;
  o The mission and role of AATH in therapeutic humor
  o The role of ethics in Humor Therapy Applications
  o Definition of Therapeutic Humor and related terms
  o Models of Therapeutic Humor
  o The differences between humor and laughter
  o The benefits of humor
Humor growth and development
Inappropriate, hostile and hurtful humor; impact versus intent
Where to find reliable humor/laughter research and resources
How to improve their own humor practice

- Participants will participate in an overview of humor theory and research.
- Participants will learn about humor therapy applications in occupationally diverse fields.
- Participants will belong to a study group consortium with occupationally diverse professionals who are interested in supporting each other and sharing experiences as they improve their humor practice.
- Participants will dialogue about issues in humor therapy as part of an ongoing study group consortium.
- Participants will learn about current humor/laughter research via social media, journals and the AATH Humor Connection.
- Participants will review information about the emerging field of positive psychology and brain research.
- Participants will have an advisor who will mentor and coach them in their plan for humor practice and skill development.
- Participants will be encouraged to become increasingly more involved in a leadership role in AATH as they progress through the developmental levels.

Two Humor Academy Options
The Humor Academy Course Certificate program is being offered by AATH and will be initiated at the AATH conference. Participants can choose either grad credit or certificate option or take both simultaneously. The 3-hour graduate credit course from Portland State University is designed to facilitate a collaborative approach in the exploration of humor/laughter theory, application and research. Both the graduate and certificate programs will explore the mission, definition and purpose of humor therapy. An extensive bibliography will be available through the AATH repository. Participants in occupationally diverse fields of study will share their ideas on the definition of humor therapy and humor therapy applications. Participation in the AATH annual conference will support participant access to current research and practical applications in the field of therapeutic humor.

Fees
Fees are to be paid at the time of registration

- Humor Academy Certificate Program: $325.00
- Humor Academy – 3 hour Graduate Credit Program: Portland State University: $450.00

This cost includes the AATH Humor Studies Certificate. Note: There is an additional cost for enrollment at Portland State University. The semester ends on June 1 and graduate requirements must be completed by that date.

Scholarships are offered each year: Check the AATH website for details. [http://www.aath.org/scholarships](http://www.aath.org/scholarships)

Fees include:
- Cost of pre and post conference course sessions at the AATH conference
- Program advisement for the entire year
- Access to AATH advisors, mentors and coaches
- Webinars/teleconferences and social media programs
- Phone Conference Study group opportunities at least 8 times a year
- 2 networking lunches on Thursday and Sunday at the conference
- Acknowledgement of program completion in the AATH membership directory
- Graduation Ceremony Celebration upon program completion
- FUN!

Participants will pay for the AATH conference and all travel expenses.
Participants must be members of AATH.
Basic Information for All Levels

• Humor Academy Certificates of completion will be awarded at the AATH conference following the year of initial enrollment. If for some reason an individual cannot attend the conference, their certificate will be mailed to them. Previous enrollees can enter the next level of study in the following years.

• Graduate course development and credit is available through Portland State University. Barbara N. Miller, D.Ed., director of Educational Explorations, and adjunct faculty member at Portland State University facilitates the graduate credit program. For further information contact Barbara Miller. 

explore@efn.org Humor Academy Graduate Credit must be completed by June 1. Graduate students will meet with Barbara Miller at the conference to finalize the program instructions.

• Textbooks need to be purchased by participants.

Basic Requirements for ALL levels

All to be completed by the AATH conference the following year:

• Conference and HA registration and application to be filled out at conference
• Attendance at All HA pre-conference classes
• Attendance AATH Conference attendance-all keynotes and breakouts
• Attendance at Poster Research Session
• Attendance at Level II Project Keynote
• Attendance at post-conference class on Sunday
• Maintain a Humor Practice Activity Log during the year.
• Read text and supplemental materials.
• Attend and contribute to at least 4 study group conference call sessions. Special arrangements made for international students.

Level I Course Materials

Text Using Humor to Maximize Living by Mary Kay Morrison

Binder with Handouts:

• Annotated Bibliography Created and updated by Mary Kay Morrison
• Power point Created and presented by Morrison and Miller
• Humor Trivia Created by Morrison
• HA Philosophy Created by Morrison
• AATH Ethics Created by Trout
• HA Fact Sheet Created by Gauldin
• Mirthium Created by Ron Berk
• Take it and Make it Funny Created by Morrison
• AATH HA Schedule Created by Morrison
• Additional Materials Created by Sultanoff

Additional Requirements for Level II (Application level)

• The AATH Board of Directors will designate AATH advisors to assist level II participants with their project work and research study.

• By March 1, Level II participants will submit their Level II project description, power point and poster information to their advisor and to the Level II program director. They will be invited to present at the conference as part of the Level II Keynote and Poster session.

Level II Course Materials

Text HA; The Science of When We Laugh and Why by Scott Weems

Supplemental Texts; Just Kidding by Lou Franzini

Humor: The Lighter Path to Resilience and Health by Paul McGhee

Materials Level II project requirement details

Level II Presentation and Poster Session details.
Additional requirements for Level III (Leadership Level)

Humor Academy: Level III Acceptance into program through review by HA directors.

• Post conference class: Planning process with advisor and team for application action plan and portfolio. Work with an AATH colleagues in preparing training session or writing experience based on research and application. Teamwork and leadership development will be an important component of level III.
• Develop training program or poster session for presentation at AATH conference or write research-based article for an AATH or other publication.
• Assume major leadership role in AATH as discussed with advisor or HA directors. Participants will research other NFP (Not for Profit) Organizations for information about successful implementation and practices in their leadership responsibilities.
• Participants will seek board approval to implement one or two new practices based on research within their chosen leadership roles.
• Participants will review and if necessary rewrite the volunteer job description for posting about volunteer opportunities in AATH.
• Participants will mentor and advise other chairs or co-chairs as transitions are made.

Level III Course Materials
Text: Leading With Levity by Karyn Buxman

GRADUATE PROGRAMS HAGS: Humor Academy 3-year Grads

HAGS will be invited to attend all special Thursday HA program sessions (payment required only for the cost of the luncheon).

HAGS will be invited to participate in leadership opportunities in AATH. We are exceptionally proud of those students who have completed 3 years of the Humor Academy program. They will always hold a special place in the hearts of AATH for their invaluable contributions to AATH.

COLOR CODE
GREEN: Level I
BLUE: Level II
ORANGE: Level III
BROWN: HAGS

NOTES:
AATH is a non-profit international organization. This program is facilitated by a team of volunteers who are dedicated to the mission of AATH to study practice and promote healthy humor and laughter.