

AATH 2010 CONFERENCE SESSION DESCRIPTIONS BY DATE/TIME

THURSDAY, APRIL 22

1:00 PM – 4:00 PM

PRE-CONFERENCE SESSIONS

Bob Nozik

Bob Nozik, MD, is Professor Emeritus from the University of California. He has been speaking, teaching, and writing about laughter, humor and happiness since he retired from his medical career ten years ago. Bob writes a monthly column called: "Ask Dr. Happy," runs a Happiness Club, and has given talks on happiness, laughter and humor to many audiences. He has served on the AATH Board of Directors and is currently Science Advisor. Bob is co-founder of the American Happiness Association and is author of *Happy 4 Life: Here's How to Do It*. His new book, *Happy Tymes Rhymes: Just for the Fun of It*, has just been released; both books will be available during the conference.

Session Title: *Happiness for Laughter and Humor Mavens*

Session Description:

Laughter, humor and happiness are kissing cousins. This course will show you everything you need to know for enjoying the happiness of your dreams utilizing a scintillating blend of science and experience.

Jose Elizondo

Jose was born in Monterrey, Mexico. He is a graduate of dentistry school, but his varied background includes experience as sales representative for several companies and working as a Human Resources Manager. He received his degree as Master Practitioner of Neurolinguistic Programming and In June 2009, he received a Diploma as a Positive Psychology Practitioner at the Universidad Iberoamericana in Mexico City. In 2001 he became the first Mexican to join AATH. Jose created "The Laugh Project", became a Certified Laughter Leader and started the first Laughter Club in Mexico. Jose has started his own business and worked as trainer and speaker at numerous events in Mexico, USA and Canada.

Session Title: "*La Risa, la terapia divertida*" (Laughter, the Funny Therapy)

Session Description:

THIS SESSION WILL BE TAUGHT COMPLETELY IN SPANISH and is divided in 2 parts: in the first part, you will learn how to use laughter as a natural and simple, but very effective, way to cope and reduce the effects of stress. In the second section, you will enjoy a Laughter Club session.

Larry Wilde

Humorist, actor, and best-selling author Larry Wilde brings to the platform his unique background as a top-notch comedian and prolific author. Declared “America’s Best-Selling Humorist” by *The New York Times*, Larry’s 53 “official” joke books have sold more than 12 million copies—the most successful humor series in publishing history. Wilde has also authored two critically acclaimed books of humor. “The Great Comedians Talk About Comedy” and “How The Great Comedy Writers Create Laughter” reveal how the funniest professionals of our time including Woody Allen, Mel Brooks, Johnny Carson, Jerry Seinfeld, Bob Hope and Neil Simon go about the task of making people laugh. As a Stand-up comedian Larry has appeared with big time performers as Ann Margaret, Debbie Reynolds, Diana Ross, Andy Williams, Pat Boone and Vikki Carr. Wilde’s television credits include The Tonight Show with Johnny Carson, The Today show, Sanford and Son, numerous appearances on The Mary Tyler Moore Show as well as two-dozen national commercials. Larry is the Founder of National Humor Month and Director of The Carmel Institute of Humor, whose mission is to “heighten public awareness about the necessity of laughter and play as tools for successful living”.

Session Title: *How To Use Humor From the Platform (The Craft of Being Funny)*

Session Description:

Motivational humorist, television actor, former standup comedian and best-selling author Larry Wilde will offer extensive tips on the talent of storytelling, provide inside information on skills used by professional presenters plus share the fundamentals required for making audiences laugh.

This uniquely informative program focuses on delivery, timing, body language, mic technique as well as the appropriate humor necessary to achieve success from the platform. Innovative and practical techniques are also included to help you prepare and deliver presentations with power and confidence. Attendees will be invited to do a short presentation for personal appraisal, evaluation and critique.

Mary Kay Morrison & Barbara Miller

Mary Kay Morrison is an educator who has taught kindergarten through college level classes. She is founder and director of Humor Quest with her lifelong mission to facilitate fun, laughter and humor for all learners. Her book, *Using Humor to Maximize Learning* has been used as a text for numerous college courses. She is an international keynote presenter.

Barbara N. Miller, D Ed. has experience in numerous levels of teaching, program coordination, professional writing, and school administration. Her current area of interest is infusing humor into the educational realm. Barbara provides professional development to school districts nationwide, enjoys an international reputation, and hosts graduate level credit courses through Portland State University Continuing Education Department.

Session Title: *Humor Academy Graduate Course and Certificate Program*
(Two Options)

Session Description:

Humor in the Classroom: Exploring Strategies to Make Teaching and Learning Fun.

For the first time ever, AATH is offering a **Humor Academy** at the 2010 conference! The purpose of this academy is to facilitate a collaborative approach in the exploration of humor/laughter theory, application and research. This course 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 what constitutes humor therapy applications. Participation in the AATH annual conference will enable participants to learn about current research and practical applications in the field of therapeutic humor. Included in the cost of this class is the text, *Using Humor to Maximize Learning* by Mary Kay Morrison. This course is basically the same class with 2 optional pathways as described below. *This is the first year in an optional three-year plan of study. Additional Information will be available at the conference. Year 2 will focus on applications of humor therapy. Year 3 will be designed for leadership development.*

Option 1: AATH, in collaboration with the Continuing Education/Graduate School of Education department of Portland State University, will offer 3 hours of graduate college credits during the AATH 2010 Conference. Credit will be assigned Spring Term 2010. The course is designed to facilitate a collaborative approach to the exploration of humor/laughter theory, application and research. The mission, definition, and purpose of humor therapy and the relation to learning will be the focus of the course, with extensive bibliography and numerous resources included. Pre/post conference attendance and study plan required.

