

# AATH

## Conference Schedule



# RESILIENCE

## Harnessing the Power of Humor

### Thursday, April 12, 2018

7:30 a-5:30 p	Registration Desk Open - <i>Bayside Ballroom Foyer</i>
8:00 a-4:00 p	<b>Humor Academy</b> - All Levels ( <i>Pre-conference</i> )
5:30-5:45 p	<b>Opening Reception Kick Off</b> - Heidi Hanna, CHP - <i>Bayside Ballroom</i>
5:45-6:45 p	KEYNOTE - Srin Pillay
<b>Srin Pillay</b> <i>Bayside Ballroom</i>	<b>Tinker, Dabble, Doodle, Try</b> In this session, participants will discover how tinkering and humor help us to become more resilient. Learn to recognize the connection between tinkering and humor in an unfocused mind, and find ways humor and tinkering lowers stress and builds resilience in your everyday life.
6:45-8:30 p	<b>Beach Party Reception</b> - <i>Pool Side Deck</i>

### Friday, April 13, 2018

7:30 a	Registration Desk Open - <i>Bayside Ballroom Foyer</i>
8:00 a-4:00 p	Exhibits Open - <i>Bayside Ballroom Foyer</i>
8:15-9:00 a	Opening Remarks - Setting Intentions, Heidi Hanna - <i>Bayside Ballroom</i>
9:00-10:00 a	KEYNOTE - Steve Sultanoff
<b>Steve Sultanoff, CHP</b> <i>Bayside Ballroom</i>	<b>Survival of the Witty-est; Creating Resilience Through Humor</b> In this presentation, Dr. Sultanoff will reveal the emotional and cognitive impact by which humor bolsters resilience and enhances health and wellness. Resilience can be described as the ability to recover from life's challenges. You will learn how humor increases resilience by generating psychological antibodies that counteract distressing emotion, reduce negative thinking, and enhance attitude, gratitude, and perspective.
10:00-10:30 a	Break
10:30-11:30 a	<b>FRIDAY AM BREAKOUTS:</b> <i>Choose one of the following</i>
<b>Dwayna Covey, CHP &amp; Maia Aziz, CHP</b> <i>California Room</i>	<b>Burnout 911! Enhancing the Resilience of Healthcare Providers through Humor and Laughter</b> Designed for both healthcare professionals and humor and laughter facilitators, this workshop will serve to increase participants' understanding of the magnitude and implications of Healthcare Provider burnout. Participants will leave knowing how humor and laughter can play significant roles in solidifying many of the building blocks of resilience for HCP- building in time to recover and re-charge, cultivating strong and supportive relationships, and more!
<b>Don Baird</b> <i>Harborview</i>	<b>If You're Going Through Hell, Keep Right on Going</b> In challenging times like these, it's important to understand what psychologists have learned about Resilience. With their unique backgrounds in psychology and fascination with humor and laughter in human coping, our presenters offer a session to help us refine our humor, our meaning and our unique expressions of resilience. Attendees will learn how people have used humor for coping in other historically challenging times, and be offered plenty of examples of real-life resilience in action.
<b>Julie Ostrow</b> <i>Point Loma Room</i>	<b>Using Improv Skills to Help Navigate Stress</b> Participants will explore and become aware of their own processes for managing grief, pain, or change. Through this engaging presentation, audience members will hear real-life examples of where others have made the connection between pain, humor, healing, and resiliency in their lives. Audience members will learn the rules of improvisation and how they can be applied to managing their pain or loss and allowing it to morph into resiliency and joy.
11:45 a -1:15 p	Lunch / Business Meeting / Research Showcase & Poster Session - <i>Bayside Ballroom</i>
1:15-1:30 p	Author Book Signing / Bookstore Open - <i>Bayside Ballroom &amp; Foyer</i>

