

**ASSOCIATION FOR
APPLIED &
THERAPEUTIC HUMOR
ANNUAL CONFERENCE**
APRIL 12-15, 2018
SAN DIEGO, CALIFORNIA
AATH.ORG



RESILIENCE

Harnessing the Power of Humor

HUMOR ACADEMY SCHEDULE 2018

Conference attendance during all periods is required



2018 Certificate and Grad Credit Schedule – All Levels

Wednesday, April 11, 2018	
7:00-8:00 p	Humor Academy Registration
Thursday, April 12, 2018	
7:30 a	Meet & Greet - Registration & Welcome
8:00 a	Morning Sessions - All Levels & CHPs
12:00 p	Humor Academy - Knox Family Peace Luncheon
1:30 p	Afternoon Sessions (Levels I-III & CHP)
4:00 p	Humor Academy Graduation (open to all conference attendees)
Friday, April 13, 2018	
11:45 a	Lunch/AATH Business Meeting
12:30 p	Research Showcase and Poster Session
Saturday, April 14, 2018	
7:15 a	Level I, II, III - Coffee and Conversations
11:45 a	Lunch / Ten Min Talk Game Show - Heidi Hanna, Jeffrey Briar, Mary Kay Morrison, Diane Roosth, David Tarvin
5:30-9:30 p	Banquet - Awards and Recognition of Certified Humor Professionals
Sunday, April 15, 2018	
12:30-1:00 p	The Journey Continues, Closing Comments

Level I - Detailed Schedule

Thursday, April 12, 2018		
8:00-11:30 a	Mary Kay Morrison	Foundation HA Theory Course This basic course is designed to provide opportunities for networking and dialogue among those interested in healthy humor/laughter theory. To provide research-based instruction in a collaborative environment, promote positive and healthy humor, 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.
11:30 a-12:00 p	Jennifer Keith	Technology
12:00 p	Humor Academy Knox Family Peace Luncheon & Awards	
1:30-2:30 p	Dr. Steve Sultanoff	Keynote: Hee Hee Healing: Foundation of Therapeutic Humor In this session of the academy, students will learn the foundational underpinnings for therapeutic humor along with gaining an understanding of what activates your sense of humor. You will also discover how to be therapeutic versus hostile in your sharing of humor. You will learn 1) the central model that illustrates how and why the experience of humor (which activates laughter, mirth, and wit) can be therapeutic, 2) the universal stimuli that tickle your funny bone, and 3) the core human qualities that are critical for the communication of therapeutic humor. Be prepared for lots of learning and laughter.
2:45-3:45 p	Kathy Passanisi	Keynote: Boring or Brilliant: The Art and Science of Humor on the Platform ~ OR ~ Humor Skills for Borderline Boring People
4:00 p	Humor Academy Graduation (open to all conference attendees)	
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Level II - Detailed Schedule

Thursday, April 12, 2018		
8:00 a	Karyn Buxman	Humor in Leadership
9:00 a	Beth Slazak	Application of Humor - Project Planning
10:00 a	Joyce Saltman	What is Mind/Body Medicine?
11:00 a	Erica Swiatek	Gamification of Work
12:00 p	Humor Academy Knox Family Peace Luncheon & Awards	
1:30-2:30 p	Lee Berk & Co.	Keynote: Eustress Humor Associated Mirthful Laughter Compared To Distress Differentially Modulates Eeg Foundation of Power Spectral Density Across Brain Frequencies 1-40hz: Predominance Of Beneficial Gamma Therapeutic Humor Frequency 30-40hz
2:45-3:45 p	Kathy Passanisi	Keynote: Boring or Brilliant: The Art and Science of Humor on the Platform ~ OR ~ Humor Skills for Borderline Boring People
4:00 p	Humor Academy Graduation (open to all conference attendees)	

Level II - Detailed Schedule, *continued*

Friday, April 13, 2018	
11:45 a	Lunch/AATH Business Meeting
12:30 p	Research Showcase and Poster Session
Saturday, April 14, 2018	
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12:30 p	Lunch / Ten Min Talk Game Show - Heidi Hanna, Jeffrey Briar, Mary Kay Morrison, Diane Roosth, David Tarvin
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Level III - Detailed Schedule

Thursday, April 12, 2018		
8:00 a	Megan Werner	Strengths for Humorists
9:00 a	Megan Werner	Application of Humor – Humor Project
10:00 a	Beth Slazak	Application of Humor - Project Planning
11:00 a	Erica Swiatek	Gamification of Work
12:00 p	Humor Academy Knox Family Peace Luncheon & Awards	
1:30-2:30 p	Lee Berk & Co.	Keynote: Eustress Humor Associated Mirthful Laughter Compared To Distress Differentially Modulates Eeg Foundation of Power Spectral Density Across Brain Frequencies 1-40hz: Predominance Of Beneficial Gamma Therapeutic Humor Frequency 30-40hz
2:45-3:45 p	Kathy Passanisi	Keynote: Boring or Brilliant: The Art and Science of Humor on the Platform ~ OR ~ Humor Skills for Borderline Boring People
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Certified Humor Professional - Detailed Schedule

Thursday, April 12, 2018		
8:00 a	CHP Panel Roberta Gold - <i>Moderator</i>	Resiliency at Work
9:00 a	Cyn Keeler	Bonding through Laughter
9:30 a	Linda MacNeal	Designing and Utilizing a Humor Training Program
10:00 a	Paul Moore, Nila Nielsen	CHP Certification and Infusion of Humor - Family Therapy
11:00 a	Erica Swiatek	Gamification of Work
12:00 p	Humor Academy Knox Family Peace Luncheon & Awards	
1:30-2:30 p	Lee Berk & Co.	Keynote: Eustress Humor Associated Mirthful Laughter Compared To Distress Differentially Modulates Eeg Foundation of Power Spectral Density Across Brain Frequencies 1-40hz: Predominance Of Beneficial Gamma Therapeutic Humor Frequency 30-40hz
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Association for Applied and Therapeutic Humor

220 East State St., Floor G, Rockford, Illinois, 61104
815-708-6587 • info@aath.org • Visit www.aath.org