Option 2: Earn a Humor Academy Certificate of Study at the AATH conference this year! This year long program of study will include AATH pre/post conference and conference attendance as well as study group sessions and webinars throughout the year. A certificate of completion will be awarded at the 2011 conference. The pre/post conference sessions will be held in connection with the graduate study programs through Portland State University.

David Granirer

David Granirer is a counselor, stand-up comic, speaker and author of *The Happy Neurotic: How Fear and Angst Can Lead To Happiness and Success*. He has taught stand-up comedy to recovering drug addicts and cancer patients, and is the founder for Stand Up For Mental Health, a project teaching stand-up comedy people with mental illness. His work is featured in the VOICE Award winning documentary "Cracking Up". David also gives laughter in the workplace presentations to hundreds of organizations across North America, helping them use humor to decrease stress, increase wellness, and cope with change.

Session Title: *How To Captivate Your Audience With Stand-Up Comedy*

Session Description:

Learn how to be funny! You'll be able to go through your presentations and

decide exactly where you want your laughs and how many laughs you want in each place. Among other things, this workshop will teach you:

- . ∞ Joke-writing formulas used by top comics
- . ∞ How to make stories and content funny
- . ∞ How to get laughs from dead audiences
- . ∞ And much, much more!

Contrary to popular belief, being funny isn't something you're born with; it's a skill you can develop. In this session you will learn skills that you can adapt for your humor programs.

4:00 PM – 4:45 PM

AATH First Timers Orient Express

January Jones, Enid Schwartz, Deb Hart and David Jacobson

First-timers and new members are invited to come and experience a warm welcome from your AATH president and board. This session is designed by the membership team to enhance your conference experience by learning about our unique association. Membership chair, David Jacobson and the membership leaders, January Jones, Enid Schwartz and Deb Hart will facilitate this dynamic session.

Edna Thayer

Edna is the winner of the 2008 AATH Best Humor book award. She is a graduate of the Bethesda Hospital School of Nursing, St. Paul, MN, and holds a B.S. in Nursing Education from the University of Minnesota, as well as a Master's in nursing from Washington University, St. Louis, MO. Edna also holds a Master's in counseling from Mankato State University (MSU), Minnesota. She is a certified laughter leader who has given over 800 talks in numerous locations in the USA and Canada on the benefits of laughter. Edna has over 40 years experience in nursing including working as nurse administrative supervisor at St. Peter Regional Treatment Center in MN. She is Co-author with Dr. Mary Huntley of *A Mirthful Spirit, Embracing Laughter for Wellness*

Session Title: *Laughter Welcome*

Session Description:

Jumpstart your endorphin level for the conference during this fun-filled, action-packed laughter welcome session including ideas based on the 2008 AATH award winning book, "*A Mirthful Spirit, Embracing Laughter for Wellness*" co-authored by speaker.

6:00 PM -9:00 P.M. Fireworks at 9:25 P.M.

Welcome Reception-Under the Stars

Celebrate Disneyland style at this informal outdoor reception where getting together with your fellow AATH colleagues will be relaxing and entertaining.

FRIDAY, APRIL 23, 2010

7:00 AM – 7:45 AM

Early Bird Session

Judy Young

Judy Young is rapidly becoming known as an expert on laughter research. She offers a vast array of experiences in training, public speaking, business management, sales and marketing. Young has helped many achieve their goals of increased productivity through her training programs. She has developed and implemented several training programs in communication skills, conducted classroom training and workshops for skills enhancement. Young is a member of the National Speaker's Association and a Certified CAP© Consultant for Prairie View and research collaborator on self-efficacy outcomes for the Elements of Change Inventory at Next Element Consulting.

Session Title: *The Magic of Laughter*

Session Description:

In this session you will have the opportunity to practice Dr. Kataria's methods and learn of the results of laughter research published in the Journal of Primary Prevention. This early bird session is sure to get your heart pumping and your endorphins jumping.

8:00 AM – 9:15 AM Welcome: Announcements;

President Address - Kayrn Buxman, RN, MSN, CSP, CPA

9:30 AM – 10:30 AM

KEYNOTE – Dr. Steve Sultanoff

Session Title: *Tickle Me, Teach Me, Touch Me: The Wisdom of Therapeutic Humor*

Session Description:

What activates your funny bone? What makes humor therapeutic? How do you develop therapeutic versus hostile humor? This lively program will answer these core questions and provide a solid framework that will help you synthesize the material presented during the rest of the conference. You will learn 1) the universal traits that activate your funny bone, 2) the core model that illustrates how and why the experience of humor (which activates laughter, mirth, and wit) can be therapeutic and 3) the human qualities that are critical for the communication of therapeutic humor. Be prepared for lots of learning and laughter.