## Friday, April 13, 2018 - (continued)

1:30-2:30 p	<b>FRIDAY PM BREAKOUTS: Choose one of the following</b>	
<b>Sue Stevenson</b> <i>California Room</i>	<b>Surviving Brain Pain</b> When our brain hurts, how can we harness the power of humor and create resilience to return to a state of wellness and joy? Drawing from brain science research, personal discovery and a view of global cultural and corporate stress, this session offers new perspectives, tools and strategies and some neuro-wisdom...even some insights into our Cocktail of neurochemicals, shaken and stirred!	
<b>Debra Joy Hart</b> <i>Harborview</i>	<b>No More Peanuts, Popcorn and CrackerJacks™: Resilience Reflections with Humor and Hope</b> As we age, we may lose our car keys, our teeth, or parts of our digestive tract. We may depend on Depends(tm). Friends and family may come and go, via death or politics. This presentation will identify three key resilient practices, encourage difficult moments of acceptance, and applaud you for a life well lived!	
<b>Susan Lindner</b> <i>Point Loma Room</i>	<b>The 7-Day PR Plan</b> Whether you're a product or division manager, entrepreneur or marketing pro, positive PR can skyrocket your business and your career, if you do it right. This fast-paced interactive discussion distills 15 years of award-winning PR expertise into creating your own plan in just 7 days. Learn what's news or not and how to matter more. Build your media list, turn reporters into your close contacts and develop killer pitches that get you interviews, coverage and leads.	
2:45-3:45 p	<b>KEYNOTE - Amy Oestreicher</b>	
<b>Amy Oestreicher</b> <i>Bayside Ballroom</i>	<b>Gutless, Grateful Resilience: Laughing Through Life's Detours</b> How does music heal when words can't? Why does sharing our story have the power to transform our experience? How can we use creative expression to share our truth in a way that breeds compassion? And what's so funny about PTSD? HUMOR creates a safe container that protects you against anything! Sharing her near death experience with humor and heart, Amy shows the transformative power of words on a musical journey of hope and determination.	
4:00-6:00 p	Break	
6:30-9:00 p	<b>Special Event - Comedy for Caregivers - Brenda Elsagher, Sean Simonson, Yakov Smirnoff - Bayside Ballroom</b>	

## Saturday, April 14, 2018

7:30 a	Registration Desk Open - <i>Bayside Ballroom Foyer</i>	
8:00 a-5:00 p	Bookstore and Exhibits Open - <i>Bayside Ballroom Foyer</i>	
8:15-9:00 a	Opening Remarks - Setting Intentions, Heidi Hanna, CHP <b>AATH Scholarship Presentation - Deb Price - Bayside Ballroom</b>	
9:00-10:00 a	<b>KEYNOTE - Willibald Ruch</b>	
<b>Willibald Ruch</b> <i>Bayside Ballroom</i>	<b>Humor Research Updates</b> This presentation will cover what is breaking news in the field of applied and therapeutic humor, and how it may affect your clients and your patients. Discussion will also cover how can you contribute to this growing body of knowledge.	
10:00-10:30 a	BREAK	
10:30-11:30 a	<b>SATURDAY AM BREAKOUTS: Choose one of the following</b>	
<b>Kelly Epperson</b> <i>California Room</i>	<b>Write into Resilience</b> FUN writing exercises using all five (six!) senses can work MAGIC to create a deeper connection to your inner self and that is where resilience lives. We'll uncover, explore, and capture our memories, emotions, opinions and outlook. This one class can help you integrate strategies for reducing stress and increasing resilience -- simply by putting pen to paper. We will have a safe, nurturing place to experiment and express. You might be surprised at what comes forth (and the lasting impact)!	
<b>Ron Berk</b> <i>Harborview</i>	<b>The NEW Grit: Building Resilience to Increase Personal &amp; Professional Success</b> This session will give you the chance to determine your level of grit and build resilience which will involve bouncing forward with a growth mindset to increase your grittiness for long-term success. Humor can contribute to your individual and collective resilience when it is used as a coping strategy to tackle adversity. You will leave this session with concrete methods to increase your grit, resilience, and humor to navigate life's speed bumps to attain success.	
<b>Pragito Dove</b> <i>Point Loma Room</i>	<b>Laughter and Tears: Expressive Meditation</b> See how this experiential workshop improves your personal and professional life! You'll experience the powerful and playful laughter meditation that unlocks your authentic spirited self. Also practice the tears meditation which deepens your capacity to heal and transform your grief and pain into emotional stillness, love, and wisdom. Perfect for anyone in high stress situations, including nurses, therapists, physicians, professional or family caregivers.	
11:45-1:45 p	Lunch - <b>Ten Min. To Talk Game Show</b> - Heidi Hanna, Jeffrey Briar, Mary Kay Morrison, Diane Roosth, David Tarvin - <i>Bayside Ballroom</i>	