10:45 AM – 11:45 PM

CONCURRENT SESSIONS

THEORY:

Mark Iberg

Mark Iberg MSIS, RRT, AE-C, CLL, Certified Qigong Shibashi Instructor
Most of Mark's life altering events have been a matter of being blindly lead to a precipice...then pushed over. After college at SIU, home of the 'Quivering Salukis,' he was in an accident that required the purchase of a used car which

lead to becoming employed for nearly thirty years as a Respiratory Therapist. A 'managerial attitude adjustment' changed a job he hoped would never end to one he *feared* would never end. Mark quit and returned to school in a quest to figure out what the bleep had happened. An off the cuff remark re-directed him to the investigation of laughter, health and work. Seeking certification to teach Qigong as a separate offering, once again, a simple statement lead to the inclusion of Qigong in his laughter presentations...Go figgr!

Session Title: *Laughter, Mirth, Qigong & Wellness*

Session Description:

Viewing "normal, the way things usually are" as "odd, uncanny and highly improbable..." are the words Alan Watts used to describe " a special kind of enlightenment." In honor of his spirit, this experiential presentation will examine the 'same, only different' ways that laughter, mirth and Qigong contribute to wellness. Solid scientific evidence combined with experiential feeling just might lead to intuitional knowing. Hey! (your name here)..Wanna come out and play?

APPLICATION:

Linda Mac Neal

Linda MacNeal is the owner of Humor Solutions, a WLT Certified Laughter Leader, a former acrobatic clown with Ringling Brothers Barnum & Bailey Circus and the author of five software-training textbooks. For 22 years, before she became an FSP, Former Serious Person, she owned ComputerEase, a PC training company in NYC and before that sold computers for the IBM Corporation. Under the category of too much information, she has also worked her way through her Masters Degree in Japanese Linguistics at the University of Hawaii as a hula dancer.

Session Title: *Juggling Life's Stresses*

Session Description:

This highly participatory program of scarf-juggling is a metaphor for stress-free living. We will begin by identifying our humor strengths and life stresses in order to put them in perspective. Then we will be up on our feet, in the aisles, juggling. We really can learn to take ourselves lightly while we remain serious about our work.

SPECIAL:

Alice Glasser

Alice Glasser, MD, MPH is a UCLA trained public health physician who founded her own Therapeutic Humor organization: *Laughing with Dr. Alice*. She loves giving entertaining, interactive talks to healthcare workers, businesses and community groups. She is the author of *The Humor Revolution. Laugh More Stress Less*, a self-help guide on how humor can benefit your physical and mental health and *Where Can I Be Decaffeinated?* a collection of hilarious stories and spoofs.

Session Title: *Creating a Humor Self-Portrait*

Session Description:

Every time I give a seminar the unanimous hit is: *The Humor Self-Portrait*. This easy to use tool generates buzz, bonding and laughter as you create and share a

personal humor picture by figuring out what makes you laugh, what makes you cringe and your “Dirty Little Secrets!” Sound simplistic? It’s not! Your Portrait takes you on an amazing humor journey filled with surprising insights. My own portrait led me to a new understanding of my Laughter IQ, empowering me to write the amusing, self-deprecating stories in both my books. Discover and experience what makes you laugh and why, in this humor filled, self-discovery session.

12:00- 1:15 P.M.

Networking Lunch

Market Showplace / Poster Sessions/ Bookstore

1:30 PM – 2:30 PM

CONCURRENT SESSIONS

THEORY:

Karen Robertson

Karen is a clean comedian who specializes in humorous keynotes. Prior to standup comedy, she was a business coach, classroom teacher, school administrator, college instructor, staff developer, public speaker, and professional clown. In addition, she has been published in over 75 magazines and authored several books. She is a member of Christian Comedy Association, Toastmasters International, and the National Speakers Association.

Session Title: *All The Way to the Bank*

Session Description:

If you’re getting big laughs with your humorous speaking, clowning, or standup and making peanuts (either for you or for a non-profit) this workshop is going to have you laughing all the way to the bank. Come and learn how to create a simplified business plan that will help you reach your humor presentation goals.

APPLICATION:

Jeffrey Briar

Jeffrey Briar is Director of the Laughter Yoga Institute based in Laguna Beach California, and founder of the first Laughter Club in the western world to meet seven days per week welcoming more than 15,000 participants. He is probably the most experienced currently-practicing Laughter Exercise Leader in the world outside Asia. A few of his worldwide media appearances include: Oprah, “Dancing with the Stars” and the CNN-TV special “Happiness and Your Health” with Dr. Sanjay Gupta. An accomplished comedic actor, his career highlights include: “Stan Laurel” in a 3-year ad campaign for the largest paint company in Scandinavia; “Charlie Chaplin” performing thousands of appearances including Universal Studios Tour/Hollywood; “Inspector Clouseau” for 200 Murder Mysteries; and film work with Blake Edwards, Steven Spielberg, Mariel Hemingway, James Garner and Bruce Willis.

Session Title: *Laughter Beyond Words*

Session Description:

Learn how to get *any* audience to laugh – even if they don’t speak your language (or when you don’t share their culture). We’ll howl in delight as we observe and appreciate (on film) how great “classic-comedy” innovators (like Laurel & Hardy and Charlie Chaplin) made us laugh without the use of words. Then we explore

through easy-to-learn practices (participation is optional) some of the techniques that The Masters use to create laughter-evoking experiences which are truly beyond words. These practices include Visual (non-verbal) Comedy, Laughter Yoga, theater/improv games and “Zen-Speak[®]” (gibberish communication techniques).

SPECIAL:

Debra Joy Hart, RN BFA CLL

Debra Joy Hart’s business is called M.I.R.T.H., an acronym for Medicine Is Relationships, Trust & Humor. She believes humor, laughter and mirth are related respectively to the mind, body and spirit. And, she aspires to be the person her psychiatrist medicates her to be. __Deb juggles her skills as a humorist, registered nurse, certified laughter leader, clown and lay minister to speak around the country to corporations, colleges, health care settings and religious organizations. Her infectious spirit, laughter and wit are just a few of the tools she has in her clown medicine bag.

Session Title: *Giggles and God; Exploring Humor, Humanity and the Divine*

Session Description:

What do humor and the Divine Presence have in common? Neither can be seen with our naked eye, and can only be experienced within our spiritual hearts. Humanity gives us all the ingredients for a cosmic comedy: Exaggerated expectations, foibles and fear, angst and anger, misery and mirth. Humor as a coping device and laughter as its physical expression are two of the key ingredients to keep our physical bodies moving when our spiritual hearts are heavy and hurt. Science and Spirituality coexist in this session!

2:45 PM – 3:45 PM

CONCURRENT SESSIONS

THEORY:

Joel Schwartz

Joel Schwartz M.D. almost flunked out of nursery school because he was unable to sit on his carpet square on the floor. Despite this squirminess, which continued during his tenure at Franklin and Marshall College and medical school, he was Phi Beta Kappa. He received his psychiatric training at the Institute of Living, and Hahnemann University. He is a Distinguished Fellow of the American Psychiatric Association. Dr. Schwartz has been the Chairman of the Department of Psychiatry at Abington Memorial Hospital He is a board certified Child, Adolescent, and Adult Psychiatrist as well as a certified Child, Adolescent, and Adult Psychoanalyst. He recently published, “Noses are Red,” a manual for parents on how to improve their child’s sense of humor. And he still can’t sit still

Session Title: *Noses are Red*

Session Description:

How would you like to give your children:

- . — A gift they can use for the rest of their lives?
- . — A gift that’s inexpensive? (In fact, it doesn’t cost anything.)
- . — A gift that will help them socially?

- . _ A gift that will help the intellectually?
- . _ A gift that will enhance their physical and emotional health?
- . _ A gift that will change their stressful situations into stress-less ones? A gift that will bond your family together?
- . _ And, a gift that you can use yourself?

That gift - of course is..... a sense of humor!

"Noses are Red" will show you what is necessary at each stage of your child's development for humor to flourish. It also will encourage and help you give this precious gift to your children.

APPLICATION:

Dick Van Gelder

It's taken 35 years of personal, hands-on, research in the fields of banking, financial planning, state government, printing & manufacturing, small business and education to reach the pinnacle (or darkest depths) of his career path with his business "Corporate Crap"! After years of calling it by name, Dick decided to find a solution, make it a mission, and bring smiles back into the workplace! His career has taken numerous twists and turns with many companies closing shortly after Dick was hired, leading some to believe there was an unusual pattern occurring. Since 2002, he has been the vice president of commercial lending for Hebron Savings Bank and in 2008 Dick created the Internet based, fun company, called Corporate Crap!_

Session Title: *Too Much Crap*

Session Description:

Sometimes, you just have to call it what it is: "Too Much Crap"! And, it is certainly true that the economy has presented all of us with enough challenges and headaches over the past year or so, to justify this title. Let's replace the sounds of screaming, sulking, stomping, sobbing, or swearing with sounds of joy (and productivity)! It's time to plan for smiles at work!

SPECIAL:

Becky Cortino

Becky Cortino is the creative mind behind AHeart4Clowning.com, featuring a series of popular books and related multi-media products on *Healing Humor* and *Injecting Humor in the Healthcare Setting*. Since 1997, Becky has followed a meandering joy-filled journey from a marketing/PR consultancy she founded, to actively performing as a family entertainer and FRMC's Charlie's Chaplains, where she has served as coordinator since 2003. Established in 1991, this all-volunteer hospital clown ministry is a 'New Generation' version, including professional jugglers, magicians, puppeteers, and musicians. Charlie's Chaplains' now-infamous "Skool" was instigated by Becky and launched in February, 2004, drawing attendees from other states, and training many other groups, troupes and ministries.

Session Title: *Establishing a Hospital Clown or Healthcare Family Entertainer Group -- Train, Equip and Promote!*

Session Description:

Establishing a hospital clown or healthcare family entertainer group is not rocket science. Learn all about starting a clown program with an expert in clowning ministry. This session is appropriate for both new and established groups.

4:00 PM – 5:00 PM

KEYNOTE – Dr. Lee Berk

Dr. Lee Berk is currently Associate Professor of Health Promotion and Education, School of Public Health and Associate Research Professor of Pathology and Human Anatomy, School of Medicine, Loma Linda University.

Session Title: *Mirthful Laughter: Adjunct Therapy Findings*

Session Description:

You will not want to miss this keynote by Lee Berk, DrPH, MPH, a preventive care specialist and psychoneuroimmunologist, of Loma Linda University, Loma Linda, CA. He has just completed research on the effect of “mirthful laughter” on individuals with diabetes. With his colleague, Dr. Stanley Tan, they found that mirthful laughter, as a preventive adjunct therapy in diabetes care, raised good cholesterol and lowered inflammation. Dr Berk will report on their findings at our AATH conference arriving in Disneyland just after presenting at the American Physiological Society, which will be held April 18-22, 2009 in New Orleans. We are thrilled to welcome Dr. Berk back at our AATH conference after hearing his inspirational story last year about his personal relationship with Norman Cousins and his subsequent work in the field of mirthful laughter.