## Saturday, April 14, 2018 - (continued)

2:00-3:00 p	<b>SATURDAY PM BREAKOUTS: Choose one of the following</b>	
<b>Karyn Buxman, CHP, Ed Dunkelblau, Lou Franzini &amp; Steve Sultanoff, CHP</b> <i>Bayside Ballroom</i>	<b>Panel with the Experts: Humor Experts' Perspectives on Controversial Issues in Applied Humor</b> Learn from our experts and they address any number of subjects such as: How to determine what is funny. What is the effect of political correctness on humor making. Can political satire change voters' decisions? Are late-night TV comedy shows vehicles for political propaganda? What to do or say when you hear inappropriate jokes? How humor can promote personal resilience.	
<b>Allen Klein &amp; Greg Godek</b> <i>California Room</i>	<b>The Big Book Dilemma: Self-Publish or Pursue a Mainstream Publisher?</b> So, you want to be a published author? Here you will learn from two experts who have successfully experienced the pros and cons of getting a book published. The renowned authors Allen Klein and Gregory Godek will answer everything you wanted to know about how to get your book published but didn't know who to ask. Now you do.	
<b>Kathy Keaton, CHP</b> <i>Point Loma Room</i>	<b>Medicinal Humor During Challenging Times</b> This session will be an eye opener for those not wishing to become clowns but to better understand how the clown can provide humor and laughter during very unexpected challenges. As a 15-year employee of a medical facility and volunteer for hospice and the family shelter, I will be sharing many examples of resilience that patients have exhibited in the areas of humor and laughter to help them cope.	
3:15-4:15 p	<b>KEYNOTE - Ed Dunkelblau &amp; Kathy Passanisi</b>	
<b>Ed Dunkelblau &amp; Kathy Passanisi</b> <i>Bayside Ballroom</i>	<b>Keeping My Senses</b> This presentation will discuss the value of viewing challenging experiences with a humorous eye. The use of humor to cope and understand, and then present one's experience will be addressed.	
4:15-5:30 p	Break	
6:30-10:30 p	<b>The 2018 Ball at the Beach Banquet - AATH Awards Dinner - Bayside Ballroom</b>	

## Sunday, April 15, 2018

7:30 a	Registration Desk Open - <i>Bayside Ballroom Foyer</i>	
8:00 a-12:00 p	Bookstore and Exhibits open - <i>Bayside Ballroom Foyer</i>	
8:15-8:30 a	Opening Remarks - Setting Intentions, Heidi Hanna, CHP	
8:30-10:00 a	<b>Special Event - Beyond Funny 10k Laughs - Bayside Ballroom</b> Can this group really produce 10,000 laughs? Really? Have you met this group? It's in the bag. We want to get you up and about and interacting and laughing so we'll be breaking into small groups led by some of our AATH member laughter leaders. Get a workout and laugh the morning away.	
10:00-10:15 a	Break	
10:15-11:15 a	<b>SUNDAY AM BREAKOUTS: Choose one of the following</b>	
<b>Debra Norwood</b> <i>Bayside Ballroom</i>	<b>The Resilient Student</b> In this session, you will learn to recognize the role humor plays in dealing with conflict, resulting in improved mental health and well-being, and how to describe a means of using humor in teaching conflict resolutions to patients, clients, and students. Through The Resilient Student Project, you will discover how mindfulness, brain health principles and therapeutic humor and laughter all help to prevent violence and encourage peace building in schools.	
<b>Andrew Tarvin</b> <i>Harborview</i>	<b>25 Things Working With 250 Companies</b> All work and no play makes for a boring work environment! In this session, you will learn 25 tips for incorporating humor into the workplace; such tips as the challenges humor can solve, the fears that prevent clients from buying, what type of content sticks with clients long after you've left, and more.	
<b>Joyce Saltman, CHP</b> <i>Point Loma Room</i>	<b>A Stroke of Luck - The Magic of Resilience</b> This session, inspired by Joyce's recent experience with her husband's sudden stroke, will include insights, anecdotes, and some good practical advice on dealing with those parts of life that we never would have chosen! In addition to her own experiences, Joyce will be drawing on her research dealing with emotional and physical resilience, as well as dozens of anecdotes shared by her many uplifting friends. This session promises to be informative and filled with unexpected mirth!	
11:15-11:30 a	Break	
11:30 a-12:30 p	<b>CLOSING KEYNOTE - John Coyle</b>	
<b>John Coyle</b> <i>Bayside Ballroom</i>	<b>Gamifying Stress</b> Explore a new model of resiliency, where proactive challenges are designed to build capacity for greater performance under pressure while learning the neuroscience of recovery and secrets to gamify stress to make it fun (and funny). Participants will learn a simple framework to change their relationship with stress. For each segment of the program (reduce, recover, reframe) I share humorous and true stories of my life as an Olympic athlete. Everyone laughs, some cry, but it is all aligned with health and humor.	
12:30-1:00 p	Closing Remarks - The Journey Continues - Heidi Hanna, CHP	