6:00 PM Tribute to Norman Cousins; Banquet and Awards Ceremony

This promises to be an unforgettable evening of fun and laughter with a memorable tribute to Norman Cousins and an awards ceremony including the presentation of our Doug Fletcher Award Winner to Steve Wilson, “Joyologist”, psychologist and founder of World Laughter Tour, Inc. The unforgettable Sue Bilich will provide entertainment that promises to have you in stitches.

SATURDAY, APRIL 24, 2010

7:00 AM – 7:45 AM

Early Bird Session

Tammy Miller

Tammy is an international speaker, author and speech coach. Her speaking topics include humor and healing, presentation and communication skills, brain aerobics, motivation and goal setting. She owns Hugz and Company Consulting of Port Matilda, PA, and loves to help others discover the wonderful benefits of laughter in every situation that life throws at us! Tammy has written, *The Lighter Side of Breast Cancer Recovery*, about her personal journey of using humor to deal with her cancer diagnosis, and *My Life is Just Speech Material And, So is Yours*, a valuable guide to discovering what to say and how to say it. Tammy is a Past International Director of Toastmasters International and a member of the National Speakers Association.

Session Title: *Discovering the Healing Value of Humor*

Session Description:

The value of humor in healing is an exciting area of research. In this lively

presentation, we examine how we can use humor to help us heal in even the most serious of health issues. As a cancer survivor, Tammy discusses the "Lessons Learned Along the Path", but her path to recovery may not be the path you expect. This lighthearted approach to healing is a healthy reminder to all of us that life is about choices, and we have many more choices than we realize!

8:00 A.M

Morning Welcome/Announcements-Door Prizes

8:15 AM – 9:15 AM

KEYNOTE - Judy Carter

Judy Carter is an acclaimed standup comic appearing on over a hundred television shows as well as CEO of Comedy Workshops in LA, the birthplace of many of the stars of comedy. Her book, *The Comedy Bible* was featured on "Good Morning America" and "Oprah" where Oprah Winfrey herself recommended the book to anyone who wants to lighten up. Judy has become an expert in showing how humor techniques can help everyone deal with stress. She claims that she can make anyone funny which has made her a sought after speaker and has lead to her being featured in the Wall Street Journal, New York Times and Success Magazine as well as a regular on National Public Radio for her series on – Extreme Comedy Makeovers.

Session Title: *Laughing your way out of Stress*

Session Description:

Stress Reduction: Life and work are stressful - overwhelming deadlines, stacks of paperwork, communication breakdowns... and you're just looking for a job! Judy Carter will reveal the trade secrets of comedians so you will learn how to turn problems into punch lines, get funnier, and deal with the hecklers in your life by having snappy retorts to all the stupid things people say to you. Her "Don't get mad, get funny" philosophy inspires people to deal with issues such as stupidity, toxic relationships, and broken dreams with a sense of humor, rather than a sense of desperation.

9:30 A.M- 9:35 A.M.

Humor Break

9:35 AM – 10:35 AM

KEYNOTE - Bill Fry

Dr. William Fry is a psychiatrist and professor emeritus of Stanford University School of Medicine. He is the author of two books: *Sweet Madness* and *Make 'em Laugh*. He also co-editor of *The Handbook of Humor and Psychotherapy*, *Advances in Humor and Psychotherapy*, and *Humor and Wellness in Clinical Intervention*. He has written numerous articles, conducted a plethora of research, and has spoken around the world on humor, laughter and psychoneuroimmunology. He is the 2000 AATH Lifetime Achievement Award Winner and the 2010 recipient of the AATH Presidential Award for Outstanding Achievement.

Session Title: *Pollyanna is Queen of the May -- One Month Early*

Session Description:

Join us for an armchair chat with Dr. William Fry, a psychiatrist and professor emeritus of Stanford University School of Medicine. Bill is a well-known author, world-renowned researcher, and long-time supporter of AATH. This is a rare

opportunity to hear one of the world's leading authorities on psychoneuroimmunology (PNI), therapeutic humor and laughter. A significant historical figure in the field, Dr. Fry will share his views on therapeutic and applied humor: past, present and future.

10:50 AM – 11:50 AM

CONCURRENT SESSIONS

THEORY:

Allen Klein

Allen Klein, MA, CSP, (aka "Mr. Jollytologist") is an award-winning professional speaker and best-selling author.

He is a recipient of:

- The Doug Fletcher Lifetime Achievement Award from AATH,
- A Certified Speaking Professional designation from the National Speakers Association,
- A Toastmasters Communication and Leadership Award, and
- An honoree in the Hunter College (New York City) Hall of Fame.

Klein is the author of fifteen books including *The Healing Power of Humor*, *The Courage to Laugh*, and *The Change-Your-Life Quote Book*.

Comedian Jerry Lewis has said that Klein is a noble and vital force watching over the human condition.

Session Title: *Humor in Death, Dying, and Serious Illness*

Session Description:

With humor, serious illness and death can be less of a grave matter. Death and dying situations are considered by many to be no laughing matter. However, the outstanding coping and communication qualities of humor make it a valuable tool at a time when coping is difficult and communication at a standstill. Humor can help patients, families, and caregivers get a moments reprieve and give them hope, help them heal, and provide power in a powerless situation.

APPLICATION:

Jill Knox & Susan Bonaquist

Jill Knox is a Certified Laughter Leader, energizing humorist, educator, and a certified storyteller.

Susanne Bonoquist is a dynamic speaker and educator who is also known by her clown name, Quirky. Together, Jill and Susanne are humor consultants who are striving to raise the world's JOY QUOTIENT (JQ) by promoting the positive power of humor and laughter in daily living and in the workplace.

Session Title: *Prop Yourself Up and Seek Your Inner Silliness*

Session Description: *"From there to here, From here to there, Funny things are everywhere."* Dr. Seuss. We've all seen the ever-popular clown noses and Groucho Marx glasses. These props and many others are wonderful ways to boost your Humor Quotient. The participants in this workshop will find new uses for familiar humor tools and discover a plethora of props that can be made or inexpensively purchased in order to enhance our funnybones. Discover your unique humor personality and ways to incorporate it into your workplace and life. Anyone can seek a little silliness!!!

SPECIAL:

Terri Tate

Terri Tate RN, MS is a nationally known speaker, inspirational humorist and nurse consultant. So when doctors told her that she had a 2% chance of surviving disfiguring oral cancer, not talking was right after death on her list of fears. Back better than ever, with a new look and voice, Terri offers up wisdom gained on her journey, along with a hefty side order of laughs. New York Times bestselling author, Anne Lamott describes Terri's solo show, *Shopping as a Spiritual Path*, as "Stunning. Wise. Profoundly touching and hilarious." In addition to inspiring those touched by cancer, Terri presents powerful programs for providers such as healing with humor, preventing workplace violence, facing change with resilience and hope.

Session Title: *Shopping as a Spiritual Path*

Session Description:

A high-spirited, heart-gripping romp through disease, divorce and disfigured dating, *Shopping as a Spiritual Path* has played to packed houses and standing ovations from Berkeley to Boca Raton. Terri Tate, a survivor of near-fatal oral cancer, takes us on her harrowing and wildly funny search for cures, bargains and inner peace, and leaves us with a new, joyful slant on life "as is." *Shopping* won Best of the Fringe at the San Francisco Fringe Festival and *New York Times* bestselling author, Anne Lamott, describes it as "stunning, wise, profoundly touching and hilarious."

12:00 PM

Business Luncheon

Clowning Outreach

1:30 PM until 5:00 PM

Facilitators: Danny Donuts/ Becky Cortino

Join our clowning troupe as we bring the mission of AATH to those in need in the local Los Angeles community (site TBA). This field trip provides a hands-on clowning experience for you. If you have always wanted to be (or at least try) clowning, but never knew where to start, this program gives you the opportunity to learn basic clown make-up application along with a site visit, where you get to share your clowning skills (in a non-threatening way) with those who need a good laugh. Makeup, brushes, face powder, noses, stickers, and miscellaneous goodies will be given out in class.

1:30 PM – 2:30 PM

CONCURRENT SESSIONS

THEORY:

Lenny Dave & Julie Ostrow

Lenny Dave is not a doctor – however, he has been known to perform successful surgery on the human spirit! As a nationally recognized speaker, author and humorist, Lenny 'lightens up' a variety of wellness, corporate and college audiences around the country... and he's been doing so for over 25 years. While his message is serious, Lenny is also a big believer in the philosophy that learning can be and should be fun!_ Lenny has served as AATH President (2007-09), has co-authored two books, and has twice been nominated by Campus Activities Magazine as "Speaker of the Year." Lenny has come to realize a 'dream-come-true' not once... but *three* times! Curious? Ask him about it. Lenny has also caught 14 foul balls at Major League Baseball games!_ **Julie Ostrow**, The Comedic Catalyst™ and public speaker, was trained in improvisational acting at The Second City in Chicago, is

a stand-up comedienne, and is a Certified Laughter Yoga Leader. Having founded Find The Funny Enterprises in 2001, Julie conducts humor and improvisation workshops in which she guides participants to seek the humorous side of any situation. She conducts her "Humor Lights the Way" and "Communication-through-Improvisation" programs for corporations, healthcare organizations, and associations. Julie's enthusiasm and passionate spirit, combined with her comedic insight, help to make her a warm and engaging speaker. Julie shares her humor and personal insights from her "woopsies" and "way-to-go's." Her personal motto, "find the funny," helps her to find humor in everyday moments and in life's seemingly most difficult situations.

**Session Title: "Frankenstein, King Kong and _____ Walk into a Bar..."
A Creativity, Humor & Improvisation Workshop**

Session Description:

This fast-paced experience explores the relationship among three FUNdamental, learnable skills—the essence of creativity, healthy humor, and the rules of improvisation. Remove the walls of judgment, actively participate in healthy give-and-take, and truly live in the moment. Imagine the positive energy that can be generated, illuminated, and shared – in this workshop, in your workplace, and in your community! Lenny (veteran humor/creativity speaker) and Julie (trained at The Second City) seamlessly deliver relevant information as they facilitate spirited interaction to help you envision, reach for, and realize new possibilities. Trust the Process – Trust Your Instincts – Enjoy the Results – and Apply It Today!

APPLICATION:

Michaelle Washington

Michaelle Washington, RN, MSN has been researching, writing, and speaking about mind body and spirit for over 20 years. Her nationally acclaimed workshops focus on the wellness benefits of joy and laughter. Her passion is helping others incorporate a positive outlook into their daily routine. She currently serves as a Pastoral Nurse at Unity Church of Chatsworth, California. In addition to nursing, Michaëlle's background includes corporate management. Michaëlle is a poet and the author of "A Joy Filled Tool Box", a guide for using the tools of breath, laughter, belief and positive attitude to live a happier, more productive life.

Session Title: *A Lifestyle of Laughter*

Session Description:

If you could experience the most joyful moment of your life in the midst of a stressful situation, could you shift from distress to health giving joy? While we embrace the benefits joy/laughter and share these with our audiences, how do we encourage them to a place of continuous, incessant, and persistent health giving, joyful and uplifting moments in their daily routines? These are the questions we will answer during this uplifting workshop.

SPECIAL:

Sporty King

Sporty King is a master at creating instantaneous and inspirational messages, and offers a unique service to his clients. At chosen times during your convention, he'll supply the audience with a "recap" of all the major sessions

from the previous 24 hours. He “absorbs the spirit” during each general session and then creates a poem based on your theme building upon what was said earlier in the day. King’s unique speaking and writing style combines empathy, wit, sarcasm, innuendo and sincerity that rivet his audience’s attention. Choose to print and copy the “Memories” daily, compile and distribute as attendees leave, or send as a follow up ‘thanks for attending.’ In fact, he closed the 2009 Conference with his creation, “*We Hit the Wellness Jackpot.*”

Session Title: *Stretching Your Creativity*

Session Description:

There’s a story/poem/speech inside each of us, though not necessarily a story teller, poet, writer or speaker. A fun, interactive workshop for writers and thinkers (and laughers) at all ages. Delivered in an interactive format that will teach attendees to share it immediately with their next audience. Enjoy easy-to-remember and apply mindsets to create Word Banks... overcome Writer’s Block... communicate more clearly and concisely in writing... then transfer that skill to speaking before audiences of any size.

2:45 PM – 3:45 PM

CONCURRENT SESSIONS

THEORY:

Don Baird

Don Baird has given presentations on using humor purposefully locally, nationally and internationally, from Chicago, Illinois to Dijon, France to Osaka, Japan. He is a former board member of AATH and holds both a Master’s degree in Counseling Psychology from Northwestern University and a doctorate in Clinical Psychology from the Chicago School of Professional Psychology. He is currently working on his first book (which he hopes to finish reading soon).

Session Title: *Because Suffering is Highly Overrated*

Session Description:

Our lives are filled with constant change, personal losses, too much to do, and lots of uncertainty. Why not just despair? Well, my title says it all: “Because Suffering Is Highly Overrated.” Humor allows us to both acknowledge that our lives are far from perfect and yet offer us the gift of “having a good life anyway”. Using insights from existential psychologists from Viktor Frankl (inspiring professional) to Mark Twain (talented amateur), we find how to apply humor purposefully and meaningfully to the most challenging issues of our human existence.

APPLICATION:

Chris Balmer

Chris Balmer is a college counselor and educator at Camosun College and director of *Laughwell* in Victoria, BC, Canada. He actually wrote his Masters Thesis on the benefits of humor in the counseling process in 1987. Seriously.

Session Title: *Laughtoons: Mirthful connection though musical parody.*

Session Description:

Laughter and singing share many positive therapeutic benefits. Blended through

a creative humorous process, engaging our audiences to sing a purposeful or serious theme set to parody lyrics can be the perfect finale to your humor presentation. The resulting insight, bonding and catharsis is fun, memorable and meaningful. This presentation will highlight what's so magical about this activity and explore how singing and laughter can combine in song parodies to "peak" your humor performance. We will learn how to apply "reality" theme lyrics to memorable tunes using a "humor-intuitive" process (and affordable music downloads!) We'll experience the playful process of song-creation and then showcase our results (to ourselves).

No Previous Musical Experience Necessary! (Earplugs and blindfolds are optional)

SPECIAL:

Past President's Forum

This panel discussion is composed of our incredible AATH past presidents who will share their insights on humor and laughter. Share in our history of fun and discover secrets from the experienced leaders of our incredible organization. What was their toughest decision? How did we choose past conference locations? How are board members chosen? What advice do they have for those wanting to pursue a leadership role in AATH? What is the meaning of life and what does Monty Python have to do with it? If a chicken and a half laid an egg an a half in a day and a half, how many three cent stamps are in a dozen? These (and many more) questions will be broached, skirted, and fried! Don't miss this exciting opportunity to have fun with your clothes on! Come with YOUR questions and expect the unexpected!

4:00 PM – 5:00 PM

KEYNOTE - Kathy Buckley

Comedienne, actress and motivational speaker Kathy Buckley now author of best selling book. *IF YOU COULD HEAR WHAT I SEE*, will have you laughing and crying as you experience the amazing story of her life.

You would have seen her PBS special *NO LABELS, NO LIMITS!* HBO Special, Tonight show, Touch by an Angel, Entertainment Tonight, Good Morning America, The Howard Stern Show, E! Entertainment Television Special, The World's Most Intriguing Women and that's just to name a few.

She has been featured in various national Magazines including People as one of the most touching stories. Whether performing in a comedy club, guessing on television, speaking publicly, teaching at camps for the deaf, or appearing in any number of other settings,

Session Title: *No Label, No Limits*

Session Description:

Billed as "America's First Hearing Impaired Comedienne", Kathy Buckley is a five-time American Comedy Award Nominee as Best Stand-Up Female Comedienne, and the winner of countless other awards for her work. Her television appearances include The Tonight Show, Good Morning America, CBS This Morning, The Today Show, Entertainment Tonight, Extra, Inside Edition, CNN, HBO, VH1's Stand-Up Spotlight, Comic Strip Live, Evening at the Improv, and Caroline's Comedy Hour. Colin Powell called her "An Inspiration."

5:00 PM – 6:00 PM

KEYNOTE - Ed Dunkelblau

Ed Dunkelblau, Ph.D. has been a psychologist, sex therapist and humorist for over 30 years. He is a Lifetime Achievement Award Winner from AATH and in 2009 was awarded the Distinguished Alumni Award from Columbia University Teachers College. His work has been featured in The Wall Street Journal, USA Weekend, Chicago Tribune, Chicago Sun Times, Jet magazine, Reader's Digest, on NPR and on CNN. He is a contributing author to the books **Humor and Wellness in Clinical Intervention** and **The Handbook of Humor and Psychotherapy**.

Session Title: *Humor and Sexuality: Putting the "play" back in foreplay*

Session Description:

Session Description: Humor is innately pleasurable, Sex is innately pleasurable. Humor "sells", Sex "sells", Humor can help us stay healthy, Who cares?, I'd rather have sex. This workshop will look at the similarities between humor and sex and will help participants address issues of sexuality using humor as an adjunct. Please be aware that coarse language and graphic images and discussion are likely to be a part of this presentation. *This program is for adults only.* This program is presented by the Dr. Ed Dunkelblau, who is not only a Board Eligible Sex Therapist but he is also a bored, eligible sex therapist. There will be no quizzes during the presentation, but the final exam will be oral.

Evening Free

Discounted Disneyland tickets available to AATH attendees

SUNDAY, APRIL 25, 2010

8:00 A.M. 8:15 A.M.

Door Prizes /Announcements

8:15 AM – 9:15 AM

KEYNOTE - Paul McGhee

Paul McGhee is President of The Laughter Remedy, in Wilmington, Delaware. He is internationally known for both his own humor research and his keynotes showing corporations and hospitals how to put humor to work. With a PhD in psychology, he spent 20 years conducting basic research on humor and laughter before becoming a full-time professional speaker. He has published many scientific articles and 13 books on humor, including his just-published, *Humor: The Lighter Path to Resilience and Health*. He recently received a Distinguished Alumni award from Oakland University for his contributions to knowledge in the field of humor. In addition to appearing on numerous European and American TV and radio shows, Paul's work has been featured in many European and American newspapers and magazines.

Session Title: *The Second Wave of Research on Humor and Health*

Session Description:

This session updates you on the latest research on humor and physical health. Specific attention is given to the "Second Wave" of research along these lines; i.e., research focusing on specific disease conditions (vs. general health-promoting mechanisms, which occurred in the first wave). Most of this new work is occurring in Japan. Specific attention is given to arthritis, skin allergies, diabetes, asthma, COPD and cancer. On a separate note, brief attention is given

to the question of whether or not a training program can be used to teach humor skills to adults, thereby improving their ability to receive the health benefits offered by humor.

9:30 AM – 10:30 AM

KEYNOTE - Steve Rizzo

Did you know that Steve Rizzo was a national headline comedian with opening acts like Rosie O'Donnell, Dennis Miller and Drew Carey to name a few? Did you know that Steve Rizzo also appeared on many cable and network television shows and was voted a Showtime Comedy All-star? Did you know that he walked away from a flourishing stand up career? Why? To pursue his true purpose and passion. Today, Steve's mission is to help people to be happy and successful regardless of what their current circumstances might be. Steve spent much of his own life learning how to pursue and achieve his own definition of success. Luckily for audiences worldwide, that definition has evolved to include showing others his blueprint for realizing their dreams and achieving personal excellence and professional satisfaction. As Steve's friend and fellow comic Drew Carey says, "He used to be a stand-up comic, but now he is a speaker who is inspiring people all over the world." Some of Steve's accomplishments include:

- Bestselling author of *"Becoming A Humor Being"* A Writer's Digest Award winning Book.
- 15 Years as a professional comedian headlining comedy clubs throughout the country. Special appearances include: *Showtime Special, Evening at the Improv, The Comedy Channel*, and *Fox TV-Comic Strip Live*
- A consultant on MSNBC, CNBC, and Oprah and Friends Radio network
- Creator and Executive Producer of his own PBS Special
- Speakers Hall of Fame Inductee receiving the Council of Peers Award of Excellence (CPAE); an award bestowed to such greats as Art Linkletter, Ronald Regan and Tony Robbins.
- Educational background: B.A. in English and Education, with Honors
- M.A. in Theater Arts

Session Title: *Drilling For Optimism*

Session Description:

In times of economic distress, opportunities don't disappear; they simply manifest in new and different ways. Optimism is the key to being able to recognize these opportunities when they arise. This program examines the real power of optimism as a currency that creates storm-weathering attitudes and allows the flexibility to identify alternate routes to success, even in this severe economic climate.

Only the optimistic survive, and Steve delivers the tools necessary for tapping into the positive reserves within each of us. Prepare to dig deep, and learn why Steve is known affectionately as the "Attitude Adjuster."

10:30 A.M.	Good and Welfare	Lenny Dave
11:15 A.M.	Now It's Time to Say Goodbye	Deb Gauldin
11:30 A.M	President's Closing Remarks	Karyn Buxman-Godek